

**Prescription Schedule: Round:2**  
**Karyn Walker**

**Date:** 18  
 November  
 2025

*SA- 19/11/25*

**Treatment Focus NOW:** Providing gentle hormonal support to help gradually rebalance and offload the system in preparation for the future removal of the Mirena. This is supported with a mild liver-cleanse, alongside indicated homeopathic remedies aimed at fostering clarity of purpose, emotional direction, and courage for the next steps

**NEXT:** Liver detox, Blood Clean, Lymphatic Drainage and Gut Repair

**FUTURE:**

Packet	Remedy	Potency	Dial up	Dosage ( 8 wks)	Treatment
1 Mental and Emotional	Carcinosin	10M	57755	1 dose, 3 times per week	Mother archetype, re-alignment of the central system, suppression of self expression, anxiety of what might happen. Regret of not being true to herself.
	Blue	30C, 200C, 10M	54675		Open creative energy channels
	Goldfish		70599		Enables true expression, inner freedom, trust and supports the fear of change
	Stonehenge		399999		Courage and energy to find and complete the purpose
	Pulsatilla		5556		support to find inner direction, not from others, but from self
	Calc Carb		3402		Release worries about responsibilities and duties so she can move forward in a new direction.
	Sulphur	30C	6361		To ground and follow through- to give a little push
2. Grief	Goldfish	30C	70599	1 dose weekly	To release sadness and grief
	Natrum Muriaticum	10M	6243		Grief, disappointment and guilt, heart chakra
	Kegelia Africana	30C	557775		Regret of things not done
3 Hormonal Support	Folliculinum	30C	35877	1 per day <del>upon waking</del> <i>added to water bottle.</i>	Relieve any congestion in uterus.
	Ovaries		265		Ovary support
	Uterus		954		Uterus support
	Calc Fluorica	6X	1184		Strengthen connective tissue and help with fibrous growths and adhesions pre-emptively should they be present
	Sabina	12C	5844		Clotted periods in past (currently merina)
	Oestrogen	12C	578989		To help rebalance oestrogen levels
	Cimic	30C	1231		Suppressed menses/Pain in lumbar and sacral region
	Mag Phos	30C	4382		Painful menses in past/lower back pain
	Pituitary Gland	12C	21657		Pituitary Sensitivity/hormonal balancing
	Sepia	30C/200/500C	8725		Dysmenorrhea and hormonal balancing/weakness in

*P.T.O.*

