

**A Good Thyme**  
(instructions for use)

A. Oral/Pharyngeal/Esophageal rinse

1. Best if taken on an empty stomach before a meal.
2. Do not take at the same time as Immuno-Synbiotic.
3. Mix 15-20 drops in 3 ounces of water.
  - a. Take a sip --- gargle --- swish --- gargle --- swallow.
  - b. Take a sip --- gargle --- swish --- gargle --- swallow.
4. Continue until the entire 3 ounces is consumed.
5. Follow by drinking 6 ounces of water.
6. Dosing ~ How often you use A Good Thyme depends on how aggressively you need to attack nasty critters in the mouth and/or the root of the tongue and/or the esophagus and/or the stomach and/or the intestine. It is always to be used on an empty stomach, so 3X daily before meals represents a pretty aggressive use. 1-2X daily is more typical. However --- there is one problem with A Good Thyme, and that is that everyone who needs A Good Thyme also needs Immuno-Synbiotic. The two cannot be taken at the same time because A Good Thyme will kill the good critters in Immuno-Synbiotic, and they both need to be taken on an empty stomach. So --- the most common recommendation we make for A Good Thyme taken orally is to use it first thing in the morning and to take Immuno-Synbiotic before the second and third meals. Then, A Good Thyme can be taken a second time at bedtime.

B. As a nasal rinse

1. As a complimentary procedure to the use of Boogey Buster, those with extreme sinus conditions may use A Good Thyme in a sinus irrigation device such as a Grossan nasal irrigator.
  - a. Use ½ teaspoon of A Good Thyme plus ½ teaspoon of salt in your nasal irrigator.
2. Dosing ~ As often as 4 times per day when there is an acute problem, or, for the initial stages of treating a chronic problem. Decrease the frequency as the condition responds.

### C. Ear canal rinse

1. Will not be as effective if there is wax blocking the ear canal.
2. Using undiluted/full-strength may cause an uncomfortable burning sensation in the ear canal. Use full-strength, or half-strength, or even more diluted as necessary, depending upon the intensity of burning. For children, start with fully diluted strength. For small children reduce the quantity according to the ear size.
  - a. Full-strength = 10 drops undiluted in each ear.
  - b. Half-strength = 5 drops followed by 5 drops of water in each ear.
  - c. Fully diluted = 3 drops followed by 7 drops of water in each ear.
  - d. Small children = 2 drops followed by 5 drops of water in each ear.
3. Either lying on your side or with the head tilted to one side, place 10 drops in your ear. Let the solution “work” for at least one minute, then plug the ear with either cotton or tissue.
4. Turn on the other side and repeat the procedure for the second ear.
5. Retain the solution in both ears for at least another minute or two, or longer if preferred.
6. Remove cotton/tissue.
7. Optional: Follow by flushing with an ear syringe using warm water.
8. Dosing ~ As often as 4 times per day when there is an acute problem, or, for the initial stages of treating a chronic problem. Decrease the frequency as the condition responds.

### D. Topical use

1. For localized mycotic skin infections such as ringworm, tinea pedis (athlete’s foot), tinea crura (jock itch), or localized eczema use A Good Thyme full strength. Twice daily put a dab of Electro Tonic (or some glycerol-based lotion) on the affected area, then apply A Good Thyme and rub in thoroughly for deep penetration.
2. [For more diffuse problems such as tinea versicolor/malassezia and other yeast rashes probably the best approach is to use not a Good Thyme but Boogey Buster as a spray-on.]