

Prescription Schedule:

Jan C.

Round: 7

Date: 7/6/25

Treatment Focus NOW: Cont - Inflam., OA, anxiety, grief, loss, HTN, tinnitus. ↑ energy + joy, ↓ jitters + racing heart, ↓ worry, support liver, ↓ fatigue
 NEXT: ↓ SOB + ↑ bladder tone. FUTURE: Add - ↑ sleep + adrenal support.

Packet	Remedy	Potency	Dial up	Dosage (8 wks)	Treatment
①	Sulph. Puls.	200X	6361 5556	1x/wk	memory fatigue, wellness Puls. compliments
	Rebal. Adrenals	30C	M	TDS	Adrenal support
	Stress repair	Th. bk	M		
	+ Sepia	10M	8725		
	Acon.		2557		SOB jitters, stress
	Agar.		2417		
	Phos.		3791		Inflam. / congestion
	Inflam.		M		
	+ camph		45323		
	Aesc.		1563		
	Caust.		6147		
②	Rhus-t.		7683		Anxiety w palp.
	Crat.		6937		HTN, ringing in ears
	Clem		1145		+ bladder
	Sil.		9254		
	Endocrine supp	6C	M		
	Carb-v.	200X	2949		
	Chin	30X	5671		esophagus
	Chel.		1451		liver
	Kali-c.		6155		stabbing/stitch, OA, sleep
	Earthworm.		6822058		digestion
	Syc-co	6X	94873		
③	Blood Sugar	30C	122388	daily in water	BSL Balance
	Nutrition		M		
	Ash wag.		40503150		
	B12 complex		4614		
④	Sleep support	200X	M	1x @ bedtime repeat if woken	sleep
	+ AAA		M		↑ joy
	+ Seasalt		78839		nocturnal dysuria
	+ Equis		2448		bladder tone
	+ Sepia		8725		enhances sleep
	+ Ash tree		6995799		
⑤	STG + HE	50M	135567	1x daily on watering	M/E
	+ Lotus	200C	97521		
	+ Arnica		8687		
	+ carc.		57755		