



RSO Dosage Guide

Begin with about a half of grain of rice-sized drop three times a day (upon waking, mid-day, and before bed). It usually takes the average person about 90 days to ingest the full 60 gram (60 ml) oil treatment. If you have been treated with chemotherapy or radiation, it is suggested to up your final intake another 120 grams (120 ml) for a total of 180 grams (180 ml) to aid in the reversal of the damaging effects of these treatments.

After four days, begin doubling the amount every 4 days. This should nullify any discomfort from the active ingredients in the oil.

It takes the average person anywhere from three to five weeks to get to the point where they can ingest one gram (or one ml) per day, which is equal to 8-9 drops every eight hours. Also, your size or body weight has little to do with your tolerance for RSO.

WARNING ABOUT THE USE OF THIS MEDICATION WHEN USING OTHER DRUGS-

Please be advised to monitor blood pressure and insulin levels while taking RSO, it has been shown to reduce the need for certain medications. Also, if you are taking steroids, painkillers, or morphine, RSO may cause side effects.

INGESTING YOUR DOSAGES-

The easiest way to take RSO is to put your dose on a tiny piece of bread and fold the bread around the medicine. This way the bread can be swallowed with water and you can avoid tasting the medicine.

MAINTENANCE DOSES-

One to two grams a month is a good maintenance dose. This is equal to a drop or two before bed each night.

The main side effect of this medication is a tiredness. This should subside in about three to four weeks. Please avoid driving until you are accustomed to your RSO.

If the cancer cannot be reversed with the use of this oil, it is not unusual for the patient to live on for many months longer than expected and during that extra time the oil gives them, they can often experience a very good quality of life.

RSO AS A TOPICAL TREATMENT FOR SKIN-

A small amount of RSO (about 4-5 grams) is all that is needed to aid in treatment of skin conditions. CBD RSO is an excellent medicine for this use. Apply oil to the skin and cover with a bandage. Apply new oil and a fresh bandage every three to four days. Once skin is healthy, continue to use RSO for two more weeks to nourish and treat the affected area.

If you have questions at all about this guide, please do not hesitate to contact ACS and one of our counselors will get back to you as soon as possible.