

Treatment Focus NOW: M/E support, ↑ feelings of safety, ↓ bad habits

NEXT: FUTURE:

Packet	Remedy	Potency	Dial up	Dosage (8 wks)	Treatment
①	Strep	30x	55699	1x/wh	Stuckness
	Seasalt	} 200c	78839	} BDS	Grief, resentment, guilt, Hx of ca mortification ↓ stress + NS hormone bal ↓ fear resistance anger calm + focus judgement Safety
	Carc		57755		
	StressRepair	} Th.bk. 10M	M		
	+ Sepia		8725		
	+ Purple	} 200c	996909		
②	Nux-v.		6222		
	Cham	} 30c	3643		
	Ign.		4383		
	Nat-m.	} 30c	6243		
	Buddleia		887789		
	Emerald	} 30c	5364		
	Cotton		455888		
	SleepSupport	} 200c	M	} Take 1 pillule 1hr before intended bedtime repeat if woken	Sleep ↓ bad habits supports oak
	+ cocc.		1604		
	+ melatonin		71711		
	+ arnica		8687		
③	Oak	} LM3	179119		
	Carc.		57755		
	Thy. Gl.	} 200c	29835		
	Thyij		82		
(Support)	Blue	} 10M	54675	} a/n 1 pillule every 15mins	anxiety, fear, panic
	Ana		3185		
	Arg-n.		4985		
	Ambr Gms		6903		