Prescription Schedule: Maree Haig **Round:** 2 **Date:** 29/1/25

Treatment Focus NOW: Cont. Anxiety, Stress, Resentment, not belonging, burnout, brainfog, dizziness, headaches, brain fog, lethergy, NS repair

NEXT: (detox) Add. control + anger + Resistance. **FUTURE:**

Packet	Remedy	Potency	Dial up	Dosage (___ wks)	Treatment
①	Nat-m.	10MM	6243	1/wk	M/E + physicals
②	Sea salt	200C	78839	BDS	Grief, resentment, guilt
	Carc.		57755		Hx ca. fear, mortification
	Stress Repair	Th. blk	M		↓ stress, NS
	+ Sepia	10M	8725		hormonal bal.
	+ Purple	200C	996909		↓ fear + resistance
	Nux-v.	30	6222		anger
	Cham.	200C	3643		calming, focus.
③	Sleep support	200C	M	1 @ bedtime repeat if woken	Sleep support
	+ cocc.		1604		
	+ Berlin wall	LM1	1158795		winding down
	+ Carc.		57755		
	+ Thy. Gl.		29835		
(support)	Blue	10M	54675	a/n 1 pillule every 15 mins	Anxiety, fear, panic
	Anac.		3185		
	Arg.-Nit.		4985		
	Ambr Gris.		6903		

Notes