

## Instructions for taking Remedies

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### GUIDELINES

- Complete your treatment within 7 days of receiving it. Only do the protocol one time through. The protocol is **not** to be done everyday. (unless indicated or written otherwise)
- Ideally, start your protocol in the morning and complete as much of it as possible in one day. If your next remedy is due while you might be sleeping, then continue your protocol when you wake up the next morning. Do not interrupt your sleep to take the drops.
- Do not eat, drink or put anything in your mouth 5 minutes before and after taking each drop.
- Store your vials inside, but do not keep your vials near anything electrical (i.e. computer, microwave, TV, etc.)
- While taking your remedies, limit EMFs (electromagnetic fields) as much as possible. This means turning off wifi the day you do your protocol, reducing the use of cell phones, computers, driving, etc the day you do your protocol.
- Drink plenty of water to help flush toxins out through your kidneys.

### INSTRUCTIONS

- Always start with vial #1 and proceed through the numbers in sequential order until all have been completed. Any vials outside the foil (not on protocol sheet) are not to be used for that protocol.
- For each of the vials, take only a SINGLE drop under the tongue and hold for 5 seconds before swallowing. Repeat this with each subsequent remedy, following the specified time interval between each remedy. (Do not worry if you accidentally take more than one single drop, as no harm will result. Also, no additional response or benefit will occur by taking additional drops). After completing your protocol, your vials will still have liquid in them - **do not dump them out**. Bring them back with the remaining liquid in them.
- Keep all of your vials in the plastic bag and foil we provided, and bring them with you to each visit. There is a \$20 replacement fee for any lost or forgotten vials.

**If you are struggling with any increased symptoms following your protocol:** Remember that detoxification is not always a walk in the park. Be patient. It may take several weeks to notice any effects from each round of treatment. It can take several months to start seeing significant changes in your health since we are going after the deepest toxins first. It is normal to see a temporary increase in symptoms due to a healing response. This is a good sign - it is the body's attempt to eliminate toxins. If you're struggling after completing your entire protocol, and think it's something Dr. Siegel should be made aware of, please visit our website and complete a patient communication form. This is how things from patient's are communicated to Dr. Siegel in between appointments. Please note, we can only guarantee 1 communication per patient in between visits. If you're finding yourself needing more, you can call the office to schedule a phone or in person consultation. We recommend keeping notes of any changes you experience so that you can let Dr. Siegel know everything at your next visit. While we are unable to guarantee a response time, we do our very best to get back to patients within 48 business hours.