



Skye Protocol

	Mon	Tue	Wed	Thursday	Fri	Sat	Sun
Morning	Nat Mur	Nat Mur	Nat Mur	Nat Mur	Nat Mur	Nat Mur	Nat Mur
Lunch	Pulsatilla	Borax	Folliculinum	Thuja/Med	Pulsatilla	Borax	Carc/Syph
Evening	Sepia	Sepia	Sepia	Sepia	Sepia	Sepia	Sepia

Folliculinum is to be taken once weekly and days 10-14 of your cycle , because you don't have a regular cycle if you can take it day 1, then again day 7, then estimate days 10-14 then resume weekly. do this for a regular 28 day cycle and we are hoping this will help stimulate ovulation and bleed aswell as the other remedies supporting this process.



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