

GUIDELINES

- Do your protocol within 7 days of receiving it. You will only follow the protocol ONE complete time (unless indicated or written otherwise).
- Do not eat, drink or put anything in your mouth 5 minutes before or after taking each drop.
- Prior to and while taking your vials, do NOT store or place your vials near anything electrical, including the refrigerator (the vials do not need refrigeration).
- Start the protocol in the morning and complete as much of the protocol as possible in one day. For example, do not start your protocol at 7:00pm if your protocol is more than a few hours long. If your next remedy is due while you might be sleeping, then continue your protocol when you wake up the following morning. Do not interrupt your sleep to take the drops.
- While taking your remedies, avoid all electromagnetic fields (EMFs) as much as possible. This means NO wifi, telephones, television, computers, microwaves, fluorescent lighting, or driving/riding in cars. Also, avoid rooms next to or above/ below where computers or TVs are on. You need to avoid EMFs the day you're doing your protocol, and for added benefit, the day after. (See EMF avoidance guide for many more details).
 - While taking your remedies, unplug electronics in your bedroom before you sleep. Make sure no TVs, computers, or electrical devices are within 15 feet of your bed. Turn off wireless internet in your house during sleep. Battery-powered alarm clocks are OK.
- Drink plenty of filtered or bottled water to help flush toxins out through your kidneys.

INSTRUCTIONS

- Always start with vial #1 and proceed through the numbers in sequential order until all have been completed. Any vials outside of the foil (not on protocol sheet) are not to be used at that time.
- From each of the vials, take only a SINGLE droplet under the tongue and hold for 5 seconds before swallowing. Repeat this with each subsequent remedy, following the specified time interval between each remedy. (*Do not worry if you accidentally take more than one single droplet, as no harm will result. Also, no additional response will occur by taking additional drops*)
- Keep all of your vials in the plastic bag & foil we provided, and bring them with you to each visit. There is a \$20 replacement fee for any lost or forgotten vials.

IF YOU ARE STRUGGLING WITH ANY INCREASED SYMPTOMS FOLLOWING YOUR PROTOCOL:

Remember that detoxification is not always a walk in the park. Be patient. It may take several weeks to notice any effects from each round of treatment. It can take several months to start seeing significant changes in your health since we are going after the deepest toxins first. It is normal to see a temporary increase in symptoms due to a healing response. This is a good sign - it is the body's attempt to eliminate toxins. However, with this in mind, we have equipped you with a "Rescue" vial. Following your protocol, if you have increased, nagging symptoms, take the Rescue vial as follows:

- Beginning at least one day after the completion of your protocol, **take 5 drops of your Rescue vial, 3 times a day, for five days** (or longer if needed).
- If your increased symptoms have not started to diminish after five days, please contact the office to schedule a "Mini Toxicology" with Dr. Siegel, in which he can do a brief check on what the issue is, and provide an abbreviated protocol to offer relief. This is VERY RARELY needed, but it is available if ever you find yourself in a dire situation.
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IF YOU ARE STRUGGLING AFTER COMPLETING YOUR ENTIRE PROTOCOL AND RESCUE VIAL INSTRUCTIONS, PLEASE VISIT OUR WEBSITE AND COMPLETE A PATIENT COMMUNICATION SUBMISSION. (This is how things are communicated to Dr. Siegel. To find this form, visit our website, biohealthohio.com, scroll to the bottom and in the footer you will see "Submit a Patient Communication". Click that and follow the instructions on that page.)

EXPLANATION OF THE VIALS

What exactly is in the vials & how are they made?

Each homeopathic remedy vial contains sterile water. Specialized equipment is then used to transfer a specific frequency into each of the separate vials, which causes the water molecules to vibrate at the same frequency. Water has a unique property that allows it to hold on to any frequency that has been generated and transmitted into it. When the droplet of water from a vial is consumed, the frequency within that water droplet will then be transferred into the water composition of your body. Depending upon what Dr. Siegel is targeting with treatment, each remedy vial receives the appropriate electronic frequency corresponding to either an organ/tissue or toxic agent. Some remedies are made with frequencies that create a specific stimulus to one's immune system to target the specific toxin(s) hiding out in the specific organs or tissues, thus resulting in the toxin's release. Other remedies are made for the purpose of providing support to stimulate improved performance of the organs' or tissues' natural function. The targeted tissue cells then respond to this specific instruction. The remedies are completely safe, and will not interfere with any prescription medications that you are taking.

Why is only one drop to be taken from each remedy vial?

It takes only a small amount of the remedy (one drop) to have a profound effect on the body. In this single droplet of water, a tremendous amount of frequency information is contained. Once the droplet is placed in the mouth, the frequency is immediately transferred throughout the water composition of the body (and thus, the body itself). With the body's innate intelligence, it recognizes this information and knows immediately how to respond appropriately. Taking more of the remedy at one time does not create a stronger, clearer or more effective result.

OFFICE POLICIES

CELL PHONES

In order to protect the testing vials, all cellphones must be **POWERED OFF** before entering Dr. Siegel's office.

LATE ARRIVALS

In order for Dr. Siegel to give his best care to all patients, we must allow enough time to complete the testing and remedy recommendations at each appointment. Therefore, we must adhere to the appointment times as scheduled. If you arrive more than 10 minutes late, your appointment will need to be rescheduled.

CANCELLATIONS

While we try to be flexible and accommodating regarding cancellations when possible, keep in mind that cancellations without at least a 24-hour notice are subject to a \$95 cancellation fee.

VIAL REPLACEMENT

In efforts to keep your costs down, your vials are re-used for each treatment. Please bring vial to each appointment. There will be a \$20 replacement charge per visit for vials that are lost or forgotten.