

⊗ 8 wks

Ella Haig follow up

⊗ Video Stalling
20/01/25

Periods x2 — more intense pain
— across whole pelvic
area — pain from
pain — > heat —
> bang food — > pressure.
— sudden or set hot period
~~very~~ builds fast.

flow bit darker red but medium
amount flow.

Tummy bit better but still
sore with anxiety.

Headaches not so many —
not as sore as before.

Anxiety / Worry / Fear ups +
downs — AAA is helping.

Hayfe / Allergies — less
stuffed up

CSILG
CANS All J.

Next: gentle detox J.

Appetite — is hungry — not eating
enough

⊗ Inv.

⊗ Demand