

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		
③	BS balance	30C	12456	1x daily in water	Hx trauma + Anxiety
	Ars.	30C	34999		
	Acan.		2557		
	Arnica		8687		
	Nat-c.		6921		
	Ign.		4383		
	Kali-p.		1825		
	Nux-v.	LM3	6222		
	Rhus-t.		7683		
	Sep.		8725		
④	Budd.		887789	TDS	- intuition + instinct - energy + recovery
	Lac-lup.	LM1	889585		
	Auto immunity	30X	M		
	Stress Repair	30C	M		
	+ Sepia	10M	8725		
	Blood sugar	30C	122388		
	Alfalfa		21309		
	Estrogen		578989		
	Jell.	12C	35877		
	Puls.		5556		
	Iod.		5711		Exhaustion Metabolism Hormone Bal. Twitching Immune syst. Cholesterol Liver
	Agar.	30C	2417		
	Immune Boost		M		
	Liver	6X	596		
	Cholesterol		7952		