

Paid on MA

Ruth 80

14/3/25

Mood concerned.

① sided issues.

① eye glaucoma - eff. optic nerve. ② eye ok currently taking meds for same - 1 drop BD - U.30 - pf dorzolatin bilat stents in eyes to drain fluid - intraocular space

③ sinus flares - painful, inflamed, runny, worse in afternoon + sunset. - clear d/c.

use golden seal. ④ ear canal painful uses hydrogen peroxide. ⑤ f side of face wrinkles worse, bigger bags under eyes

Noticeable over last few yrs, feels heavier, worse in afternoon, wakes ok usually.

Normally well, rarely gets coughs/cold. - last cough 2 yrs ago - 1 wk in bed.

Shingles vacc - 2014 - expression under ② breast x1 some ongoing tingling @ times ? Detox

① mastectomy 2012 - nil chemo/radiation - healed holistically - keloid scar due to same, itchy, pink, puffy. homeopathy spray helped itch, but not w keloid scar, scarring remedy.

~~dx by~~ noticed lump, inverted nipple, dx on mammogram

① Finger + + emotional connection, wanted more coverage to refuse mastectomy

Sugar addiction ++ "need it" craves ice cream, chocolate, - whole life. - has @ 3-5pm.

Travel sickness -> family didn't understand

Vertigo x 2 LOC - 2 yrs ago travelled by train travelled for 36 hrs, dehydrated, fell from chair, head la

broths regularly.
Eats well - organic, home grown or farmers market, some meat
Weak bladder - some leaking before getting to the toilet.
Hysterectomy 40 yrs ago - fibroids. - occasional prolapse
Foot fungus - 12 yrs, not itchy, overgrowth of skin
Itchy skin, itchy bites, worse in morning
Sugar binge → ↑ itch. ? Sulph.
Insect bites, tick bites
Scratches until bleeds sometimes.
Helps w lavender oil

1 hr / wk - - functional patterns - help w posture
able to walk faster, feels looser,
No joint pain, inflammation, arthritis
Head wobble.
Poor memory