

Treatment Focus NOW:

Cont. from rnd 2.

Add - fear of judgement, "It's too hard" (arnica)

NEXT:

FUTURE:

Packet	Remedy	Potency	Dial up	Dosage (8 wks)	Treatment
1a	Arnica	10MM	8687	1x / fortnight	"too hard"
1b	Nat-m	10M	6243	1x / fortnight	alt w 1a
(2)	Seasalt Carc.	} 200C	78839	} BOS	Anxiety, resentment, guilt Hx ca., fear, mortification ↓ stress + NS hormonal bal ↓ fear + resistance anger calming, focus Judgement
	Stress Repair		57755		
	+ Sepia	} Th. bk. 10M	M		
	+ Purple		8725		
	Nux-v.	} 200C	996909		
	Cham.		6222		
	Ign.	} 30C	3643		
(3)	buddleia		4383	} 1 @ bedtime repeat if woken	Sleep support restless legs winding down
	Emerald		887789		
			5364		
	Sleep support	} 200C	M		
	+ cocc		1604		
	+ melatonin		71711		
	+ arnica	} LM2	8687		
(Support)	Berlin Wall		1158795	} a/n 1x pillule every 15mins	Anxiety, fear, panic
	Carc.		57755		
	Thy. G1		29835		
(Support)	Blue	} 10M	54675	} a/n 1x pillule every 15mins	Anxiety, fear, panic
	Anac		3185		
	Arg-n		4985		
	Ambr Gris		6903		