

Autonosode Instructions

Materials needed:

- ✓ 0.5 or 1.0 ounce dropper bottle
- ✓ Distilled water
- ✓ Tongue scraper
- ✓ Vodka

Instructions:

1. Collect the material from a tongue scraping and some nasal mucus in a dropper bottle. Add just enough water to make the mucus thin enough to pour into the dropper bottle. This “mother” tincture should take up 1/6 of the dropper bottle.
2. Add 5 parts water to this 1 part of “mother” tincture to fill the dropper bottle.
3. Succuss the bottle 50 times by hitting the bottom firmly against your palm.
4. This preparation is called H1.
5. Empty out 5/6 of the fluid in the bottle and discard. Add fresh water to the remaining 1/6 fluid and again succuss the bottle 50 times.
6. This preparation is called H2.
7. Continue to empty 5/6 of the bottle and fill the remainder with fresh water two more times until you get an H4 dilution.
8. In the H4 dilution, add 2 parts Vodka and 3 parts water. This will act as a preservative for the remedy.
9. Now you have a H5 dilution. Discard 5/6 of this dilution and fill the remainder with fresh water. You will use this H6 dilution as your medicine.
10. Take 4 drops of the H6 dilution under your tongue every hour until there is only 1/6 of the fluid remaining. Fill the remainder of the bottle with fresh water and succuss 50 times.
11. Take 4 drops of this H7 dilution every hour until only 1/6 of the fluid remains.
12. Repeat the process of filling the remainder with water and succussing 50 times each time you use 5/6 of the remedy.
13. Continue this process until you are well.