

Petrina Reichman

Homeopathy & Nutrition

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Directions for Taking the Remedy

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Dear Tinka,

Here are the instructions for Bear's prescription:

- 1. Puls 30c: give 3 pillules in mouth, or in morsel of food, once a day for 5 days. Then wait another 5 days to observe effect. If it is helping, please give the Puls 30c once a week for another 3 weeks. If it has reduced symptoms but still lingering, we can try a higher potency.**
- 2. If there is no change after the 5 days of Puls and 5 days of waiting, please give the Sulph 30c, the same way as the Puls: 5 days on, 5 days off.**
- 3. Not sure how his diet is but skin ailments are linked to gut dysfunction. One way to heal this is to give Bear 2 days off meat every few days. Make sure he is not getting any processed foods.**

Please phone me if:

- 1. The symptoms do not change after the first 10 days**
- 2. The symptoms become worse, or you develop any new symptoms.**

If I am not available, and you are not sure what to do, please stop taking the remedy until you can reach me.

Warm regards,

Petrina