



Rebecca Chapman Holistic Therapies

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- 📍 Pacific Highway, Coolongolook NSW

Hi Nicole,

Included in this package are your homeopathic remedies which you will take over the next 8 weeks before a follow up appointment which you can book by emailing or texting me.

These remedies are a very safe and gentle support, however if you notice any troublesome symptoms please reach out for a chat.

Your remedy should be kept out of direct sunlight in a cool, dark space away from strong scents like camphor, essential oils and coffee and away from electronic devices like mobile phones and Wifi modems.

To take this remedy you can drop 2 drops under your tongue at least 5 minutes away from food or drink.

If you require any additional details please let me know via email to admin@rebeccachapmanht.com.au

Sincerely,

Rebecca Chapman



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PRESCRIPTION

Syph super - taken every morning for 8 weeks

Sepia Super - taken every evening for 8 weeks

Poly antibiotic detox - twice weekly (Mon & Wed) for 4 weeks

Poly Bowel Detox Support 30c - Twice weekly (Tues & Thurs) for 4 weeks.

After the initial detox

Roaccutane - Twice (Mon & Wed) weekly for second block of 4 weeks

Poly bowel detox support 200c - Twice weekly (Tues & Thurs)

You may notice healing symptoms throughout the taking of these remedies in the way of increased/vivid dreams, emotions surfacing, skin conditions worsening then decreasing, mild cold and flu like symptoms, general fatigue etc, each case is individual in treatment and healing.

You should be gentle with yourself, rest when possible, stay well hydrated and support yourself with quality lifestyle choices around food, sun exposure, sleep and reducing toxic loads. Please reach out if you have any concerns or questions along the way.

Bec xx