



Ali ~~W.S.~~ ~~W.Past.~~
Brown

3/2/25

Shingles before a hooping cough

Still on 6 mo's antivirals.
(2 months to go still).

Severe allergy all sorts of nuts —
believe some on T/A food

took antihistamine for
flare up

Still caught ^{Chesty.+++} some voice still
very raspy. Also Teacher's voice

Thesis handed in 2 days bef. fire

Stressful casual teacher @ moment

Initial shingles more chronic
— initially rash w. steroids
cream.

± 15 yrs ago — severe peanut reaction
→ steroid shot then
chickpox

3 yrs ago — ^{2nd.} ~~shingles~~ → severe
antivirals but not a
resolve.

before that staph + coldsores

- Infect'n

- Allergy

- Chimp

- Shingle

- Cold sore

- Immune

~~off~~

~~off~~

~~off~~

~~off~~

Heples

Kidney

adrenal

liver.

antivirals

+ abx.

future detox