Malama koʻu kino!   <u>**SELF-CARE**</u>   *Lōkahi Lapaʻau*
NONI (*Morinda citrifolia*)

Noni is a traditional Polynesian plant medicine. It may be used internally or externally. **Here we describe a method for preparing a solution of noni water from noni powder and water.**

INTERNAL
Add one level teaspoon of noni powder to a heated pot with 24 ounces of filtered water. Stir/whisk until dissolved. Pour into Mason jar and let it cool down. Refrigerate overnight. Allow the solids to settle on the bottom of the jar. (*Noni powder is available on the internet.*)

DRINK
Decant the noni water into a cup. Drink one ounce of noni water per day, to prevent flare ups of chronic inflammation. Drink two ounces per day when symptomatic.

GARGLE
Slosh an ounce of the noni water in the mouth, covering all of the gum tissues. Spit out the gargle solution. Repeat daily for oral infection or inflammation.

MIST
Another method of delivery of the noni is to use a nebulizer to create a mist. Add the noni water to the nebulizer and breathe the solution into the gut and respiratory system. Take one dose per day for prevention. That dose may be taken at bedtime.

To treat a flare up of symptoms, increase the dosage to twice a day. For example, add a morning session to your daily protocol.

To prevent clogging of the nebulizer from buildup of powder residue, run some clear water through the device, once a week.

DOSAGE
The recommended portable nebulizer has automatic timing of the dosage. A typical dosage is 5 mL of liquid solution. When you are symptomatic, you may want to use the full dosage. When you are asymptomatic, you may choose to use less than a full dosage.

GUIDANCE
Consult an herbal medicine practitioner for specific guidance on your self-care program. For example, a practitioner may advise you to treat your symptoms during the day, as needed, in addition to a morning and/or evening dosage. Another option is to drink a cup of **concentrated** noni water, to treat an acute, infectious condition.
They can also advise you to cut back or change the type of herbal medicine that you use.

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