

NOTES BY DR. ILIO NEIMAN

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USE OF JAMANI PRODUCTS

This "handbook" is divided into three chapters: the first chapter provides an alphabetical list of remedies for emergency situations. The second chapter offers guidelines for longer-term treatments, while the third chapter provides guidance on dealing with dermatological issues. The list has been compiled by Dr. Neiman based on patient experiences and is available for consultation as needed.



1. REMEDIES FOR EMERGENCIES

- **Anxiety:** RELIEF 5-20 drops (depending on symptom severity) in a small amount of water after breakfast for up to twenty days, along with a light massage with SUBLIME cream on the chest and wrists up to 3 times/day.
- **Psychophysical fatigue (low blood pressure):** ACTIVE FIT 5 drops + MEMORY FIT 8 drops in a small amount of water after breakfast and dinner for ten days.
- **Catarrh:** RELIEF 10 drops in a small amount of water after breakfast, lunch, and dinner for 20 days.
- **Ketosis (Acetone):** AZZURRO 5 drops + TRAMONTANA 8 drops in a small amount of water as needed (no more than 6 times/day).
- **Motion Sickness (Sea and car sickness):** BROMASE 2 drops + RELIEF 2 drops on the tongue as needed.
- **Cystitis:** RELIEF 15 drops + ALTHEA 10 drops in a small amount of water 3 times/day (for 15 days).
- **Hepatic colic:** RELIEF 20 drops + A. R. 15 drops + AZZURRO 15 drops in a small amount of water 3 times/day.
- **Renal colic:** RELIEF 15 drops + BEMEARS 10 drops + ALTHEA 10 drops 3 times/day. SUBLIME cream and 1 drop of RELIEF applied locally.
- **Diarrhea:** AZZURRO 5 drops in a small amount of water as needed. If stools are watery and abundant, add ACTIVE FIT 6 drops.
- **Dysmenorrhea (menstrual pain):** with regular cycle: ALTHEA 5 drops + RELIEF 3 drops 3 times/day. With irregular cycle: BEMEARS 5 drops + RELIEF 3 drops 3 times/day.
- **General digestive disorders:** AZZURRO 15 drops + VOLARE 15 drops in a small amount of water as needed (no more than 2 times/day).
- **Memory disturbances:** MEMORY FIT 10 drops 1-2 times/day in a small amount of water for at least 1 month. Treatment may be repeated if necessary.
- **Spasmodic abdominal pain:** BEMEARS 5 drops + RELIEF 10 drops in a small amount of water 3 times/day (for five days).
- **Lower back pain:** RELIEF 20 drops + ALTHEA 20 drops in a small amount of water four times/day until improvement, for at least one week. SUBLIME cream applied locally 3 times/day.
- **Arthritic pain:** RELIEF 5 drops + TRAMONTANA 10 drops in a small amount of water 3 times/day (for ten days). For a deep and long-term treatment, the use of RESTITUTIO capsules is suggested.
- **Rheumatic pain:** RELIEF 5 drops + A. R. 7 drops 3 times/day. If necessary, apply SUBLIME cream to the affected areas.
- **Bruises from falls, accidents, or various traumas:** SUBLIME cream + AURORA cream + 2 drops of RELIEF applied to the affected area 3 times/day.
- **Hemorrhoids:** AZZURRO 5 drops + BROMASE 90 10 drops in a small amount of water after breakfast for ten days.
- **Epistaxis (nosebleed):** BROMASE 2 drops + BEMEARS 2 drops directly on the tongue. Repeat frequently.
- **Fever:** BEMEARS 2 drops on the tongue every 2 hours.
- **Fever, if there is no sweating but a persistent cough, usually due to a cold:** AZZURRO 5 drops + BEMEARS 5 drops in a small amount of water after breakfast and dinner for ten days.
- **Indigestion:** V ELISIR 2 drops + AZZURRO 6 drops in a small amount of water as needed (no more than 4 times/day).
- **Influenza (initial symptoms):** BEMEARS 5 drops + RELIEF 12 drops in a small amount of water after breakfast, lunch, and dinner for ten days.
- **Insomnia:** A. R. + TRAMONTANA + AZZURRO + BEMEARS 5 + RELIEF 3 to 9 drops each (depending on the severity of the disorder) in a small amount of water 1 hour before bedtime. Repeat if necessary.
- **Lymphangitis in the lower limbs:** SUBLIME cream alternated with AURORA cream with 1 drop of RELIEF 2 times/day until improvement.
- **Sore throat:** BEMEARS 5 3 drops + A.R. 6 drops in a small amount of water after breakfast and dinner for ten days.
- **Otitis:** BEMEARS 5 drops + BROMASE 90 15 drops in a small amount of water after breakfast, lunch, and dinner for ten days. To reinforce the therapy, if possible, place two drops of BEMEARS 5 and two drops of BROMASE 90 on a piece of soft gauze and keep it in the entrance of the ear canal for at least three hours.
- **Insect bite:** Prevention: ALTHEA 5 drops + RELIEF 7 drops in a small amount of water 2 times/day. Locally after the bite: SUBLIME cream with 2 drops of RELIEF; anti-mosquito: ALTHEA 5 drops + RELIEF 7 drops in a small amount of water after breakfast and dinner as needed.
- **Cold with stuffy nose:** ALTHEA 10 drops in a small amount of water after dinner for ten days + 2-3 drops of ATHENA essential oil on the wrists morning and evening for ten days (oil for adults only).
- **Simple cold:** BEMEARS 5 drops + RELIEF 6 drops in a small amount of water after breakfast, lunch, and dinner for eight days.
- **Allergic rhinitis:** TRAMONTANA 5 drops + V ELISIR 2 drops in a small amount of water after breakfast, lunch, and dinner for twenty days. Repeat as needed. For this condition, it is important to follow a correct diet, excluding foods to which there is intolerance.
- **Snoring and sleep apnea:** A. R. 20 drops 1-2 times/day in a small amount of water for at least 3 months.
- **Overweight and swelling:** VOLARE 20 drops 1 time/day in a small amount of water for 30 days. Suspend for 10 days and repeat the treatment for 30 days. Repeat if necessary.

- **Physical and mental fatigue:** ACTIVE FIT 3-10 drops 1-2 times/day after breakfast and/or lunch in a small amount of water for 1 to 5 months, depending on the severity of the symptom.
- **Constipation:** AZZURRO 10-15 drops in a small amount of water as needed.
- **Cough:** Dry: BEMEARS 5 drops + A.R. 3 drops + RELIEF 3 drops 3 times/day. Productive: RELIEF 10 drops + ALTHEA 5 drops + PACE 5 drops 3 times/day.
- **Sternocleidomastoid muscle tension (torticollis):** Massage with SUBLIME cream and 2 drops of RELIEF + BROMASE 5 drops + A. R. 5 drops in a small amount of water 3 times/day.
- **Vaginitis, cervicitis:** Wash with BEMEARS 2 drops diluted in water or yogurt. BEMEARS 2 drops on the tongue every 3 hours.

2. REMEDIES FOR LONG PERIODS

2.1 For the prevention of seasonal flu and strengthening the body:

PACE 2-5 drops + RELIEF 2-5 drops in a small amount of water once/day as needed. For children aged 3 to 13 years in half a glass of water. For ages 0 to 2 years: PACE 2 drops + RELIEF 1 drop in the bottle (about 300 ml) once/day for 20 days. If necessary, after a break to be agreed with the doctor, the treatment can be repeated (for a period to be defined).

2.2 To detoxify and strengthen the body, improving immunological strength:

ALTHEA: 8 drops in the morning (before or after breakfast) in a small amount of water once/day for 7 to 12 months, depending on the severity of the condition. This product is also effective in more severe conditions (often in association with the remedy A. R.). In particular, it can, in synergy with other remedies, treat damage from harmful therapies. Consult an experienced doctor in JAMANI

2.3 Vaccination Prophylaxis in Children (Hexavalent and Similar Vaccines):

ALTHEA: Administer 3 drops in the morning after breakfast in 70 ml of water (about a small coffee cup) once daily for 20 days, starting 25 days before vaccination. Discontinue ALTHEA for the 5 days prior to vaccination.

2.4 To Stimulate the Body's Regenerative Abilities, Restore Joint Function, and Drain Fluids, Remineralizing the Body:

RESTITUTIO: Take 1 to 7 capsules per week, depending on biotypology and the patient's clinical profile, for at least 3 months. The course may be repeated if necessary.

2.5 To Stimulate Immunological Capabilities, Strengthen the Central and Peripheral Nervous Systems, and Improve Breathing:

V ELISIR: Take 3 drops in a small amount of water as needed (up to 3-4 times/day). It is recommended to administer this for a period of at least 20 days, with the option to repeat as necessary. The dosage varies based on age and the severity of the condition.

2.6 To Regulate HDL Cholesterol:

RESPIRO: Take 10 drops in a small amount of water in the morning (after breakfast) for 4 months. Repeat if necessary.

2.6.1 To Regulate LDL Cholesterol:

BEMEARS: 10 drops + VOLARE: 6 drops in a small amount of water in the morning (after breakfast) for 4 months. Repeat if necessary.

2.6.2 To Lower Triglyceride Levels:

BROMASE 90: Take 10 drops in a small amount of water in the morning (after breakfast) for 90 days. Repeat if necessary.

BROMASE 90: 10 gtt in poca acqua al mattino (dopo colazione) per 90 giorni. Eventualmente, ripetere.

3. REMEDIES FOR DERMATOLOGICAL ISSUES

3.1 External Skin Conditions (e.g., Moles, Warts, Pedunculated Fibroma, Psoriasis):

ATHENA Oil: Apply 3 drops to the affected area 2-3 times/day (maximum 20 drops over the entire body) for extended periods if needed. Do not use on damaged skin or mucosa.

3.2 Skin and Connective Tissue Function (Toning, Healing):

AURORA Cream: Apply 1 or more times daily to any part of the body. The effect of the cream can be enhanced by combining it with 1-2 drops of RELIEF. Do not use if sensitive to any of the components.

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FOR YOUR WELL-BEING IN ADDITION TO REMEDIES, IT'S IMPORTANT TO CONSIDER THE SIGNIFICANCE OF FOLLOWING A DIET DEVELOPED ACCORDING TO THE PRINCIPLES OF CONSTITUTIONAL BIOTYPOLOGY AND RELATED DIATHESSES.

YOU CAN CONSULT DR. NEIMAN FOR VISITS, DOSAGE INSTRUCTIONS, AND/OR ANY ADVICE

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