

## Influenzinum Instructions

Influenzinum is a homeopathic medicine prepared from nanno doses (highly diluted preparations) of the Flu vaccine.

Recommended strength: 9c

**Directions:** Take 5 pills under the tongue once a week during an influenza epidemic.

- ❑ Turn the bottle upside down and twist. With each twist a pill should fall into the cap.
- ❑ **Do not touch the medicine with your fingers.** The medicine is coated on the outside and you will rub off the active ingredient.
- ❑ **One dose is five (5) pellets.**
- ❑ **Do NOT swallow or chew the medicine, rather let it dissolve under your tongue.** The absorption of homeopathic medicines takes place via tiny blood vessels under your tongue, directly into the bloodstream, and not via the stomach. This is called a sublingual delivery system, also used by many heart drugs or analgesics that require very fast absorption for best effectiveness.
- ❑ **Do not eat or drink for 30 minutes before or after taking your medication.** As the absorption of remedies takes place sublingually and it is important that your mouth is clean.
- ❑ Do not take your medicines directly before or after brushing your teeth. (The ingredients in toothpaste cause vasoconstriction of the blood vessels in your mouth, preventing adequate absorption to take place.)

### **Important:**

There have been no double blind clinical trials to ascertain whether or not Influenzinum is effective in preventing swine flu. Influenzinum is not intended to replace standard medical vaccination if and when one becomes available. Contact your doctor if you think you may have swine flu.

### **Where to store the medicine:**

Daylight and heat rob the medicines of their efficacy. Do not leave your medicines in a warm place e.g. the car or place them in direct sunlight. Store your medicines in a cool, dark place, away from strong smelling substances e.g. soap, perfumes, mothballs and aromatics such as camphor, menthol or eucalyptus. Do not expose your medicines to any medical X-rays, your kitchen microwave or cell-phone. Do not leave your medicines on your hi-fi, video or television. It is inadvisable to store them in the kitchen, as they will be exposed to heat and odors.

If you have any questions at all, please do not hesitate to contact me. This is a completely new approach for you and I am happy to guide or assist you.