

# Christopher Hyslop

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16 October 2006

File:Detox Homoeopathic

### Easy detoxification using homoeopathic remedies.

This process will take 3 days and is very easy to do.

Diet. You will need to avoid the following for the 3 days. Coffee, mint, alcohol, animal products in all shape and forms (this includes all fish, meat, eggs and dairy products). Use rice milk as a substitute for milk.

You can eat any vegetables you like however avoid highly seasoned food like curries etc...

Drink at least 1.5 ltrs of water per day.

### Taking the homoeopathic tablets.

Homeopathic remedies are absorbed through the lining of your mouth; therefore please allow them to dissolve under your tongue. **Do not eat or drink anything for twenty minutes before or after taking the tablet.** Please try to avoid **coffee** and any strong aromatic foods like mint etc.

Take the remedies as follows:-

1. 20 minutes after breakfast take Nux vom 6c.
2. 20 minutes after lunch take Sulph 6c.
3. 20 minutes after evening meal take Nux vom 6c.
4. 20 minutes after any food take a bedtime tablet of Sulph 6c.

Repeat this process for 3 days.

You can then repeat the whole process again in 2 weeks if you wish.

(These products can easily be obtained on [www.goodvitality.com](http://www.goodvitality.com))