

Lilychoinaturalhealing.com

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How to use pH Rescue I & II:

Take 5 drops orally or in 1 oz. of water twice daily.

pH Rescue I can help: weak Spleen; excessive worry, stress; pale face; soft stool; low energy; with excessive, thin and clear vaginal discharge without odor.

pH Rescue II can help: weak Spleen; those who tend to over worry and become easily agitated; red face; constipation; excessive thick, yellow, smelly vaginal discharge

How to use Spirit Lift:

Begin with 5 drops twice a day for one day then increase to 1/2 dropper twice a day until feeling better, then back to 5 drops twice a day.

Spirit Lift can help: depression, schizophrenia, panic disorders; relieve stagnation of Qi, Blood, damp, phlegm, food, fire; help digestive disorders such as GERD, reflux, indigestion, nausea.

How to use Insomnia I, II, III, IV:

Take 5-20 drops orally or in 1 oz. of water twice daily.

Insomnia I can help: emotional disturbances, Liver Yang rising, anger.

Insomnia II can help: dampness blockage.

Insomnia III can help: Heart and Spleen disconnection.

Insomnia IV can help: weak Kidney resulting in Kidney and Heart disharmony

How to use Breath Rescue:

Take 5-20 drops orally or in 1 oz. of water twice daily, after meals.

Breath Rescue can help: reduce heat in Stomach and Intestines; remove food stagnation, improve bowel movements, toothache and restore bodily fluids.

**coming soon*

Must consult with your primary physician if you are pregnant or breastfeeding before taking herbal tinctures.

Stay tuned for more uses of my products @lilychoinaturalhealing

If you misplace this brochure, go to <https://lilychoinaturalhealing.com/product-brochures>