

Skin was clear overseas

In sri lanka and thailand no breakouts skin very clear
As soon as i got back

Lumpy blemishes came up

2 days before flying a few breakouts 1-2
Day of the flight a few more that have developed.

Worse stress and lack of sleep last few days+++
Laptop not working through the scan

Panic, suffocating -

Phlegm build up

Sri lanka 2 weeks

In thailand not sick

1 evening i felt suffocated i was congested 20 days

Took AB for a cough that was developing

Only used retinol cream 1 x week out of paranoia.

Hot and humid environment
Blemishes - almost disappeared

Worse stress+++ mum has it
Stress lumps disappear within 24 hours
Would get it on her face
Didn't have this at home,
Traumatic family issues 20 years

Drugs become pustules after a few days

N. war still have full bottle
Morgan full bottle
Roaccutane still have a lot
Plenty of the pills

Aconite

Mood, energy, sleep

First 2 weeks in sri lanka - lots of work enquiries.
12-16 days working not much sleep

Thailand more rest
2 hours sleep a night
Mind was restless

Still had the energy to go to the gym.

Still got a lot of work done.

Sri lanka - attacked by mozzies

Pretty chill and mellow.

Bowels - regular and fine