

Prescription Schedule: Sharna Alenaddaf Round: 5 Date: 26/2/25 30/5/25

Treatment Focus NOW: Cont. round 4. Add vitality support, ↑ intuition/instinct

31/7/25

NEXT:

FUTURE:

Packet	Remedy	Potency	Dial up	Dosage (12 wks)	Treatment
	Release Fear	10MM	M		
①	Sil.	10M	9254	1/wk	vitality i/c
	SEP		8725		
	STG+HE	200C	135567		
	+ cotton	30C	455888		
	endocrine		M		
②	Lymph drain	12X	M	1/day	M/E support
	Nutrition	30C	M		↑ feelings of safety
	Pitur. Gl.	6X	547		↓ inflamm.
	Cortisol		48099		
	BS balance	30C	12456		
	Ars.	30C	34999		
	Acon.		2557		
	Arnica		8687		
	Nat-c.		6921		Hx trauma + Anxiety
	Ign.		4383		
③	Kali-p.		1825		
	Nux-v.	LM3	6222	1x daily	
	Rhus-t.		7683	in water	
	Sep.		8725		
	Budd.		887789		
	Lac-lup.	LM1/2	889585		- intuition + instinct
	Auto immunity	30X	M		- energy + recovery
	Fear + Worry	200C 10M ↓	M		
	A.F	200C	M		
	Stress Repair	30C	M		
	+ Sepia	10M	8725		
	Blood sugar	30C	122388		
④	Alfalfa		21309		Exhaustion
	Estrogen		578989		Metabolism
	Foll.	12C	35877		Hormone Bal.
	Pub.		5556	TDS	Twitching
	Iod.		5711		Immune syst.
	Agar.	30C	2417		Cholesterol
	Immune Boost		M		Liver
	Liver	6X	596		
	Cholesterol		7952		
	Release Fear	10MM	M		
	CARC	10M	57755		
①	LACH HUM		68608	3/wk	Worry for family
	+ Ava		887789		
	BLUE		54675		"Flat" + + +
	ALMOND		6898968		security
	Jepia		8725		
Ava:	Thymus		29835		
	Fear + Worry	10M	M	1000e	
	CARC		57755	nightly	

Notes

Alenaddaf