

REPOTENTIZING A REMEDY

PLEASE READ CAREFULLY BEFORE BEGINNING THE PROCESS

GUIDELINES:

1. You will only want to repotentize a solution one or two times before you will need to start over from the original pellets. For example, if you start with 30C potency from pellets, you can repotentize it to a 31C and maybe to a 32C after that. To make a 33C, you should start over with a 30C pellet and go all the way to 33C following the directions below. In our experience, the remedy loses some of its effectiveness the more it is repotentized...
2. Label, Label, Label, Count, Count, Count!

TO REPOTENTIZE A REMEDY ("Plussing" a remedy):

This is a short cut version we use for home treatment. This will not make homeopathic pharmacy quality remedies/potencies.

1. **START WITH ONE OF THE FOLLOWING:**

- **EITHER** Take one drop from original solution and place it into a new bottle
- **OR** if you are using the same bottle as the original solution (which you can do), shake it out hard which should leave 1 drop in the bottle.
- **OR** place one pellet into a cup of water, once dissolved stir it 10x. Place one drop of this solution into a bottle.

NOW GO TO THE SECTION BELOW BASED ON THE TYPE OF POTENCY YOU WISH YOU MAKE X, C, ETC

FOR A "C" POTENCY:

2. Fill the bottle with 99 drops of distilled water
3. Succuss the bottle 40 times.
4. You now have potentized the remedy up by 1C. **Go to step 5 or 6 below.**

FOR AN "X" POTENCY:

2. Fill the bottle with 9 drops of distilled water
3. Succuss the bottle 10 times.
4. You now have potentized the remedy by 1X. **Go to step 5 or 6 or 8 below.**

TO USE THE REMEDY FROM THE BOTTLE:

5. Fill the bottle with more water (and alcohol to preserve- optional), re-label, date the new remedy and take as directed.

FOR MORE PLUSSING:

6. Again, dump the solution from the bottle, shaking hard, leaving 1 drop.
7. Add 99 drops of water for a C potency, 9 drops of water for an X.
8. Succuss 40 times for C, 10 times for X
9. You now have potentized the remedy another 1C or 1X.

EITHER

10. Repeat until you have the desired potency

OR

11. Fill the bottle with more water (and alcohol to preserve- optional), re-label and date the new remedy and take as directed.