

Carilla. (36yo)

15/09/25

[Very nervous]

Gen. very healthy

Tried IVF last year w. ex —
low AMH levels. — post pregnancy.
→ very low. (low egg
reserve)

cancer
+ chemo
long
time
ago
vasectomy

Doing medical route.
in next week will see

(Ben) → testing next week
New partner (known 10yrs
but together 5mo's)
Might need cyst surgery
in ovaries.
+ Uterine polyp removed
last year.

— no PMS — was crampy in teens. ^{but not now}
Period — 30 days regular → 5 days
— July breakthrough bleed. found cyst
— medium, good flow.

~~checked on her~~
~~2020~~

[Trauma
Trust]

Acne in teens but skin OK ~~now~~
since early 20's.

⊗ Slight eczema + rosacea < STR
RNF OK

Sleep good.

NS - high energy - STRESS
about pregnancy
~~at the moment~~

No supps

Covid vax to travel 1x Pfizer.

Kid vax. HPU vax as then.

(Some steroid creams).

1x bloody pap smear.

1st partner 13 yrs - breakup 2020
depress → stress (bleb + gan + etc) + cheated
C/19 vax.

2nd partner on/off 2022-2024

New Ben 2025 →.

lost a bit of weight (46 kg).

⊗ Stressed when not in control.

On pill till 2018. - detox.

Discharge healthy. C.L.L. protocol