

INTAKE

RECOMMENDATION

THE ALCHEMIST`S WAY

For successful application, the combination of plant essences was chosen to have a clearly defined effect. Only those essences that are relevant to the specific case are included in the respective formulations. The individual plant essences used are present in equal parts in the finished product (essence mixture).

The internal intake of spagyric plant essences is the most important form of application. Traditionally, the finished products are given undiluted in drop form on or under the tongue. The corresponding amount of the essence mixture can also be placed on a wooden or plastic spoon and then taken.

Whichever method is preferred, it is important that the essence is kept in the mouth for some time before swallowing. This allows the ingredients to be absorbed through the oral mucosa. Due to the specific areas of application, we recommend taking our products only from the age of 6 years.

UNDILUTED INTAKE:

Age	Amount	for acute needs	persistent stress
6 to 10 years	5 drops	Every half hour	1–3-times daily
from 10 years and adults	10 drops		

Traditional application guidelines recommend both undiluted intake and dilution, often in water or tea. The required amount of the essence mixture is dripped into a glass or bottle with water or tea. This liquid is then consumed in small sips throughout the day. A thermos with freshly brewed tea is suitable for this.

DILUTED INTAKE IN WATER OR TEA:

age	amount
6 to 10 years	5 drops
from 10 years and adults	10 drops

It is occasionally advisable to start treatment with spagyric plant essences gradually. This involves starting with a low dosage, which is gradually increased until the regular intake amount is reached. This approach is recommended if patients showed strong reactions in previous therapies, such as initial aggravations. A gradual start to therapy is also appropriate for severely weakened individuals with serious illnesses. If therapy is resumed after previous reactions have subsided (as described above), this should also be done by gradually increasing the dose. The switch to a higher dosage occurs when the applied dose is well tolerated for 3 to 4 days.

GRADUAL DOSAGE FOR ADULTS:

Phases	amount
1. Phase: 1 time daily	3 drops
2. Phase: 2 time daily	3 drops
3. Phase: 3 time daily	3 drops
4. Phase: 3 time daily	5 drops
5. Phase: 3 time daily	10 T drops

BEDSIDE ESSENCES

For the application of essence mixtures that primarily target the mental-spiritual level, there is a special method. The essence is taken when the subconscious is particularly receptive to external influences. This is especially the case when a person transitions from the waking to the sleeping phase, i.e., shortly before falling asleep or shortly after waking up. In these so-called half-sleep phases, the subconscious is specifically influenced. To carry out the intake as timely as possible, the essence mixture is best placed on the bedside table. The evening intake takes place when you are already in bed, and the morning intake ideally right after waking up. Similarly, you can proceed before and after meditative exercises.

