



Detailed directions for the most effective use of Homozon©

*Please read through the ENTIRE set of instructions before beginning Homozon. **Loose stools ARE common and a necessary part of getting oxygen to your digestive system.***

How much to take?

It is recommended to take ½ to 3 level teaspoonfuls or more, 1 to 8 times daily. In special cases small doses at short intervals, or even larger doses, as often as the condition demands it. If the dosage with which you start does not give the desired results, increase the number or quantity of doses, or both.

Keep in mind that these basic preparations are used as general purifiers for ALL ailments, gas, poisoning, resuscitation etc.

Preparation before taking

We recommend stirring the powder into a little distilled water sufficient to drink the mixture, 6 to 8 ounces; (or, take same dry, in capsules, or try it mixed with honey, maple syrup, or malt-honey, or if desired, it may be stirred into milk, carob, herb tea, or mixed with fruit juice, etc.), but **take the dose immediately** after being prepared.

Make sure to have sufficient gastric juice

Be sure to have sufficient gastric juice available in the stomach to disintegrate the powder so as to release the nascent oxygen. You need to supply a source of an acidic substance to properly activate it.

NOTE: Persons who lack gastric juice (called hypo-acid condition) should make sure...after each dose...to take the necessary acid to allow the disintegration of the powder (or tablet or other form of preparation).

This will also help supply the lacking gastric juice to digest their food because gas formation due to the fermentation of food is detrimental to your health.

For each teaspoon of powder, take one teaspoon of lemon juice

The best way to take each teaspoonful of powder or its equivalent in tablets, capsules, wafers etc. *is to follow it with about 1 teaspoonful pure lemon juice, in about ½ glass warm, distilled water* (this is preferred or purified is okay), and drink this after each dose.

For anyone who has excess gastric juice...hyperacidity

If you have an excess of gastric juice (hyperacidity of the stomach) can according to conditions, use the powder for about 1 to 3 days (as long as a hyperacidity exists) without the addition of diluted acid, but as the preparations reduce acidity (neutralizing power of the alkalinity) they should not fail to make use of the diluted acid after each dose as soon as required.

PLEASE NOTE: **Digestive acid (gastric juice) should not be mistaken for waste acid of life... which is caused by improper food combining, producing a rotting process, acidosis or disease. They are quite different.

Time of day to take Homozon©

The preparations can be taken at any suitable time, but we **recommend taking them either 1 hour before or after the meals**, between 2 meals whenever needed, and not later than 1 hour before retiring, but in certain cases they can be taken during the night or at meal time or immediately after the meals.

Persons having chronic dyspepsia had better take them about one to 1 ½ hours before meals.

Common signs to watch for...

If, after taking the preparations, or at **any time you feel any discomfort**, such as

- nausea
- gas in stomach or intestines
- headache
- dizziness
- pressure upon the heart
- biliousness

These are sure signs of **lack of** gastric secretion. **IN THIS CASE MORE IS BETTER. The best thing to do is to take more of the preparation and more diluted lemon juice.**

Relieve soft stools with a suitable binder

Bothersome soft stools, the sure and logical sign of the oxidation brought on through the use Homozon, can be relieved by using suitable binders (arrowroot, agar-agar, or cornstarch). Consult the product's package for directions.

What to do if you have diarrhea or ulcerations

If you currently have diarrhea and ulceration of the digestive tract, I recommend a sufficient amount of Homozon. You may need to take more. The amount can vary from person to person. It is required daily to produce at least 3 to 4 good stools per day.

Be careful NOT to use Homozon© as a laxative

As long as the digestive tract is not cleaned, there is little or no chance for the active oxygen in Homozon to reach the capillaries and blood vessels, and the other (especially the extreme) parts or organs of the body.

Therefore, it is entirely wrong to use the preparations, only as a laxative or antilax. It is best to allow the natural purification process, which can result in a frequent urging to stool or urinate. Without purification from the casting off of the "set free waste matters," no true healing can be expected.

Frequent stools will cease as soon as the digestive tract is free of waste matters, then nascent oxygen (even of large and frequent doses of the preparations) will be available for the purification of the blood and lymph-vessels and organs.

When this happens you may experience a heavier urination or loose stools. **This is necessary and beneficial to carry off the waste products** of the oxidation process, allowing your body to

return to its optimal state of wellness.

Watery stools are common UNTIL waste is cleared

As long as only Homozon is used, watery stools will be present UNTIL the digestive tract is freed of waste matters. These stools are the logical result of oxidation (oxidation means changing solid matters into water and gas), it has nothing to do with diarrhea and does not weaken the body.

At times weak persons feel weaker because of reactions. Sufficient rest, easily digestible, nourishing food and the use of suitable blood salts overcome this.

The reactions from the use of the preparations MUST and WILL soon show up. If this would not be the case the preparations, would be of no value whatsoever. **Reactions are good and essential,** in fact necessary signs for betterment. They best prove the quality of the preparations. These are healing reactions--not harmful side effects.

Consider a purification process also

The purification process can be intensified, and this we urgently recommend, by opening the pores of the skin thru daily full or part baths in warm water. Also, douches and gargles (if conditions demand it), should be used.

If you have any other questions or concerns, please call me, Dr. Xianti Hoo, Ph.D. At Alternative Choices Healing Center. I am a Certified Clinical Nutritionist and I will do my best to help you. Call TOLL FREE at 1-866-942-6848.