

Treatment Focus NOW: Cont. - ↓ anxiety, phobias + fear. Support sleep, nutrition + gut.
 ↓ over responsibility Add. - ↓ anticipatory anxiety, fear
 of abandonment FUTURE: ↑ confidence + courage

NEXT: (gentle detox)

Packet	Remedy	Potency	Dial up	Dosage (6 wks)	Treatment
①	Sulph.	1MM	6361	1/wk	push
②	Caust. Sil. Thuja Yellow	10M 200X	6147 9254 82 95958	3x/wk M/W/F	constitutional sleep/headaches NBWS vacc. Release trauma/fear
③	STG+HE Acon. Ars. Arg-n. Carc. Caust. Lac-c. Puls. Buddelia Psor.	200C 10M 200C 30C	135567 2557 34999 4985 57755 6147 1314 5556 887789 7556	Daily in water	↓ anxiety, phobias ↑ confidence ↓ fear
④	Syc-co Sil. Earthworm Calc. Ph-ac	12C 30C	948730 9254 6822058 3404 6928	BDS	Cust Support + Picky eater
⑤	Sleep Support + Almond tree + Melatonin + Nutrition	200C 6C 200C	M 6898968 71711 M	1x @ bedtime Repeat if woken	Sleep + Nutrition
(Support)	Fear + Worry AAA Calc. Carc. Nat-m	10M	M M 3402 57755 6243	a/m	↓ stress, worry fight.