



## Rebecca Chapman Holistic Therapies

☎ 0431 406 289

✉ [admin@rebeccachapmanht.com.au](mailto:admin@rebeccachapmanht.com.au)

📍 Pacific Highway, Coolongolook NSW

Hello,

I hope you're doing well! Your homeopathic remedies are ready and will be sent to you shortly. Before they arrive, I wanted to share some important instructions to help you get the best results:

These remedies are gentle and safe. However, if you notice any unusual symptoms after starting, or if anything concerns you, feel free to reach out for a chat. If any symptoms persist, I recommend seeking medical care for additional guidance.

Please store your remedies in a cool, dark place, away from direct sunlight and strong scents like camphor, essential oils, and coffee. It's also best to keep them away from electronic devices such as mobile phones and Wi-Fi modems.

To take your remedy, simply place 2 drops or pillules under your tongue at least 5 minutes before or after eating or drinking.

If you have any questions or need additional information before the remedies arrive, feel free to email me at [admin@rebeccachapmanht.com.au](mailto:admin@rebeccachapmanht.com.au)

Take care, and I look forward to supporting you on your healing journey!

Warmly,  
Rebecca Chapman



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### **PRESCRIPTION**

**Lachesis Super - To be taken each morning**

**Car T58 Super - To be taken every evening**

**Strep Tilch 40c - to be taken once daily for 2 weeks the assess**

**Remedies to be taken daily until our follow up appointment, if you miss a dose please just continue taking the next day as usual.**

As you begin your remedies, please be aware that you may experience some healing symptoms along the way. These could include vivid dreams, emotions surfacing, skin conditions appearing and then improving, mild cold and flu-like symptoms, general fatigue, a sense of well-being, and increased energy. Every case is unique, so I encourage you to take notes each evening and reach out for a check-in one week after starting your remedies.

Please remember to be gentle with yourself/child during this time. Rest when you can, stay hydrated, and support your healing with mindful lifestyle choices around food, sleep, sun exposure, and reducing toxic loads.

If you have any questions or concerns along the way, don't hesitate to get in touch!

Take care,  
Bec x