

----- Using Tinctures -----

Hi there,

Here are the normal instructions that people follow to use tinctures.

DOSAGE:

For Acute Conditions: Take 10–20 drops 4 times daily in one cup water or juice.

As a Preventive: Take 10–20 drops 2 times daily in one cup water or juice.

(see below for how I take tinctures)

If you cannot tolerate alcohol, put drops in cup of warm water. Let sit 10 minutes. Alcohol will evaporate.

You may notice your body detoxifying (headache, joint pain, rash, stomach ache). This is normal. If needed, take the smaller dose to slowly build tolerance.

Your tincture shelf life is five years.

Eat a nutritious diet including vegetables, fruits, grains. Avoid junk food, fats, sugars. Eat organic foods whenever possible. Avoid exposure to pesticides, herbicides and other toxic chemicals.

And remember, have fun.... you cant get healthy if youre not happy. Thats a proven fact now.

Note: I follow a different dosage procedure, and there are others out there also that follow their own way too. When I take (practically) any tincture, I use 2 droppers full, twice or 3 times a day, follow my inner guide and give up fear. Herbs don't hurt. Sometimes I will take 2 droppers every hour as an experiment, and sometimes take a day off, it's called natural healing for a reason. Surf the internet for different ideas if you feel a little stuck, and don't be afraid of what appear to be extreme ideas with wholesome herbs. Look up dr christopher herbal legacy for ideas also, and his student dr Schulzes NoIncurables book. 🙏

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