

On 15 May 2025, at 12:09 pm, <banksia@exemail.com.au>
<banksia@exemail.com.au> wrote:
Hello Suzanne,
Thank you for the email.

Since seeing you I have not been well. Another trip to the ER because my blood pressure spiked (212/118) - another time I called ambulance but decided not to go to hospital (high blood pressure again). Except for the high blood pressure, everything is normal according to GP & Cardiologist. Although I don't feel normal. I saw the cardiologist on Monday night. I've had halter monitor, ECG, & echo and everything is normal, and my Cardiologist tells me I have a healthy strong heart.

I am now on medication for hypertension (Perindopril 50mg in the morning) and continue to take metoprolol 5 mg twice a day (this to regulate heartbeat). Also Span K twice a day.

Cardiologist thinks I'm having panic attacks and anxiety and wants me to follow up with psychologist. Unfortunately, my psychologist has been on holidays but will see her Thursday next week. I have not decided about the NA Touch, I would like to check in with the psychologist first.

I have commenced ubiquinol, liposomal b12 and zinc. I was already taking the magnesium and continue to take that.

Also taking
Curcuminoid
Vit D
Vit C
Lyprinol
Probiotic
Quercetin

I have not started on molybdenum or b6. Are there brands you recommend? But I feel I'm getting to my limit with supplements as it is getting difficult to fit them into my day. Also the expense is something I am starting to consider too.

I continue to have neck/shoulder pain which sometimes extends to back and hips... some days are good and some days I can hardly move. When it is extreme I resort to paracetamol.

As you can imagine, Easter was a bit of a non-event for us this year and I spent Easter Saturday in emergency at Nepean. I have had to cancel a

few family events because of my health but the last week or two, I can say I am returning to feeling much better.

I hope you and your family had a happy Easter break.

Thanks again,

Doris Vaarwerk