

Prescription Schedule:

Jan C.

Round: 5

Date: 25/1/25

Treatment Focus NOW:

Cont. - Infl, OA, Anxiety, Grief, Loss, HTN, tinnitus, ↑ energy + joy
 Add. - jittery + racing heart in bed, worry, liver support + fatigue

NEXT:

FUTURE:

Packet	Remedy	Potency	Dial up	Dosage (8 wks)	Treatment
1a	Nat-m	10M	6243	1/fortnight	alt. w 1b
1b	Led.	10MM		1/fortnight	alt. w 1a
(2)	Stress Repair + Sepia	Th. blc 10M	M 8725	TDS	Inflam. + Congestion
	Inflammation + Camph	200X	M 45323		
	Aesc.	30X	1563		
	Caust.		6147		
	Rhus-t.		7683		
	Crat.		6937		Anxiety w palpitations HTN, ringing in ears + bladder
	Clem.		1145		
	Sil.		9254		
	Kidney	6X	23		
	Liver		596		
	Spleen		465		
	Carb-v.	200X	2949		digestion + esophagus inflamm. liver support
	Chin.	30X	5671		
	Chel.				
	Earthworm	6X	6822058		Cust repair
	Syc-co.		94873		
(3)	Bloods	30C	122388	Daily in water bottle	
	Nutrition combi Ashwag.		M		
(4)	Sleep support + AAA	200X	M	1 @ bedtime repeat if woken	↑ joy nocturnal dysuria bladder weakness
	+ Seasalt	30C	78839		
	+ Equis	30X	2448		
	+ Sepia	200C	8725		
(Support)	STG+HE	10M	135567	1 dose every 5-60mins as needed	M/E Grief + Loss ↑ joy "I'm ok"
	+ Lotus	6X	97521		
	Arnica	200C	8687		

Notes