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## Amina's Dropper Dose: Prescription Guidelines

After treating patients with chronic & severe symptoms for many years e.g. Lyme disease, I have found this way of prescribing herbs to be the most beneficial in obtaining lasting successful results.

I have developed this protocol myself, from my own clinical experience to 'desensitize' the most sensitive of patients in order to calm inflammation, adapt to healing, reduce Herxheimer reactions and enhance detoxification pathways.

### **You may have been prescribed this protocol for one of two reasons:**

1. You experience or prone to multiple chemical sensitivities or allergies.
2. There is a possibility of multiple stealth infections, gut dysbiosis or parasites, therefore these foundation herbs must be prescribed initially prior to introducing anti microbial herbs to minimize 'die off' reactions.

**Sample Prescription:** N.B Each patient will have different herbs prescribed

### Herb 1. e. g. St Mary's Thistle

Day 1. Morning: Start on 1 drop in 100 mls of water after food  
Afternoon: 2 drops in 100 mls of water after food  
Day 2. Morning: 3 drops in 100 mls of water after food  
Afternoon: 4 drops in 100 mls of water after food

If Ok with Herb 1, then start on Herb 2, e.g. Chamomile.

Day 3. Morning: 5 drops St Mary's in 100 mls water  
1/2 hr later 1 drop Chamomile in 100 mls water  
Afternoon: 6 drops St Mary's in 100 mls water  
1/2 hr later 2 drops Chamomile in 100 mls water  
Day 4. Morning: 7 drops St Mary's in 100 mls water  
1/2 hr later 3 drops Chamomile in 100 mls water  
Afternoon: 8 drops St Mary's in 100 mls water  
1/2 hr later 4 drops Chamomile in 100 mls water

If Ok with Herb 1. & Herb 2, then start on Herb 3, e.g Calendula

Day 5. Morning: 9 drops St Mary's & 5 drops Chamomile 100 mls water  
1/2 hr later 1 drop Calendula in 100 mls water  
Afternoon: 10 drops St Mary's & 6 drops Chamomile 100 mls water  
1/2 hr later 2 drops Calendula in 100 mls water

Day 6. Morning: 11 drops St Mary's & 7 drops Chamomile 100 mls  
1/2 hr later 3 drop Calendula in 100 mls water  
Afternoon: 12 drops St Mary's & 8 drops Chamomile 100 mls water  
1/2 hr later 4 drops Calendula in 100 mls water

If OK with Herb 1, Herb 2, & Herb 3, then start on Herb 4. e.g. Marshmallow

Day 7. Now try Herb 4 : e.g. Marshmallow using the similar dropper dose pattern as above.

Continue with the & St Mary's thistle, Chamomile & Calendula and continue increasing the doses of each herb by one drop each dose.

Increase all of the herbs to a maximum of 30 drops per herb, 2 x day, Total of 60 drops of each herb per day. (This will be nearly 2mls of each herb 2 x day)  
Or until your next Naturopath consultation with Amina.

Once we know, you are totally fine with these herbs & have no reactions we can mix, 25 mls of each herb into a 100ml bottle and take 5 mls 3 x day.  
The herbs will work even more effectively in synergy with each other.

It may sound tedious but this is a sure way to reduce inflammation and reduce sensitivities before we start stimulating the immune and detox pathways. THEN we can start increasing Detoxifying herbs and start working on the gut bacteria and other auto immune microbes.

Tried and tested :)

**Amina Eastham-Hillier B.HSc (Nat) Naturopath, Medical Herbalist & Nutritionist**

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