

Prescription Schedule: Sharna A/enaddaf Round: 4 Date: 17/1/25

Treatment Focus NOW:

Cont. - round 3

Add. - twitches, ↑ feelings of safety

NEXT:

- cortisol balance . FUTURE:

(monitor headaches as barometer)

Packet	Remedy	Potency	Dial up	Dosage (6 wks)	Treatment
①	Hydrastis	10MM	5322	1/wk	carry load of others
	STG+HE	200C	135567	} 1/day	} M/E ↑ feelings of safety
	+ cotton	30C	455888		
②	Endocrine	12C	M		
	Lymph. drain	12X	M		
	Nutrition	30C	M		
	Pitur. Gl	} 6X	547	}	} Bal. levels ↓ inflammation
	Cortisol		48099		
	Acon.	} LM2	2557	} 1 daily in water	Hx trauma, anxiety
	Arnica		8687		
	Nat - C.		6921		
③	Ign.		4383		
	Kali - p.		1825		
	Nux - v.		6222		
	Rhus - t.		7683		
	Sep.		8725		
	Budd		887789		
	Auto imm.	200X	M	}	energy + recovery
	Stress repair	} 30C	M	} TDS	exhaustion Metabolism
	Blood sugar		122388		
④	Alfalfa	} 12C	21309		Hormone bal.
	Estrogen		578989		
	Gell.		35877		
	Puls.		5556		
	Iod.	} 30C	5711		Twitching Immunity Blood clean
	Agar.		2417		
	Immune boost		M		
	Blood clean		M		

Notes