

## DOSAGE CUPS: A METHOD OF DILUTING YOUR DOSE

One of the benefits of "The Mueller Method" - a comprehensive practice of homeopathy developed by Manfred Mueller - is the ability to completely individualize the dose of a remedy.

When the typical dose, drop dose (strongest dose) or even olfactory/sniff dose (less strong), are too much for the individual, we can use "dosage cups" to reduce the dose further. If you have responded strongly to a remedy in the typical dose, the level of your reaction needs to be assessed by your practitioner who will inform you of how many dosage cups to make.

### To make dosage cups, you'll need:

- **Use 3 or 5 oz.** paper cups and plastic spoons.\*\*
  - Purified, distilled or spring water\*\*
- \*\* you can use reusable cups and spoons but they WILL NEED to be dish-washed or boiled to remove the remedy. Handwashing will not do it. \*\*

### Directions for making dosage cups:

Set out the desired number of cups on the counter in a line or in equal rows (for example, let's say it's 3 cups). Fill them halfway with purified water. Henceforth, they will be referred to as "dosage cups".

*The first cup = the 1<sup>st</sup> dosage cup, the second cup = the 2<sup>nd</sup> dosage cup, etc...*



Stock bottle of remedy



Plastic spoon



Cup 1



Cup 2



Cup 3, etc

1. **Have ready a "stock" of the remedy.** This can be either one pellet of the desired remedy dissolved in a dropper bottle OR one pellet of the desired remedy dissolved in a additional, marked paper cup filled halfway with water.
2. **Add one drop** of the "stock" remedy **to the first dosage cup.**
3. Either **stir with a plastic spoon or swish** the first dosage cup **2-3 times.**
4. **Add one drop** from the **first dosage cup to the second cup**, then **stir or swish it 2-3 times.**
5. **Repeat as needed** until you reach the **desired number of dosage cups** or dilutions.
6. After you finish preparing **the last cup, pour this liquid into a new bottle labeled** "Remedy name, Potency, and number of dosage cups". For example, *Lycopodium* 1Q in 6 dosage cups, would be "Lyc 1Q, 6DC". **This will be your new remedy bottle for the duration of the time you take the remedy** and you will **take olfactory (sniff) doses of it.** Don't forget to **add the date** to the label! Always **success every bottle 2-3 times before each new dose.**

**If you continue to have a strong response to the remedy after trying the suggested amount of dosage cups, please call & report your reaction.**  
**There's no charge to adjust your dosing.**

**Homeopathy is custom tailored to the individual!**