

Treatment Focus NOW: Cont - Inflamm, OA, Anxiety, grief, loss, HTN, tinnitus ↑ energy  
 + joy, ↓ jittery + racing heart; ↓ worry, support liver + ↓ fatigue  
 NEXT: ↓ SOB + ↑ bladder tone FUTURE:

Packet	Remedy	Potency	Dial up	Dosage (8 wks)	Treatment	
①	Sulph.	200x	6361	1x/wk	↑ memory ↓ fatigue overall wellness	
②	Stress Repair + Sepia	Th. bk. 10M	M 8725	TDS	SOB, jittery, faint; Inflamm. + Congestion	
	Acon.	}	2557			
	Agar		2417			
	Phos		3791			
	Inflammation + camph		M 45323			
	Aesc.		30X			1563
	Caust.		6147			
	Rhus-t.		7683			
	Crat.		6937			
	Clem.		1145			
	Sil.		9254			
	Endocrine sup.	6C	M			
	Carb-u	200x	2949			
	Chin	}	5671			
	Chel.		30X			1451
Earthworm	6822058					
Syc-co	6X	94873	eosophagus liver digestion			
③	Blood Sugar Nutrition combi	}	122388	}	Daily in water	
	Ashwag.		M			
	B12 complex		40503150 4614			
④	Sleep Support + AAA	200X	M	}	1x @ bedtime repeat if woken	
	+ sea salt	30C	78839			
	+ Equis	30X	2448			
	+ sepia	200X	8725			
⑤	STG + HE	200C	135567	}	1x daily on waking M/E	
	+ Lotus	30C	97521			
	+ Arnica	200C	8687			