



## Rebecca Chapman Holistic Therapies

☎ 0431 406 289

✉ [admin@rebeccachapmanht.com](mailto:admin@rebeccachapmanht.com)

📍 Pacific Highway, Coolongolook NSW

Hello,

Included in this package are your homeopathic remedies which you should take as per the following instruction.

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

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 these remedy you can place 2 drops/pillules 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](mailto:admin@rebeccachapmanht.com.au)

Sincerely,

**Rebecca Chapman**



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### **PRESCRIPTION**

**Car T58 Super - Taken Each morning for 8 weeks**

**Ignatia Super - Taken twice daily for 1 week**

**Nat Mur Super - Taken Each Evening from week 2-8.**

You may notice healing symptoms throughout the taking of these remedies in the way of increased/vivid dreams, emotions surfacing, skin conditions coming to the surface then decreasing, mild cold and flu like symptoms, general fatigue, a sense of well-being, increased energy, each case is individual in treatment and healing so I recommend to take notes each evening and touch base one week after beginning remedies.

You should be gentle with yourself/child, rest when possible, stay well hydrated and support yourself/child 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