

# How To Make Your Own Remedy

## #1 | WATER BOTTLE

Buy a small glass\* bottle of spring water, any brand is fine.

\*In a true emergency, plastic bottles, although not ideal, will suffice.



## #2 | POUR OUT



Pour out about half of the water. This will allow you to "succuss" the bottle.

## #3 | ADD LIQUID

Pour in one ounce (roughly) of your liquid solution— from water, air or other samples.



## #4 | SUCCUSS

Succuss the bottle 40 times. Shake while hitting against the palm of your hand.



## #5 | POTENCY

You have created a 1x potency (one-in-ten dilution).



## #6 | POUR OUT



Pour out 90% of the water bottle. the 10% left is your 1x dilution.

## #7 | REFILL

Refill half way with bottled water again.



## #8 | SUCCUSS

Succuss the bottle 40 times. Shake while hitting against the palm of your hand.



## #9 | POTENCY

You now have a 2x potency.



## #10 | CONTINUE PATTERN

Repeat steps 6-8 in this way until you've reached either a 6x, 12x or a 30x depending on what potency you desire.

