

* Detox → roll fwd.

Ella H.

31/3/25

✓ Headaches in Rnd 2 — stress + tension
family situation.
last two periods — less cramp
prev. 6/10 → 4/10

Noticed how irritable she is
before period. — more
clear because less pain.

→ eg material/fabric
→ agitated.

→ wanted to be ~~alone~~ ^{hyper sensitive} — annoyed more
than usual.
→ PMS > flow.

Still anxious about pain

Still some diarrhoea on day 1.

Get slightly better by half —
not ~~good~~ as after.

Eating — still not appetising

* Mind — delusion
— worry/fearful of pain
— allergies

* Allergies — sesame seeds, nuts,
honey, sausage

* → throat itchy
* 2) + anxious what's going to happen / past bad exp's.