

After you start your remedy, you need to keep in close contact with me

If you get an aggravation, let me know so I can adjust the dose for you.

If you feel no change after 3-4 days, let me know.

If you get any cold or new problems during treatment, let me know.

If you get much better, let me know.

If you feel the remedy helps you on days you take it but not on the off days, you can increase it to a daily dose. Let me know if you do this.

If you get a return of an old symptom or new symptoms that persist/s for several days or are bothersome, let me know.

Text me, email me or call me anytime to reach me. I will call you back or answer you within minutes to max 24 hours.

Follow up by phone in 2 weeks to review all your complaints. **PUT THIS ON YOUR CALENDAR** to text me when you are ready for the review.

Monitor your symptoms.