



Rebecca Chapman Holistic Therapies

☎ 0431 406 289

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📍 Pacific Highway, Coolongolook NSW

Hello,

Included in this package are your homeopathic remedies which you should take as per the following instruction.

These remedies are a very safe and gentle support, however if you notice any troublesome symptoms please reach out for a chat or if symptoms persist seek medical care.

Your remedy should be kept out of direct sunlight in a cool, dark space away from strong scents like camphor, essential oils and coffee and away from electronic devices like mobile phones and Wifi modems.

To take these remedy you can place 2 drops/pillules under your tongue at least 5 minutes away from food or drink.

If you require any additional details please let me know via email to admin@rebeccachapmanht.com.au

Sincerely,

Rebecca Chapman



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PRESCRIPTION

Car T58 Super - Taken Each morning for 8 weeks

Ignatia Super - Taken twice daily for 1 week

Sepia Super - Taken Each Evening from week 2-8.

P/C injection detox - Taken once weekly on the same day

You may notice healing symptoms throughout the taking of these remedies in the way of increased/vivid dreams, emotions surfacing, skin conditions worsening then decreasing, mild cold and flu like symptoms, general fatigue, a sense of well-being, increased energy, each case is individual in treatment and healing so I recommend to take notes each evening.

You should be gentle with yourself/child, rest when possible, stay well hydrated and support yourself/child with quality lifestyle choices around food, sun exposure, sleep and reducing toxic loads. Please reach out if you have any concerns or questions along the way.

Bec xx