**Tricks for the injections**

I have been doing the injections for over 19 years now and I changed a few things from what it is explained on the DVD. I noticed it is easier this way.

#1 You still put the ice packs for 10 minutes.

#2 I leave the product in the fridge until I am ready to do the injections because I noticed it does not burn when the product is cold.

#3 To locate the injection area, do like the DVD shows. You do not have to put a hard pressure on the artery and don’t have to stretch the skin that hard either.

#4 Do not insert the needle fast like it shows on the DVD Just put a slight pressure on your skin (with the needle) and if you don’t feel it, you are at the right place. If you feel it, then move a little bit away and try again. You are not supposed to feel the needle. Then, when you do not feel it, just push it in the skin.

#5 Incline the needle down to the leg. It burns less.

#6 You can do the injections as fast as you are comfortable with. You do not have to take 10 minutes like it is showed in the DVD.

#7 You do not have to turn the syringes (the piston) (like it is showed on the DVD) just push on the piston.

#8 Put the ice pack back for another 10 minutes

Never hesitate to contact us if you have any questions.

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Information – Support



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