

Fluid retention for bali -

Calm my nerves - performing 3 day recording 5th 8 hour days quite intense. Anxious about it performance.

Oliva HTMA report
NA-K imbalance

Prescription:

Arg nit 200C

5 drops before the event - start when you feel nervous - 5 drops in water and sip over the day

Ledum 30C

5 drops 1 x daily start 3 days before Bali and continue each day whilst in Bali

Nux Vom 30C in case of food poisoning

2 pills every hour or 2

Denge 1M HP

2 pills x fortnight - start 1 month before you leave then continue in bali

Giardia 1M HP

2 pills x fortnight - start 1 month before you leave then continue in bali

Apocynum 6C Fluid retention

5 drops 1 x daily