

⑧ 8-als

Jan Clement

✓ 0

Inu.

20/1/25

reflux - non-existent! continue →

digestion - slowly improving - continue →

Anxiety - much improved.

→ bladder weakness

→ 1-2 for urination → continue

Sleep - waking last few nights w.
fittery + heart racing - only
how not on travel

Hypertension: $134/84$ this morning - not
measured during trip but
felt fine.

Liver - chol + liver < too many eggs

Concerned for Emma and
her work with Charlie.

Tinnitus - feet (always) - continue

Overall - in herself lack of
energy - esp in afternoon
after lunch nap - since B
physically feels depleted * Ashwag
- very run out of energy
- fatigued + occasionally dizzy
but only today. Sugar crash? W
[B.S. add J.

③ Stop