

* 8-uk5 already pre-booked Recipes
Avalra B⁺ Invoiced 20/1/25

Some smell + taste returning
↳ ☺ → continue

Post-nasal drip as long as
can remember.

Drinking a lot over holidays
- wants to "febfast" - wants
to support
crawly's.

Gastric sleeve so can't overeat.

Heartburn when lies down after
food + lots of bread.

Focus on drinking.

Arthritis in fingers painful
now off supps.

Stress Repair + Cortisol ↓

Some breathing space now to
focus on her own health.