

HOW TO USE LM OR WATER POTENCIES

When using LM potencies, we'll usually start with an "LM 1". The "L" and "M" are Roman numerals referring only to the potency, and not the medicine type itself. The brown glass remedy solution bottle should be "succussed" before each dose. This changes the potency of the dose slightly so the body accepts it more readily with less aggravation.

Each time the bottle is succussed, the potency increases, so that by the time the LM 1 glass bottle is empty, it is only a gentle step up in potency to the bottle of the next higher one: "LM 2". LM's often work faster, deeper and with a more gentle effect. They are particularly useful when an animal has a chronic disease that responds to continual repetition of the remedies.

How to succuss:

Hold the bottle in your right hand and strike the bottom of the bottle smartly against the palm of the left hand (or a soft-bound leather book) from a distance of nearly 2 feet.

In other words, if the directions say "succuss 5 times", this means "5 strikes" against your palm.

* * * * *

General Directions

1. Succuss the bottle 5 times (if using a dropper bottle, then squeeze out what's already in the dropper a few times to rinse it out).
2. Get 1 dropperful or 1 ml out of that bottle and put into 4 oz of distilled or spring water
3. Stir vigorously for 10 seconds.
4. Give 1 dropperful to 1 teaspoon of the diluted solution as directed.
5. Throw the rest of the diluted solution away.

Repeat this process each time you give a dose of an LM remedy.

Note: You can either use a new paper cup and plastic spoon each day (Recycle please!), or sterilize a glass container and spoon with boiling water before each use.