

# **Directions for Reusing Old Bottles**

There are <u>two</u> different methods of preparing the bottles. Please read *everything* below. IF preparing formulas for children, use method #1.

#### Items needed:

1 ounce boston round glass bottles

Tap water or bottled spring water. No distilled water

Plain vodka

Magnets (picture below)

**Important:** Only use 1 ounce bottles. Larger bottles will not hold the signal properly when transmitted from a distance. Using a larger bottle will result in a weaker formula.

#### Method #1

Clean the old bottle thoroughly by boiling it in a pot of water for a few minutes. Pour some boiling water on the dropper or sprayer too. Do not boil the dropper/sprayer.

After the bottle is thoroughly clean, place it on a refrigerator magnet or other magnet for 1 minute. One big magnet or 3 or 4 refrigerator magnets stacked. The bottle must be touching the magnet. The magnet will pull old signals out of the bottle. If you are using brand new bottles that have never been used, you do not need to place the bottle on the magnet.

Step 1. Start by adding ½ teaspoon of vodka to the bottle. This must be plain vodka. Do not use flavored vodka. No other type of alcohol can be used. *DO NOT USE* rubbing alcohol

Step 2. Fill the remainder of the 1 ounce bottle with water. Place the top back on.

You are now ready to have this bottle charged up with the homeopathic signals at your next appointment.

#### Method #2

With this method, you do not need to boil the bottle. But it will require the use of more alcohol. Fill half of the bottle with water and the other half with vodka. After this, place the bottle on a magnet.

To clean sprayers, spray plastic tube with vodka. Run vodka thru the tube by spraying a few times. Set on a magnet as usual. Do not pour boiling water on sprayers.

## Where and how to place the bottle when being charged

<u>Where</u>: The bottle must be placed as you see in figure 1 below (to the left of the USB cord). To know if you have the bottle at the correct side of the cord, place your hand on the cradle. You will see two lights turn on. You will see a green light on the right side and a yellow light on the left side. Place the bottle in front of the yellow light. Do not place it on the green side.

<u>How:</u> It is very important to have the bottle touching the hand cradle. The signal transmits a short distance. (See figure 1). This is why we use the one ounce bottles. If it is not touching the cradle or it is too large a bottle, it will not get charged. (See figure 2). When it's time to make your bottle at the end of your appointment, we will tell you when to place the bottle in front of the orange light, touching the hand cradle. You *do not* need to have your hand on the cradle during this time. Only the bottle.





Figure 1

### Frequently asked question:

## <u>Q:</u> If I am alcohol sensitive or this remedy is for a child, how much alcohol will I be ingesting?

<u>A:</u> Although some people may be concerned about the amount of alcohol in these formulas, there is little cause for worry. On average, 30 drops or 12 sprays of a formula containing 70 % alcohol has the same amount of alcohol as one ripe banana. This is the same amount of alcohol you would be ingesting in one day when you use our formulas. Our formulas contain 15%-20% alcohol if you prepare according to method #1 and 50% if prepared the method #2 way. All bottles coming from our office are 15%-20% alcohol. Companies use anywhere from 20%-90% alcohol, depending on what is being made. Thirty drops is less than 1 g of alcohol. A typical cocktail contains 13.7 g of alcohol. Most daily dosages do not exceed 30 drops. When we eat fruit, our bodies naturally produce alcohol via the fermentation process in our stomachs. Most people eat fruits without serious issues. Therefore, this minimal amount of alcohol should not pose a problem to most people.

### <u>Q:</u> If I make my own bottles at home, do I still have to pay \$20 for each bottle?

<u>A:</u> Yes. This is the fee for the formula itself, not the glass bottle. By transmitting the bottles remotely, you will be charged for the bottle but will not have a shipping charge. The Zyto Company charges us a fee *per minute* for every virtual appointment we run. We are absorbing all of this cost.

#### <u>Q:</u> Is it better to prepare the formulas at home or have them shipped?

Making the formulas at home will save you time and money. First, you will have the formulas immediately available to you at the end of your appointment. You will not have to wait to receive them in the mail. Second, you will not have the added shipping cost when we have to mail you your formulas.

Besides the custom formulas we make for you, we also carry many different shelf formulas that are available remotely. Call our office if you would like more information about these.

Office hours: Monday-Friday, 9-5. Phone number: 732 979 2525. Email: <u>info@suttonbio.com</u> Website: suttonbio.com Fax: 732 979 2454



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