



**ARHF**  
Amma Resonance Healing Foundation

# PC1 to boost immunity in people with HIV/AIDS

! PC1AF is for females and PC1AM for males

## How to prepare PC1 from granules

If available prepare the PC1 remedy in a dropper bottle, if not, use a sealed bottle of mineral water.

### 30-50 ml dropper bottles

Put **2 granules** into a **clean** 30-50 ml dropper bottle. Add to it mineral water or purified water (this gives at least 3 months shelf life). If available and no problem for the patient use 90% water and 10% medical alcohol or vodka to increase shelf life. Then bang the bottle five times and that's then prepared for use.



### 250-330-500 ml mineral water bottles

Put **2 granules** into a 250 or 330 to 500 ml plastic or (preferably) glass bottle of still mineral water. Then bang the bottle five times and that's then prepared for use. If available and it is no problem for the patient, use 90% mineral water and 10% medical alcohol or vodka to increase shelf life.

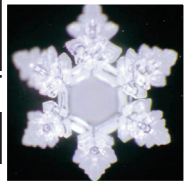


! Label the bottle PC1AM or PC1AF and add the patient's name. If it's a mineral water bottle first tear off the original label.

If you prescribe the remedy for others, read the instructions on the back of this card to them and show them how to bang the bottle and how to take a dose. Ideally give them a photocopy of the back of this card.

PC1 is natural, safe and without side-effects.

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[www.ARHF.nl](http://www.ARHF.nl)



## How to use PC1

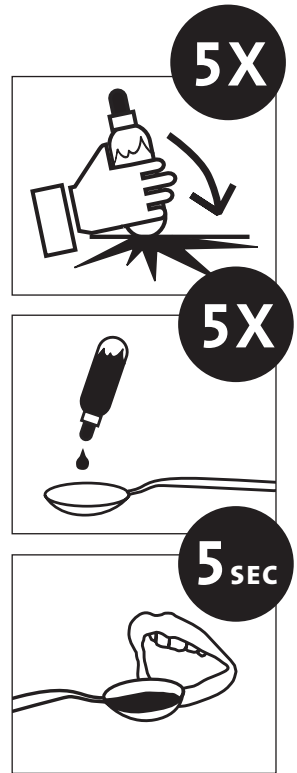
**!** PC1AF is for females and PC1AM for males

### For dropper bottles - 555 (5 bangs, 5 drops, 5 seconds)

Take once daily. Bang the bottle on a book or a wooden surface **5 times daily** to activate and then immediately put **5 drops** into a teaspoon, then into the mouth.

### For water bottles - 515 (5 bangs, 1 spoon, 5 seconds)

Take once daily. Before taking the remedy bang the bottle on a book or a wooden surface **5 times**. Take a **teaspoonful** directly from the bottle likewise into the mouth.



### **!** In both the above

- Keep it in the mouth, **under the tongue**, for at least **5 seconds** before swallowing. **Do not eat or drink just before and after taking it for 5 minutes.**
- The water must remain crystal clear. Never contaminate it by putting any liquid back in the bottle or touching the opening with the fingers or mouth or by drinking directly from the bottle and always close it properly.

If the water is not clear, it is contaminated and you need a fresh bottle.

- Keep the remedy in a cool place out of extreme heat and direct sunlight.
- The time of day you take it is not important.
- If you are symptom free you are still HIV-positive. Get a new bottle if this one is finished and have safe sex only! You can still infect others, and others can infect you and cause your symptoms to come back.
- PC1 is safe for pregnant women, babies, small children, older people and those on ARV's.