

Lisa T. Rnd 2.

21/10/25

"In on" [ARN]

Struggle to stop smoking to sleep. "Ughadoodle"
after 3 hrs will wake → SLRS 5am. Inconsistent.
Anxiety when breaks.

Went to Sydney →

Nasal drip for a bit - Runny - clear + cough

Took time off work - 'feeling depressed'
What's the point? ↓

Smoked more after wknd.

5 days in ~~an~~ liquid diarrhoea → then force
drinks & coffee.

Didn't eat 24 hrs - just juice. Then solid again

Not usually her eating right. (→?)

Being in a hole energetically. - Not wanting to eat.
trying to get into good routine (work (alone)
food

Joined gym - pilates, yoga + rec.

When going

area - sauna hot/cold

being forgiving in other area as as doing that.

No acute pain in sinuses. Not disturbing sleep.

Need help? Not sure.

(ARCO)

@ Foot hole "I want to burrow into it".

under the skin feels.

scaly toes - cracked. Big to pimples on sole.
not as much now.

grease of earlobe - dry. crevas of toe nail

[PSOR] - despair feeling. (& toes.)

Impatient - but can take more time now.

Around period 'potent' emotions - PMD intense

Last time spotting but regular. 2-3 days.

Used to get sharp pains now just cramps. ⊕

⊕ + Emotional support "need to function"

Lisa

Rad 1.

~~Excluded~~ Nelay 3pm

Lisa

Rad 2.

(bush)

21/10/25.

Birthday recently.
Longing for family etc. [NAT-M] ✓
Formalised studying & trading out.

Doubtful of abilities but making sense for Client
magic is real. (Almond?)
'Tired' - soul weary physical could still function
✓ lack of sleep. (N.S) ✓ [A.F] ✓

*Sleep support (repeat)

was going to go to 4 days per week @ work.

'Get back to myself.'

[Nutrition]

Depression - Arch, LIL-T, LACH, NAT-S
PULS, SEP