



## Rebecca Chapman Holistic Therapies

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📍 Pacific Highway, Coolongolook NSW

Hello,


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

**Car T58 Super - 2 drops each morning daily. we will begin this remedy for 2 weeks before introducing the second remedy please, if no issues then Nat mur can be commenced.**

**Natrum Mur - 2 drops each evening daily. (only after 2-3 weeks on carc)**

**Please continue to take your remedies until we have a follow up appointment. If you miss a dose please just resume taking as normal at your next dose.**

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