

# INSTRUCTIONS FOR TAKING EPSTEIN BARR REMEDIES

1. To open the box, slit the sealing tape around the front and two sides, but NOT the cardboard hinge at the back. Protect the box for storage.
2. Open lid and remove bubble wrap. Use the box to store the remedies in. The cardboard partitions protect the bottles, and stop the energy of one influencing that of another should they touch for too long.
3. Keep lid closed when not using the remedies to protect from light.
4. Store away from direct sunlight, heat, magnetic fields (eg telephones, loudspeakers, cell phones and computers, etc).

## Additional Relevant Nutritional Advice

5. During course of treatment avoid coffee (including decaf), camphor (eg odour of moth balls) and mint (Peppermint toothpaste is not the best but OK if you can't find an alternative)
6. Do not take remedies at meal times. Best taken 30 minutes or more before or after food. But people who are in a rush can shorten these times a little if necessary.
7. Take a dose of colloidal gold and a dose of c-silica per day.
8. Liquid Ionic Trace Minerals are recommended. They may be taken with meals during the course of treatment. If you are in the US or Canada, you can order them from [www.marineminerals.com](http://www.marineminerals.com), or you can order from me.

**On opening, remove any additional remedies placed on top and place beside the appropriate row outside box. (see each label for row number)**

## ONE BOX PER DAY CYCLE

It is best to start taking one box per day as follows:

### DAY 1 EBOX 1

<b>ROW 3</b> EVENING	○	○	○	○	○	○
<b>ROW 2</b> AFTERNOON	○	○	○	○	○	○
<b>ROW 1</b> MORNING	○	○	○	○	○	MERC.

### DAY 2 EBOX 2

<b>ROW 3</b> EVENING	○	○	○	○	○	○
<b>ROW 2</b> AFTERNOON	○	○	○	○	○	○
<b>ROW 1</b> MORNING	○	○	○	○	○	○

## ONE BOX PER DAY CYCLE

### DAY 1 EBOX1

Take 4-5 drops of each remedy in the row as follows:

**MORNING - ROW 1**

**AFTERNOON- ROW 2**

**EVENING - ROW 3**

**MERCURY REMEDY** is the exception and is best taken between rows, preferably in the morning.

### DAY 2 EBOX2

Take 4-5 drops of each remedy in the row as follows:

**MORNING - ROW 1**

**AFTERNOON- ROW 2**

**EVENING - ROW 3**

**SUBSEQUENT DAYS-** Continue alternating between **DAY 1** and **DAY 2** until protocol is complete.

The protocol should last for 12-14 weeks if taken as directed.

If you take more than 5 drops each time the protocol will not last the full 12-14 weeks. It is not the quantity of drops taken each time but the length of time that makes the protocol effective.

## THE TWO BOX PER DAY CYCLE

### TWO BOX PER DAY CYCLE

After starting as above, you can make the treatment more intensive by taking two boxes per day: one in the first part, the other later in the day. In this case the protocol will last 6 to 7 weeks. You can then also take two doses each of c-gold and c-silica per day.

If you have any questions or if you have 3 or more boxes, ask me for a suitable schedule:

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