

		<p>16 March 2022. Day 12 of cycle.</p>
		<p>22 May 2022. Day 21 of cycle.</p>
		<p>30 June 2022. Day 29 of cycle.</p>





2 July 2022.
Day 1 of cycle.



28 August 2022.
Day 30 of cycle.



29 August 2022.
Day 31 of cycle.

	<p>2 September 2022. Day 2 of cycle.</p>
	<p>30 September 2022. Day 1 of cycle.</p> <p>Itchy hive appeared and calmed down overnight.</p>
	<p>2 October 2022. Day 3 of cycle.</p> <p>Slightly itchy. Calmed down after application of weleda/herbal cream naturopath.</p>
	<p>8 October 2022. Day 9 of cycle.</p>



13 October 2022.
Day 14 of cycle.

Small itchy hive, calmed down with
weleda/herbal cream from
naturopath.



15 November 2022.
Day 15 of cycle.



16 November 2022.
Day 16 of cycle.

		<p>18 November 2022. Day 18 of cycle.</p>
		<p>19 November 2022. Day 19 of cycle.</p>
		<p>13 February 2023. Day 15 of cycle.</p>
		<p>21 February 2023. Day 24 of cycle.</p> <p>I recall this was the worst the rash had ever been. At this time, my naturopath and I were trialling a clove oil in a carrier oil topical solution. It aggravated the rash when applied making it sting and itch. Ceased oil solution after a few days.</p>



15 July 2023.
Day 18 of cycle.



8 November 2023.
Day 17 of cycle.

Itchy.

Not pictured but noted skin became
itchy around day 15 of period and
rash presented day 20 of period.



9 November 2023.

Day 18 of cycle.

Itchy. Recommenced progestatlift.
Slightly itchier than the day before.



10 November 2023.

Day 19 of cycle.

Itchy.



11 November 2023.

Day 20 of cycle.

Decreased itchiness and started to
become rough & flaky.



12 November 2023.

Day 21 of cycle.

Slightly itchy. A bit flaky/rough to touch.