

**"H6 Protocol": Auto-Urine Therapy**  
(using your own urine in a homeopathic fashion)

Obtain 1 quart glass bottle, mark side of bottle at 1/2" high and 3" high. Prepare your H6 preparation from the following:

H1 = Fill up to the 1/2" line with your urine. Add water up to the 3" line (i.e. 1 part urine to 6 parts water) Succuss 50 times.

H2 = Empty to the 1/2" line, add water again to the 3" line. Succuss 50 times.

H3 = Empty to the 1/2" line, add water to the 3" line. Succuss 50 times.

H4 = Repeat above.

H5 = Repeat above.

H6 = Empty to the 1/2" line, fill the bottle to the top, success 50 times. Drink this throughout the day!

Begin with using a morning urine collection. In subsequent days, alternate which urine you are dosing.