

Lilychoinaturalhealing.com

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How to use Fertility Recharge:

For those who are not pregnant: take 5 drops twice daily between meals, switch to once daily when you feel better.

For those wanting to become pregnant: begin taking this formula 3-6 months prior. Take 5 drops twice daily between meals.

For those who have difficulty becoming pregnant: take 5 drops twice a day for 3 days, then increase to ½ dropper twice a day for 3 days, then increase that to 3 times a day between meals.

Fertility Recharge can help: strengthen Kidney Jing, Kidney Yin, remove Liver stagnation, tonify Spleen and Liver, warm uterus, remove Blood stasis, regulate healthy Blood flow, regenerate Blood, remove cold in meridians

How to use Weight Rescue:

Day 1: 5 drops 2x a day, followed by 1 cup warm water

Day 2: 1 dropper 2x a day, followed by 1 cup warm water

Day 3 and on: 1 dropper 2-3x a day, followed by 1 cup warm water. See how you feel if you add another dropper, you can stick with 2, or some days take 2, some days take 3.

Weight Rescue can help: reduce stagnated fat and cholesterol in Blood, remove excess bodily fluids and dampness, reduce Blood sugar, maintain proper Blood pressure, regulate bowel movements.

How to use Self Heal tincture:

This herb is used and then stopped when symptoms improve. Use 5 drops 2x a day. Increase to 1/2 dropper 2x a day. Use it for a week and rest for 4 days, especially if you experience loose stools. Begin again until your symptoms improve.

Self Heal can help: clear Liver fire, brighten eyes, help eye pain, clear acne, help gum infection, dissolve phlegm, dissolve tumors, help hypertension and promote urination.

How to use Daily Drops tincture:

Take 3 drops daily for maintenance on an empty Stomach between meals. Take up to 20 drops daily when you need a boost.

Daily Drops can help: strengthen Qi and Blood; warm and tonify Yin and Yang; dry and dispel dampness; reduce fatigue; warm cold hands and feet; moisten dry skin; strengthen back; support the Stomach and Spleen.

How to use Mulberry Extract tincture:

Take 5 drops 2x a day on an empty Stomach between meals.

Mulberry Extract can help: prevent hair loss, early grey hair, poor vision, improve Blood circulation, treat dry and sensitive skin, maintain healthy Heart, anti-aging and immunity boosting

Stay tuned for more uses of my products @lilychoinaturalhealing

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