



Rebecca Chapman Holistic Therapies

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📍 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

Sincerely,

Rebecca Chapman



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PRESCRIPTION

Weeks 1-2: Medorrhinum Fibonacci Homochord

Dosage: 2 drops of Medorrhinum Homochord in the evening, once daily

- Allow 10-15 minutes before or after food
- Succuss the bottle twice before each dose

Week 3 onward: Medorrhinum + Natrum Muriaticum Fibonacci Homochords

Dosage:

- Natrum Muriaticum Fibonacci Homochord - 2 drops in the morning, once daily
- Medorrhinum Fibonacci Homochord - 2 drops in the evening, once daily
- Allow 10-15 minutes before or after food
- Succuss the bottle twice before each dose

Please reach out via email admin@rebeccachapmanht.com.au after 1 week to touch base and ensure direction of cure is achieved, then again at 4-5 weeks to book a follow up consultation around the 6-8 week mark.

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, 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



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Weekly Journal Prompt ideas for Patient Reflection

WEEK 1 - Beginning Medorrhinum

- What feelings or thoughts am I noticing more this week?
- Have I experienced any shifts in my body, mood, or energy levels?
- How do I feel about my responses to stress or difficult situations?

WEEK 2 - Continuing Medorrhinum

- What has changed in the way I react to my emotions or the world around me?
- Are there moments when I feel different or more aware of my body or emotions?
- Have any old memories or experiences resurfaced?

WEEK 3 - Natrum Mur Introduced

- How do I feel emotionally now that both remedies are in play?
- Have my thoughts or feelings shifted in any unexpected way?
- What am I learning about how I handle emotions or challenges?

WEEK 4 and beyond

- How has my sense of self changed during this process?
- What new patterns or behaviours am I noticing within myself?
- Are there shifts in my emotional or physical state that stand out?