

Elissa Xero

12-uts

24/3/25

Not feeling anxious or palpitations
Had no issues w. hubby out
to concert last night.
→ relaxed.

Headaches (temp) end + start
of cycle Day 2/3 + 5/6 + 28 +
foggy w/ minor headaches

+ tension back of head
tightness across/above eyebrows
down temples to top of jaws
→ pepperm. oil + some help
→ distracted. supp. rem.s.

Lower back still bothersome
→ during period.

[Try N.S. angle; referred to peer]

Energy feeling good but [motivated?]