

15.3.24

Overwhelmed

Heart failure - June 2023 CCF
- lifestyle
- was 110 Kg
- SOB on exertion

Ubel driving

Couldn't lay down. Chest pain
Body retaining fluid
↓ urine output
Stomach becomes distended.

arteries OK

diabetes OK

B.P. OK

U/S - left ventricle weak - 24%
after wt loss → 35% capacity
→ medⁿ

→ Zonibeⁿ

→ A

Enlarged heart.

Reverse of course.

Rheumatic fever as child &
heart valves ok

Medicines are killing me.

Giardanice

- heart,

feet swollen

Anxiety -

→ Lycopodium

Anxiety

- Can't get words together
- Can't breathe
- no pain in heart
- feel like you're going to die
- heart will stop.
- Frea M.F.

Left car - blocked
> laying down

Cause - Wt; ETOH; junk food.

Under driving, want to hit target.

Frustration

- plans taken away
- haven't achieved that part of life
- but thank god
- nothing he can do to be the situation
- African family - Can't help them → feel inadequate



stroke incident of him

- stroke; crippled
- if I was still ok to make money
- will it be ok?

Ext. negative

Doesn't see the positives
Used to be happy go lucky.

F: Kids have to look after me.
I should be looking after them.

abrupt; on edge.

Stools - daily

Lyco → gas → relief

Peripheral edema - balloon, will burst

Stuck
Congested

Stuck - can't do much

Try to make a move to be unstuck & something

Libido holds you back.

Having Steve. Rahim has
We're stuck in his
sterile - was so congested
Stuck on something

Rahim feels stuck. Can't take his child yet.

Might have freedom Breathe.

Covid - stuck in Africa

freedom - joy happens
chains off you
restriction off you
When Rahim released - big freedom.

Stuck - image: chasing my tail - one spot
going nowhere; walking on same spot.

Exp. like a failure
not catching up to your tail.
Every time you try, still chasing.
Plans 'll business. Then Covid.
Everything turned to mud.

Big impact - Rahim

1983 - met Samaha

married. Great. let's go. expectations for kids; something big; they're needed; lying to you. Influenced.

I trusted him. Then too late.

Helped him → felt fulfilled.

3/12 at college - pretending to go. ICE.

Feel it was me. I was a D.J. into music
hip hop

CTA: Detective told me to tell Rahim to give himself up or SWAT team.

My heart sank.
" " is sinking

told him to turn himself in
HR & pain S: loss of breath.
Lost a son to drugs

Kept bailing him out & not good:

2021

Cardiac sx - June 2023

1 fee

9 OKg

Left ear - hear voice
blocked
not balance
pressure

GP - drum (ear) is fine.
Was protect it self; locked in

Sleep:
- all day - 2 hrs

Congestion

- Stomach gets hard - S. anxiety
nothing moving
tighter + tighter
belching + belching
breathing heavy
around
can't talk,
can't breathe
too congested

Dreams - repetitions

Locked into a dream of being in the same
people 24/7

Repetitions

- TV, sports

Never coming out of that loop
F: doing the same thing

Exhausting

I've got to well soon. Got to
R: not much. Sitting down.

Bored

anxiety kicks in - when I have to go
to toilet - again

3-4 times

Days of lunacy - & win