



Rebecca Chapman Holistic Therapies

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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

Nat Mur Super - Taken as a split dose Morning/night/morning then wait 3 days and text me to assess- then move into taking Each Morning for 8 weeks

Car T58 Super - Taken as a split dose Morning/night/morning then wait 3 days and text me to assess - then move into taking Each Evening for 8 weeks

You may notice healing symptoms throughout the taking of these remedies in the way of increased/vivid dreams, emotions surfacing, skin conditions coming to the surface 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 and touch base one week after beginning remedies.

You should be gentle with yourself, rest when possible, stay well hydrated and support yourself 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