



# Supplement Schedule

Tonie Gooley



## MORNING

Nux Vomica Hommacord 10 drops  
directly into mouth

## Summary

Homeopathic remedies:

- Gently support the body to clear toxic load from mould and other toxin exposure
- Begin to reduce symptoms experienced since mould exposure

## DAY

## Daily Goals

- Take note of any changes after each week
- Water Intake: while detoxing it is essential to drink enough water to support your body eliminating the toxins. Aim to drink 1.5-2 litres filtered water daily
- Gluten: Aim to eliminate from diet to reduce inflammatory symptoms

## EVENING

Nat Sulph 30C 5 drops directly into  
mouth

