

Guidelines for Taking Liquitrophics and Homeopathics

Why Liquids?

1. Liquids have a million times more surface area than pills.
2. The natural way to take liquids is through the mouth.
3. Liquids in the mouth trigger the brain for absorption.
4. There are thousand more nerve receptors in the brain-head-mouth, than the stomach
5. Liquids offer superior bio-availability and resulting effectiveness.

Liquitrophic Instructions

(Applies to the bigger 4 ounce bottles)

As directed on bottle, take 1 teaspoon with breakfast, 1 teaspoon with dinner.

Remember, “with food or as food.” Careful always pour into larger spoon – e. g. pour 1 teaspoon into 1 tablespoon or take a clean sip, cap and refrigerate.

1. Liquitrophics may be taken with meals, although not with hot foods (over 106 degrees)
2. Refrigerate after opening.
3. Liquitrophics and homeopathics should be taken 20 minutes apart.
4. Do not store Liquitrophics in sunlight.
5. Liquitrophics may be taken at the same time with other suggested Liquitrophics.
6. Liquitrophics may be taken with other medicines and supplements.
7. Keep away from x-rays. Hand pass at airport security.

Homeopathic Instructions

(The Smaller 1 ounce and 2 ounce bottles. Take 7-10 drops 2-3-imes a day.)

1. Take noting by mouth 10 – 15 minutes prior to or following dosage. This includes food, drink, cigarettes, chewing gum, toothpaste, ect. Limit caffeine and nicotine.
2. Limit mint in any form, such as candy mints, mint toothpaste, mint mouthwash.
3. Place drops under the tongue and hold for 10 seconds to allow absorption.
4. Keep Homeopathics out of direct sunlight and x-ray, microwaves, TV rays.
5. Homeopathics may generally be taken at the same time as other suggested homeopathic
6. Homeopathics should not be taken with Liquitrophic remedies.

Caution: Alcohol sensitivities: If a person is sensitive to alcohol, place dose in a glass (1 oz.) of warm 100 F not hot water. Allow one minute for the alcohol to evaporate. Stir to accelerate evaporation.