

28.10.24.

13

Laila.

Headaches

< garlic

Onset - v. tired, couldn't get up.
Bn

Cough in gagging + vomit up
Cough takes breath away.

< cold air

< Mouth breathing.

Body aches - legs + back.

Sore throat on waking

< on waking

> as day goes on.

Throat - NAD.

↓ appetite.

↑ thirst

⊕ coffee (cold).

Short tempered.

Frustrated

⊕ everything in order

⊕ tidy bench.

Retreating into her room more

Had Arsanicin yesterday.

Usually spluttering

Cough stops me breathing → anxiety

Tight,

Constitutional

headaches

Can't relax as if what in
proper place.

Rituals + ⊕ do things in a particular way.

Everything has to be done properly + every night + morning.
If not done properly.

⊕ Brontë

Door has to be open; power point off; blinds open in a way

If not, can't sleep.

Head pain - Rt; soo to Rt eye; 2 dig 3 hairs
+ heavy

< dehydrated < cry too much
< onion or garlic

Fears

animals - esp. dogs; insects; birds

(OK in horror - ride ++)
Dark

(worry something bad will happen)

Overthink alot → worry.

What would happen if I did this?

→ feel sick

Dreams

Black snakes + spiders

People falling down holes + cliffs

People dying; people drowning

Laying in sun; looked to side - arms + legs down
snakes mouth; no one coming to help.

F: scared; tense

Calling out; they say me but ignored me

F: Confused; Scared

R: stuck + can't move my body

Wake screaming + crying; have to find me.

Cry

Misunderstandings - 12 sisters; I get the blame.

Sad books.

Menses

onset - 11/40.

hate them; v. painful; cramping

Cramps before + during

regular; 3 - 11 days (usually 3-8)

More moody; no patience; tired.

Have a few friends.

Mature

Get along in adults

V. shy & don't want to meet new people.

I have my family.