



## 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](mailto:admin@rebeccachapmanht.com.au)

Sincerely,

**Rebecca Chapman**



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## PRESCRIPTION

Placenta and Thuja to be given as previously directed - twice weekly. Organ support as needed or twice daily.

**Tub Bov - lets introduce this one differently, Give one dose, observe, if Lorenzo has a great day fantastic, if after 1-2 days behavioural challenges come back in then succuss bottle twice (bash 2x on the palm of your hand) then dose again (2 drops) and observe. we may find one or twice weekly is all we need, or we could require this daily.**

**keep in touch and some journal prompts have been included to help reflect and take note.**

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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## Journal Prompt ideas for Patient Reflection

### Emotional Check-In

- How did Lorenzo seem emotionally today? What stood out?
- What was your emotional experience today as his mum?

### Energy & Behaviour

- Was his energy high, low, calm, or restless? Did this shift during the day?
- Were there any moments of connection or disconnection?

### Triggers & Responses

- Did anything seem to trigger a change in his mood or behaviour?
- How did he respond to transitions (meals, bedtime, schoolwork)?

### Remedy Observations

- Was today a remedy day? If yes, which remedy and what time?
- What changes (if any) did you notice in the hours or day following?

### Family Dynamics

- How did his behaviour affect his siblings today?
- Were there any moments of peace or harmony you'd like to remember?

### Mum's Care

- What did I do today to care for myself, even in a small way?
- What do I need most right now?