

**DILUTION OF SINGLE DOSES OF
HOMEOPATHIC REMEDIES TO
REDUCE INITIAL AGGRAVATION**

- 1) Fill three plastic cups (approx. 200 ml) with tapwater.
- 2) Put the pellets in the first cup and dissolve (takes approx. 15 min).
- 3) Vigorously stir the liquid in the first cup with a plastic spoon.
- 4) Transfer a spoonful of liquid from the first to the second cup and vigorously stir the liquid in the second cup.
- 5) Transfer a spoonful of liquid from the second to the third cup and vigorously stir the liquid in the third cup, and so on.
- 6) Drink a spoonful of liquid from the final cup. Pour away all remaining liquid.

NOTE: If the patient is particularly sensitive, the dilution process can be continued to the fourth or fifth cup.