

INSTRUCTIONS & PREP FOR PRECIOUS PILLS

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DIRECTIONS FOR BEST RESULTS:

- Avoid eating heavy/greasy foods one day before and on the day you are taking the precious pill.
- Always take the pill early in the morning around 5-7 am.
- If you need to go back to bed or sleep after the taking the pill, make sure to cover yourself warmly, and do not let any drafts or cool air blow on you. It's okay to sweat when you are resting.

SOAKING PREPARATION THE NIGHT BEFORE:

- Place the precious pill into a small jar with lid containing 3-5 ml or ¼ cup of hot water and seal with lid.
- Let it soak overnight.

Note: sometimes the precious pill needs to be taken out of the cloth or package in order to soak it.

MORNING PREPARATION:

- The next morning, add a little more boiling water to the jar.
- Say a prayer to be receptive to the healing power of the herbs right before taking them, this is traditional healing technique in Tibetan Medicine and commonly practiced in Tibet.
- At this time, the precious pill may not be dissolved completely, but don't worry about it. You can simply drink the liquid and chew and swallow the herbs that haven't yet dissolved.

POST CARE:

- Relax and rest as much as possible on the day of taking the precious pill.
- If you become sweaty while resting, it's okay, just make sure to keep yourself covered and warm with a blanket.
- Continue to avoid eating heavy and rich foods and/or drinking any alcohol on the day you take the precious pill.

Notes:

If you take the precious pills for:

- Prevention or/and boosting energy, you only need to take once a month on the morning of the full moon.
- Healing, follow the instruction from your Tibetan medicine doctor.



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