

Renee

28/01/25

Miss Mom a lot - no break downs
but sad + miss her.

Hormonal symptoms - like
nighttime anxiety, palpitations
+ ectopic beats, migraine
all during pre-menstrual
phase of menses severe
or prolonged -> on
supp. pkt
Renee 2

Tummy inflamm/pain - gen.
better. Less noticeable
distension < glutin.

Gen. vitality feels stronger.