

W

* Tracey
Janice Barnett

* Express.

* 6 - wks
30/09/25

Pressure around chest + heart
Since illness $\hookrightarrow$ stress

$\hookrightarrow$ exertion:
Energy feel much better

Also sleeping better.

Feeling angry + feels like
tooller ~~to~~ trum
 $\hookrightarrow$ frustrated (foot step)
 $\hookrightarrow$ so hard hurt

BN doing much better.

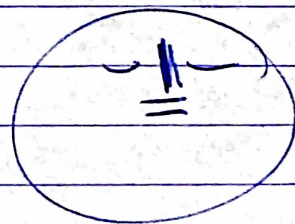
[Calcium Mix in next round]

① R ② R + Add Staph

④ R ⑤ R ③ R i/c

$\hookrightarrow$ parathyroid+. [pass Red]

Realised grew up
isolated in dif family
 $\hookrightarrow$ unfair



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* Communicate boundaries
 $\hookrightarrow$ clear.