

Xero x2 Joel *⁸-ubs

7/4/25

Puffer — only used once — sometimes
think about but Asthma Supper
Recommendations helps.

* [Add lung repair] * [High cholesterol]
+ R.A.
No detox rash on pk + S.

Base of spine — big pimple —
painful — *^{pidonidat} p-cyst → drain
Fistula. + Inf/Sepsis
+ draw J.

Skin good — traces of eczema
on hand — still "paper cuts"
at time — lost long but goes.

Still scaly. * [Add skin repair]
→ less cracked.

Hayfever — Spring-time — not
too bad

* [Kidney + Adrenal]

* Stress Repair + Immune
→ long term loss of sleep.

Tough family-time — [saw at
Northur. flat]
depressed [Ian] — deep
sadness.
[ARN] → [hopeless despair]