



Choosing Your Seinka Remedies

Write down ailments / diseases on left, then plant remedies from seinka.com

Ailment / Disease	Plant 1	Plant 2	Plant 3	Plant 4	Plant 5
1					
2					
3					
4					
5					
6					
7					

Add Plants to the Left and then calculate how many times that plant has come up.

Plant	Tally	Plant	Tally

In order, write down the most common 3 or 7 Plants that are specifically for you.

Your Seinka 3 or Seinka 7 Remedial Remedy Plants		
1	2	3
4	5	6
7		



Seinka Method