

Prescription Schedule: Sharna Alenaddaj Round: 5 Date: 26/2/25

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

NEXT:

FUTURE:

Packet	Remedy	Potency	Dial up	Dosage (12 wks)	Treatment
①	Sil.	10M	9254	1/wk	vitality i/c
②	STG+HE	200C	135567	1/day	M/E support ↑ feelings of safety ↓ inflamm.
	+ cotton	30C	455888		
	endocrine		M		
	Lymph drain	12X	M		
	Nutrition	30C	M		
	Pitur. Gl.	6X	547		
	Cortisol		48099		
	BS balance	30C	12456		
③	Ars.	30C	34999	1x daily in water	Hx trauma + Anxiety
	Acon.		2557		
	Arnica		8687		
	Nat-c.		6921		
	Ign.		4383		
	Kali-p.		1825		
	Nux-v.	LM3	6222		
	Rhus-t.		7683		
	Sep.		8725		
	Budd.		887789		
	Lac-lup.	LM1	889585		
	Auto immunity	30X	M		
④	Stress Repair	30C	M	TDS	Exhaustion Metabolism Hormone Bal. Twitching Immune syst. Cholesterol Liver
	+ Sepia	10M	8725		
	Blood sugar	30C	122388		
	Alfalfa		21309		
	Estrogen		578989		
	fol.	12C	35877		
	Pub.		5556		
	Iod.		5711		
	Agar.	30C	2417		
	Immune Boost		M		
	Liver	6X	596		
	Cholesterol		7952		

Notes