



NO. 30 KALAYA PRODUCTS “TAKING REMEDIES AND SUPPLEMENTS” AVOIDING ADVERSE REACTIONS

TAKING NEW SUPPLEMENTS RECOMMENDATIONS FOR AVOIDING ADVERSE REACTIONS

It is usual, normal and expected for any person to experience a change or a different physical reactions when they introduce a new medication, supplement, food, tonic, mineral, vitamin or any remedy for the first time into their body. No two people will have exactly the same reaction to a medication, simply because we are all different individuals.

It is also difficult for any Health Practitioner to answer the following questions accurately for every individual. Normally they have to guess (give an opinion) or quote some “dogma” from other researchers or product manufactures which could be true or even incorrect.

“How much and how often and when should I take this medication?”:

“What will be the reaction that I should experience?”

“What adverse reactions of side effects should I expect?”

“How long will I have to wait to start to feel different?”

The only way for an individual to answer these questions and many more, is “to learn to read your own body by trial and error”. Ideally one has to find the right balance so that there is no over dosing or under dosing. This trial and error method is how the ancient healers learnt about medicinal healing substances such as healing foods, herbs, mineral supplements and chemical compounds. This process obviously took some time to develop and refine.

Following this tried and proven principle we suggest the following protocol for any Health Practitioners to advise their research clients to follow:

1. Start with the minimum amount recommended.
2. For example on day No.1: Just take only one unit (aka) one squirt, drop, pill, flat tea spoon, one ml., etc.
3. On day No.2 and day No. 3: increase the dosage to two (2) units per day for these two days.
4. Now on day No. 4. increase to three (3) units daily for the next three days
5. Now on day No. 7: increase to four (4) units a day for the next four (4) days.
6. Now on day No.11: increase to five (5) units a day for the next five (5) days.
7. Now on day No.16: Increase to six (6) units a day for the next six (6) days.
8. Now on day No. 22: Etc.. Etc.

Always be conscious that you are researching what quantity of the remedy is required to balance your needs. Too little may not provide a suitable outcome, too much will result in overdosing and will probably cause harm.

**Your body will tell you what is the ideal amount to take
and this is where you must stop.**

**You must learn to read your body so be conscious and deliberately concentrate on
how you are feeling as the effect of the remedy starts to make a change.
If you feel you are overdosing cut back if you can't feel a change discontinue
with the remedy and seek an alternate.**

DO NOT BE AFRAID TO EXPERIMENT

Gerald Hancock (2017)