

INDICATIONS, DOSING AND USE OF THE CARLSBAD MINERALS

Disorder	Concentration of the Solution KMS Water Temperature	Daily Intake Amounts Time of Drinking Before Meal	How to Drink	Cure Special Instructions
Chronic gastritis with decreased or no stomach juice secretion	Concentration 0,5% Temperature 60 ⁰ C	Morning: 300 ml on empty stomach. Lunch: 200 ml. Dinner: 200-300 ml <i>20-30 min before meal</i>	Drink slowly taking small sips	Drinking cure should last at least 3 weeks. Can be repeated 2-3 times a year.
Chronic gastritis with normal stomach juice secretion	Concentration 0,5% Temperature 30 ⁰ C	Morning: 100-400 ml on empty stomach Lunch: 200 ml. Dinner: 100—400 ml. <i>45 min before meal</i>	Drink slowly taking small sips Continue treatment 3-4 weeks. Can be repeated twice a year.	Drinking cure should last 3 to 4 weeks. Can be repeated 2 times a year.
Chronic gastritis with increased stomach juice secretion	Concentration 0,5% or 1,0% Temperature 45 ⁰ C or 60 ⁰ C	Morning: 200-400 ml on empty stomach. Lunch: 200 ml. Dinner: 200-400 ml. At bedtime: 200 ml <i>45-60 min before meal and at bedtime</i>	Drink quickly taking big gulps.	Drinking cure should last 4 to 6 weeks. Then follow with long term treatment drinking 100-200 ml on empty stomach in the morning or at bedtime.
Stomach or duodenal ulcers in remission or in non-problem periods	Concentration 0,5% Temperature 45 ⁰ C	200 ml three times a day: <i>35—60 min before meal</i>	Drink slowly taking small sips with 10-15 min breaks between subsequent cups.	Continue for 4 to 6 weeks. Then follow with long term treatment drinking 100-200 ml on empty stomach in the morning or at bedtime.
Stomach or duodenal ulcers in non-problem periods	Concentration 0,5% Temperature Begin with 30 ⁰ C, then 45 ⁰ C	Begin with 100 ml five to six times a day , then decrease to 3 to 4 times a day <i>Before and during meal</i>	Take small sips while laying down	Continue for 4 to 6 weeks. Then follow with long term treatment drinking 100-200 ml on empty stomach in the morning or at bedtime. Can be repeated 2 times a year.
Conditions after stomach resection	Concentration 0,5% Temperature Begin with 45 ⁰ C, then 30 ⁰ C	Morning: 300 ml on empty stomach. Lunch: 200 ml. Dinner: 100-200-300 ml <i>20-30 min. before meal</i>	Drink slowly taking small sips. Start with low daily doses	Continue for 4 to 6 weeks. Repeat twice a year.
Chronic colitis with	Concentration	Start with 100 ml four times	Drink slowly	Continue for 3 to 6

increased peristaltic function of the bowel (diarrhea)	0,5% Temperature 60 ⁰ C	a day, after improvement - drink 300 ml in the morning on empty stomach, continue with 200 ml one to three times a day depending on the consistency of the stool <i>35-60 min before meal</i>	taking small sips.	weeks.
Chronic colitis with decreased peristaltic function of the bowel (constipation)	Concentration 1,0% or 2,0% Temperature 30 ⁰ C (low tonus of the bowel) or 60 ⁰ C (bowel cramps)	400 ml four times a day <i>45 min before meal</i>	Drink slowly taking small sips.	Continue for 3 to 5 weeks, then follow with 200-600 ml of 0,5-1,0% solution at 30 ⁰ C each morning on empty stomach.
Bile duct dyskinesia and chronic cholecystitis	Concentration 1,0% Temperature 45 ⁰ C	Start as follows: Morning: 400 ml on empty stomach. Lunch: 200 ml Dinner: 400 ml Then gradually increase to: Morning: 600 ml on empty stomach. Lunch: 200-300 ml Dinner: 600 ml <i>Time of drinking before meal depends on the condition of the stomach juice secretion.</i>	Drink slowly taking small sips with 10-15 min breaks between subsequent cups	Continue for 3 to 6 weeks. Walking is recommended while drinking the mineral solution. After finishing the prevention program resume long term treatment drinking 200-400 ml of 1,0% solution at 30 ⁰ C on empty stomach in the morning.
Conditions after gall bladder surgery	Concentration 1,0% Temperature 45 ⁰ C	Start with 200 ml three times a day, then the individual doses can be increased to 300-400 ml. <i>45 min before meal</i>	Drink slowly taking small sips.	Continue for 3 to 4 weeks.
Chronic hepatitis and liver cirrhosis except for relapse periods	Concentration 0,5% Temperature 45 ⁰ C	Start with 100 ml three times a day, then gradually increase the dose to 200 ml <i>45 min before meal</i>	Drink slowly taking small sips.	Continue for 3 to 6 weeks. Drink the morning dose while lying in bed, place pack on the liver area. Repeat treatment after 6 months.
Chronic recurrent pancreatitis	Concentration 1,0% Temperature 45 ⁰ C (60 ⁰ C - if diarrhea occurs)	Start with 100—200 ml three times a day; if well tolerated and stiffer stool gradually increase the dose as follows: Morning: 400 ml on empty stomach Lunch: 200 ml Dinner: 400 ml <i>On empty stomach</i>	Take small sips: Drink the first cup for 3 min, the next ones for 5 min. Take 10-15 min breaks between the cups	Continue for 3 to 6 weeks. Then follow with long term treatment drinking 200-400 ml of 1,0% solution on empty stomach in the morning on empty stomach.

Urinary calculi Prevention of magnesium-ammonium phosphate calculi. Chronic cystitis	Concentration 0,5% Temperature od 30 ⁰ C do 45 ⁰ C	Start with 750-1250 ml a day; then increase the daily dose to at least 1250 ml. Morning: 400—600 ml on empty stomach. Distribute the remaining dose evenly over the day. Last dose at bedtime <i>With respect to any existing disorder of the digestive system</i>	Drink slowly taking small sips	Drink 3-4 weeks twice a year. It is not recommended if the inflammation was caused by intestinal infection.
Diabetes mellitus, hyperlipoproteinemia, gout	Concentration 0,5% - 1,0% Temperature 45 ⁰ C	Start as follows: Morning: 200—400 ml on empty stomach. Lunch: 200 ml Dinner: 400 ml Then gradually increase the daily dose to 1300 – 1400 ml. <i>Time of drinking before meal depends on the condition of the stomach juice secretion.</i>		Drink for 3-5 weeks 3 times a year. Strictly follow the instructions of a specialist.
Dental, proctologic and gynecological problems	Concentration 0,5% Temperature As prescribed by physician	As mouth rinse, for enema and irrigations <i>As prescribed by physician</i>	As prescribed by physician	As prescribed by physician
Acute respiratory disorder, influenza	Concentration 0,5% Temperature from 30 ⁰ C to 45 ⁰ C	<i>Internal use</i> 400-600 ml distributed evenly over the day <i>1-2 inhalations a day</i>	Drink slowly taking small sips, can be mixed with warm milk	As needed. If the internal use is contraindicated, replace with inhalations
Cosmetic use	Concentration 0,5% - 2,0% Temperature Ice-cubes or a solution of temperature 15-18 ⁰ C	As needed <i>As prescribed by physician</i>	Gentle massage of the skin	As needed

All the above listed recommendations and indications should be approved by your family or company physician.

Contraindications:

If you suffer with any disorders accompanied with swellings or you have high blood pressure or insufficient kidney function it is imperative that you consulted your physician before therapy.