

Now pregnant! 22/10/25

Steph (18wk?)

POST

(the)

21/10/25.

Period longer after pill detox + 5 cycles go. undies for 7 days. Stops & starts every cycle of days + slow to start. > heat.

Changeable - really irritable before

Stopped 5-feeding 3 hrs go - finally - fine in

eczema around top of vagina. [red] [Ruby?]

Dad doesn't show emotions - calm rat.

to sister + kids - yelling / blame.

mum still not Steph

used to hide wounds from him. to not get terrible.

Mum said similar to Dad - respect.

bloods good. - Eritre way in another baby.

↓ end thyroid - [pregestosterone] [estrogen]

Bowels still frustrating? ↑? > Fat? Live? loose mainly eggs?

separation conflict. willow fed so much. anarchy.

Bowel nodules.

> later - after itchy vulva - around the top.

*itchy skin spot helps (add more)

Lye am / pm for cracked heels >

[NAT-M] 10mm

Skin stuff since pregnancy boundaries?

Not very trusting.

changed.

do it myself & believe it.

Steph

(OBD)

②.

Wanted to be 'still' still? Avoiding emo's?
more meditation. But Led friends just left
after weeks. (Willow)

energy pretty good $\uparrow$ & $\downarrow$ - around period. (TGA)
early am. $\rightarrow$ if overwhelmed
Sleep interrupted. But wants more energy end
(Adrenal energy?) } 6C of day.
(Lidhep spot.)

1st period back since $\rightarrow$ Transitions?
hence changes. B' Fed.

(ICV)

News incl?

own energy

LL-T - itching vulva + diarrhoea

ICV - BRY, CHIN, PHOS.