



Rebecca Chapman Holistic Therapies

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📍 Pacific Highway, Coolongolook NSW

Hello,

I hope you're doing well! Your homeopathic remedies are ready and will be sent to you or picked up shortly. Beforehand, I wanted to share some important instructions to help you get the best results:

These remedies are gentle and safe. However, if you notice any unusual symptoms after starting, or if anything concerns you, feel free to reach out for a chat. If any symptoms persist, I recommend seeking medical care for additional guidance.

Please store your remedies in a cool, dark place, away from direct sunlight and strong scents like camphor, essential oils, and coffee. It's also best to keep them away from electronic devices such as mobile phones and Wi-Fi modems.

To take your remedy, simply place 2 drops or pillules under your tongue at least 5 minutes before or after eating or drinking.

If you have any questions or need additional information before the remedies arrive, feel free to email me at admin@rebeccachapmanht.com.au

Take care, and I look forward to supporting you on your healing journey!

Warmly,
Rebecca Chapman



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PRESCRIPTION

Baryta Carb FH - To be taken every morning - 2 drops under the tongue or in water as directed

Med FH - to be taken twice weekly in the evening 2 drops as directed.

Remedies to be taken until our follow up appointment, if you miss a dose please just continue taking the next day as usual.

As you begin your remedies, please be aware that you may experience some healing symptoms along the way. These could include vivid dreams, emotions surfacing, skin conditions appearing and then improving, mild cold and flu-like symptoms, general fatigue, a sense of well-being, and increased energy. Every case is unique, so I encourage you to take notes each evening and reach out for a check-in one week after starting your remedies.

Please remember to be gentle with yourself/child during this time. Rest when you can, stay hydrated, and support your healing with mindful lifestyle choices around food, sleep, sun exposure, and reducing toxic loads.

If you have any questions or concerns along the way, don't hesitate to get in touch!

Take care,
Bec x