



Dear Sian,

8<sup>th</sup> September 2025

## **Prescription for your Homeopathic Treatment**

I am happy to confirm the following prescription as per our recent homeopathic consult.  
Please see over the page for instructions.

**Carcinosin** – Super Homochord

One dose every morning with **2 succussions**

**Kali carb** – Kentian Homochord

One dose every evening with **2 succussions**

**Poly bowel PLUS** - Kentian Homochord

One dose every evening for 21 days – 5 succussions

Please reach out if you have any questions or concerns throughout the time of your treatment.

Thank you for entrusting me with your health and taking the steps toward true curative holistic healing.

Yours in health,

*A Arnold.*

Ash Arnold  
Holistic Remedy Co.  
ash.mastro90@gmail.com



## **Instructions for your Homeopathic Treatment**

Please take each dose 15 minutes away from strong foods (coffee, tea, garlic, toothpaste etc.) and store your remedies away from strong smells (essential oils, coffee, herbs etc.) and EMF's (wi-fi router, microwaves, mobile phones etc.) magnets and direct sunlight.

One dose / neat dose = 5 liquid drops under the tongue in a clean mouth

Succuss = bang the bottle on your hand vigorously

FH = Fibonacci Homochord (3c, 5c, 8c, 13c, 21c, 34c, 55c, 89c, 144c & 233c)

KH = Kentian Homochord may comprise of any of the following (30c, 200c, 1M, 10M, 50M, CM & MM)

SH = Super Homochord may comprise of any of the following: (3c, 5c, 8c, 13c, 21c, 30c, 34c, 55c, 89c, 144c, 200c, 233c, 1M, 10M, 50M, CM & MM)

## **Patient education on the Direction of Cure – what to expect**

The aim of homeopathic treatment is to deliver the medicine in a gentle yet rapid fashion to stimulate the vital force into self-healing.

Some healing responses may be uncomfortable; some homeopaths call these responses “aggravations” but I like to call these healing responses “constructive distress”. If at any time the responses become too uncomfortable or you would like to slow down, you may skip a few days of dosing, succuss only 3 times and consider diluting your doses in some water. You may reach out to me for guidance on slowing down or stopping if required.

As part of the Direction of Cure you may see a regression back to past unresolved health issues to be re-experienced then move through to be cured, including even transgenerational health issues. These reappearances are generally to a less extent and duration than you usually experience them.

Also, as part of the direction of cure, you may see the interior heal before the exterior (non-physical: vitality, psychological improvements, self-regulation, quality of sleep etc.).

There is also a prioritisation of issues, according to their critical impact on the structure and function of the body. The sequence of curative self-healing is not chosen consciously by yourself, but rather ordered by the intelligence of your own innate vital force.

Lastly, healing priority is often given to the upper parts of the body, then to the lower parts (head first and lastly the toes).

By knowing what to expect, in the event that you do return to uncomfortable memories, emotions, physical discomfort etc. (especially if it is psychological), you are in a powerful position to remove yourself from the experience and rather than relive it, you can witness it and take comfort knowing it is only temporary.

I suggest you keep a diary or notes on your phone from what shows up for you as it will help you to see your progress and also help me at our follow up appointments.

The Homeopathically induced healing journey is truly the curative process that the world has been waiting for.