

Dosage Guide for Usnea Tincture by Sound Spirit

In making this guide, we are drawing on what has been published but expanding on this based on our experiences and feedback from friends and customers taking the tincture.

General Principles

Initially, you might like to take a short internal course of a low dose to acquaint yourself with the tincture. Notice any effects that you feel from taking it.

If treating a specific illness see the guides below. Start with a lower dose and gradually increase until you notice a response. We have found symptoms for many of the conditions below halt quite dramatically. When this happens, it's natural to reduce the dose or even stop. But we have found that symptoms then return quite quickly, so continue taking the tincture for several days or a week after symptoms have reduced.

We don't think the product should be taken continuously for long periods due to its powerful effects and possible impacts on gut flora but can't confirm this yet.

Most people are finding they can consume the tincture straight from the droppers - making sure not to touch any part of the mouth or skin. But if you do struggle with the flavour, you can try mixing some honey directly into the tincture or add it to some juice.

Issues of the skin respond with a small amount of dropping the tincture directly on the affected area. There maybe some stinging, if this is an issue dilute the tincture 50:50 in water first. If the condition is not alleviated, consider taking an internal dose as well.

Internally, the tincture will treat conditions of the gastrointestinal tract effectively, but it does not travel well throughout the body unless you take a high dose. Additionally, the time for a dose-response is longer for internal ailments. It seems to take about one week before noticeable.

Doasge Recommendations:

Acquaintance

Take time to notice the effect of a small dose such as five drops twice a day.

Energy Boost

If you notice during the day your energy level is low, try taking a dose of 30 drops.

Immune Tonic

Amount: 20 drops, internally

Time: 2 times per day

Length: 30 days

You do this at a time of year where you know you usually get unwell or are going into a situation where you would normally get sick. For example, around a change in the season.

Colds and Flus

Amount: 30 drops, internally - gargle at the back of the throat

Time: 3 times per day

Length: 14 days

Also, a drop in each nostril has powerful effects of controlling Upper Respiratory Infections. Lye down and tilt the head back to apply. Or you could add it to a nasal sprayer - dilute 50:50 with water.

Wounds

Amount: 1 or 2 drops topically

Time: 3 times per day

Length: until healed

Skin infections

Amount: 5 drops topically

Time: 5 times per day

Length: 14 days

Consider taking an internal dose as well for an infection

Eczema

Amount: 5 drops topically

Time: 5 times per day

Length: during a breakout - on broken skin, pimples or blisters

Consider taking an internal dose as well for an infection

Infections

Amount: 60 drops internally

Time: 5 times per day

Length: 3 weeks

Side Effects

We have not noticed any significant side effects except possible loose bowels. Please let us know if you do experience any so we can update this list.

Always listen to your body and get advice from a health professional if you have concerns.

If you have success with treating a condition not listed please let us know.

