

Shanna

⊗ 12-ucs

24/2/25

Gen. health + energy - cellular energy
- vitality (SIV)
- cortisol + adren. glan. (etc.)

Hormones - serotonin / dopamine
- B.S. balance.

Nervous System

Weight loss.

Metabolism ↓ after stress
after shock
metabolic balance after childbirth
eating plan from Germany - lost 4 kgs.

Very busy start of year.

Twitches less intense.

Deep great generally.

• S+T

↳ PTSD

↳ busy + Anxious
(health)

• [Sepia
Phos-Ac

• Liver + Cholesterol.

⊗ Instinct - Wolfs.