

Asyra Instructions

The Asyra remedies create energetic changes and shifts in the body, which in turn affect physical, mental, emotional and chemical components. While some changes happen quickly others take time. Remember most problems weren't created in a day. Typically, 3-12 Asyra assessments/remedies create significant overall changes in your health. These changes most often reduce dysfunction and symptoms making a person feel better.

A few people are very sensitive and their remedy may stimulate too much change too quickly. The remedy may be stimulating detoxification which can be uncomfortable (even though detoxification is a good thing!). **Drink plenty of water.** If you are very concerned, stop taking the remedy and call me. If you have a little discomfort, cut the dose in half and call me.

The best storage is away from electro-magnetics (computers, microwaves, televisions, cell phones...) and other herbs and prescriptions. Keep them in a cool, dark place. Remedies are to be taken under the tongue, swallowing after 30-60 seconds. Avoid food and drink by 15 minutes for best results. Water is okay.

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