

Ken (Smith) 77

29/10/24

4 hrs ago started - muscle contracted.
Retreat → cold plunge 4 mins x 2, 4 days.
Really suffered - everything hurt - tense
+ shivering - Swims → into sauna = better.
- Adductors tight prior from bike? stretching.

1 wk later since - Congestion green,

early am. Ivermectin cleared

history since → resolved.

→ childhood. Tonsillitis (scar tissue) prior.

Neck down - restrictive muscle groups

can't get arms over head [RtUS-T]

[S+T]

Vit, D, C, Zinc, fish oil.

Naturopath - Iridology - for leaky gut.

[Lymph]

(Seaweed)

Blood test = great.

STGHE = mother.

Time in South Africa - food poisoning.

lots of travel over years.

→ Injury combi.

→ S+T - 1/1k for 4 weeks (all family)

Iron man

Biggest feat loopy mobility