



Rebecca Chapman Holistic Therapies

☎ 0431 406 289

✉ admin@rebeccachapmanht.com.au

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

Warmly,
Rebecca Chapman



Rebecca Chapman Holistic Therapies

☎ 0431 406 289

✉ admin@rebeccachapmanht.com.au

📍 Pacific Highway, Coolongolook NSW

PRESCRIPTION

Hormonal Blend 3x daily, alongside your Thuja/Med

Organ support: Once daily to support detox and organ repair.

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



Rebecca Chapman Holistic Therapies

☎ 0431 406 289

✉ admin@rebeccachapmanht.com.au

📍 Pacific Highway, Coolonglook NSW

Please find the below Journal Prompts to help reconnect you to your cyclical nature. Since you are not currently bleeding we will link into the moons cycles - take note of how you feel under the full moon and new moon - which one provides more energy and enrichment? which stage of the moon do you find yourself feeling renewed and open and which stage do you find yourself desiring time inward?

This will help the ebb and flow and allow you the same space your bleed should with regards to knowing when to slow down and have your inner winter season - whether this looks like rugging up and bingeing TV or having a good cry with a cup of tea - allow yourself this space to breathe and be.

Moon & Cycle Connection Prompts

1. New Moon – Intention & Rest (Menstrual / Follicular Phase if cycle returns)

- Sit quietly and breathe, imagining a soft dark space within your womb. What intentions do you want to plant for your body and life in this cycle?
- What parts of yourself feel ready to rest, renew, or be held gently?
- How can you honour stillness and inner reflection this week?

2. Waxing Moon – Growth & Energy (Follicular / Pre-Ovulatory Phase)

- As the moon grows, where do you want your energy to flow?
- What ideas, projects, or self-care practices feel alive and ready to blossom?
- How can you nourish your body, mind, and heart to support growth in this phase?

3. Full Moon – Expression & Release (Ovulatory / Mid-Cycle Phase)

- Where in your life do you feel fully illuminated or called to shine?
- What emotions, thoughts, or patterns are ready to be expressed or released?
- How can you celebrate your body, creativity, and vitality in this full-moon energy?

4. Waning Moon – Reflection & Letting Go (Luteal / Premenstrual Phase)

- What can you let go of to make space for renewal next cycle?
- Where do you need to rest, simplify, or slow down?