

Kat Hamilton

~~Invoice~~

20/01/25

[Kayden: Update pkt to som Panic
+ hyperventilation + agoraph.]

Kat - Annica ("I'm OK")

- up + down emotionally

- tired

[bags under eyes]

12	11	8+twins
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Periods - most recent was shorter
than usual - 1st cycle on
normal no leg heaviness but
back on next cycle - numb
pain both thighs + heaviness
(slightly more back of legs)

- lasted 1 day - body aches
+ leg pains.

Emotional bef. period (partner
was away) - Sadness, crying, short
Just wanted to be left alone
Hopelessness.

Thyroid - see latest test - TSH
normal (2 days month on
- continues same - rest 100mg.

Trauma release - ↑↑ - no noticed
symptoms.

②
Husband away a lot - I take them
all depending on her - nothing's
about me - I need some quiet
time.

[Exhaustion]

When they go to school I eat
pains

Trauma - stress - PTSD.

As child stomach pains
from trauma - anxiety
panic - so severe -> hospital.
! (X) -> Blue - stopped breathing