

## Very important information for your homeopathic treatment

### How to take your Q3 power remedie

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#### When and how often should I take my remedie?

every night, directly before you go to sleep. After teeth brushing.

#### Drop Amount

2

#### First taking

Put your decret drop amount in a glas of water (150ml). Mix this dilution very good with a plastic tea-spoon. Take one tea-spoon of it and swallow it! Then throw the leftover away! Clean spoon and glass .

If the remedie-bottle is filled up to the edge, throw the first 1,5cm of the remedie dilution away. Then the dropping is easier.

You can use a pipette to drop much easier, which you can buy in every pharmacie.

#### Second and all next takings

Hit the remedie bottle very well ten times into your palmar hand before you make your dilution. Put the decret amount of drops into the glass of water (like described above). Mix the dilution very good with a plastic teaspoon. Take one teaspoon of the dilution in your glass, swallow it, and throw the leftover away.

#### How long should I take the remedie and what to do

with your remedie there are three reactions possible:

1. The symptoms are getting better → Go on with taking the remedie.
2. The symptoms stay similar → Go on with taking the remedie.
3. **The symptoms are getting worse → STOP taking the remdie and call me:  
+49 (0)163 736 90 98  
DON'T GO ON WITH TAKING THE REMEDIE IF YOU DIDN'T REACH ME!  
I WILL CALL YOU BACK.**

Don't hesitate to call me if you are not sure what to do next or what to do at all. I will call you back. It is very important to stay in contact with me.

#### Sunya Bergunde

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