

THE 5 CUP METHOD

1. Arrange 5 or _____ (or whatever number your homeopath suggests) cups in a row and fill with 150 ml or 2/3 cup spring (purified) water.
2. Place one pellet (if tiny 3-5) of the remedy _____ in the first glass of water and stir 10 times with a spoon.
3. Raise the spoon up vertically (perpendicular to glass) and transfer the few drops that adhere to the spoon to the second cup. Stir the second cup 10 times with the spoon and raise that spoon up vertically and transfer that spoon with the few drops that adhere to it to the third glass and stir 10 times. Repeat for the 3rd, 4th and 5th cup, etc.
4. After stirring the last cup 10 times take one teaspoon as a dose.
5. Discard the previous cups of water and keep the last cup for dosing.
6. Cover the glass with an airtight cover or plastic wrap and put in the refrigerator (or leave on counter if not hot & humid) till the next time a dose is needed. For each successive dose, stir 10 times before taking.
7. Keep this remedy in the refrigerator or on the counter covered, and *after 7 days make a new batch in clean glasses* and discard the old remedy water.
8. Directions: Take 1 tsp _____ daily or _____.

If you are a visual person please see this demonstration:

<https://www.youtube.com/watch?v=P7w72Zxv5pc> or

<https://www.youtube.com/watch?v=0fSL5gFZlg>

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