

<https://usage-protocol.thenanosoma.com/>

NANO SOMA® Spray Usage Protocol:

- For health maintenance, use 5 sprays in your mouth once/day.
- If you are taking prescription medications, the likelihood of a healing crisis (see description below) when you begin to use NANO SOMA is much greater. In this case, we recommend you begin with one spray/day, gradually building up to 5 sprays/day.
- For assistance with an existing health condition, use 5 sprays once/day for the first week, then use one bottle in the second week (5 sprays, 4 times/day), a second bottle over the next two weeks (5 sprays twice/day) and a third bottle over the next 4 weeks (5 sprays once/day); i.e., normal health maintenance usage.

For skin problems and open wounds, spray directly on the affected area at least twice/day or apply **NANO SOMA® Nano-Gel**. For facial skin problems and age spots, spray directly on the affected area at least twice/day or apply **NANO SOMA® Nano-Cream**.

For eye or ear issues you may wish to pour some Nano Soma into a squeeze eye dropper bottle and put a drop in each eye, ear or nostril once or twice a day. It stings briefly in the eye but is quite safe. People report benefits with cataracts, glaucoma and tinnitus.

For the nose, we suggest purchasing an inexpensive empty nasal spray, or empty out its contents if it contains another product and rinse it out, then fill it with NANO SOMA. Spraying NANO SOMA in your nose helps to clear out the resident bacteria and viruses.

Healing Crisis or Reaction:

Metadichol® is made from all natural, food-based ingredients and has no known side effects. Some users (most do not) may experience a healing crisis, which can happen when natural health remedies work. This passes in a day or two. The signs and symptoms of a healing crisis are often identical to the illness itself.