

VERA - Thurs 13 June 2024 Visit

My 4 big problems are weight gain, lack of energy, depression & anxiety.

\* I need revisit everything you have told me on my previous visit.

I really need to take action or I will be in a really big mess with my body and as a result, my life.

I feel like I have aged very quickly, I feel very old and unfit, I feel that things will "go down hill" for me in a big way if I don't take immediate action.

Supplements - am taking, but have not taken fish oil for a long time now.

Weight loss books don't work any more due to my condition.

Cannot access information previously given

Photojournalism - stay up late, write through the night doing "all-nighters", feel starving at 2am & make myself scones which I would have with raspberry jam & cream!

Have a lot of fat around my stomach and around my neck, I have a triple chin, I feel that the fat around my neck is choking me..

I don't feel like eating, I feel full all the time.

Have cravings, binge eating, I know it's really gunky but have cravings for McDonalds, when I eat healthily even the mere thought of it makes me sick.

I feel very bloated all the time.

Have been eating chilli sauce on a regular basis, could this be inflaming my insides?

Have really bad cravings, if I eat healthily I am ok however I can make short work of a packet of cracker biscuits or a big bag of chips no worries!

Even with healthy foods, I seem to binge out on them as well and can consume heaps! Eg canned beetroot, Bocconcini cheese

Am the heaviest, I have ever been.

Was 81kg in 2015 when I was working for News Corp.

When I last weighed myself I was 81.5kg.

*FUNNY BULGE IN STOMACH.*

Have started to do a bit with exercise with my Blue Heeler Sport, am aiming to walf for 1 hr in the morning and 1 her in the afternoon.

Have not done any exercise since I finished milking in August last year.

With my photojournalism, it involved a lot of sitting down.

Should I try to get into running again?

Feeling shocking.

Food = mood

Am now definitely post-menopausal.

Lack of concentration, have to keep re-reading sentences & re-checking numbers several times.

Am very concerned about cancer, just recently 2 neighbours have told me they have cancer and was told only yesterday that my cousin's husband has cancer in 2 areas of his body.

Started drinking 5 cups of green tea a day at one stage.

Everyday tasks are getting to be really hard to do as a result of my protruding stomach.

Depression

In the last 6 months – lightning struck tree, fell on house and car, car a total loss, major damage to house, was impacted by Jasper 10 days later, lost my 2 horses which I had had for 34 and 32 years, suddenly lost my job with The Express last week due to them restructuring, was my major income earner.

Anxiety doe to deadlines for The Express and also my own farm work here also, also do bookokeeping work which is a lot of work but does not pay much at all.