



Rebecca Chapman Holistic Therapies

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📍 Pacific Highway, Coolongolook NSW

Homeopathic Fertility Support Prescription

Clients: Sarah & Scott

Practitioner: Rebecca Chapman

🌿 Sarah's Prescription

- Carcinosin T58 – Twice weekly
- Thuja – Twice weekly
- Natrum Muriaticum – Daily
- Sepia – Daily
- Borax – Once weekly
- Ignatia – Once weekly
- Support Blend (Thyroid & Nutritional) – Three times weekly

🌿 Scott's Prescription

- Carcinosin T58 – Once daily
- Nux Vomica – Once daily

Please find an attached calendar as a support for taking your remedies - you can adjust this to suit your schedule. For remedies to be taken at the same time eg evening please allow 5-10 minutes between remedies, possibly one before dinner, one before bed etc.



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🌀 What to Expect & What to Watch For

Over the coming weeks, you may notice subtle or even profound changes across the mental, emotional, and physical spheres. Some things to pay attention to include:

- Emotional shifts: old grief surfacing, feeling lighter or more tearful, mood fluctuations, new insights or clarity
- Physical detoxification: changes in sleep, digestion, sweating, menstruation, or skin
- Energetic shifts: a rise in motivation, shifts in libido, dreams becoming vivid, old patterns moving
- Relationship dynamics: changes in the way you connect, communicate, or respond to one another

These are all potential signs that the remedies are beginning to support deeper systemic and emotional rebalancing. Each shift is unique to your personal healing process.

💬 Communication & Ongoing Support

Healing is not always linear — please stick with the remedies consistently and be gentle with yourselves as things unfold.

If anything arises that feels intense, confusing, or you simply wish to talk it through, my email is always open. I will respond as soon as possible and we can adjust the protocol if needed.

We will also have 4 x monthly email follow-ups, so please reach out at the end of each month to let me know:

- How you're progressing
- What you've noticed (big or small)
- Any changes mentally, emotionally, or physically

👶 If Conception Occurs

If pregnancy occurs at any stage during the protocol, please stop the remedies immediately and let me know as soon as possible so we can adjust support accordingly.

Thank you both for your trust in this process — I am honoured to walk alongside you on this journey.

Warmly,
Rebecca