

14. 3.24

Marena . Carin T58 - order.

Susceptible x emotions of other prior menses
x VIRUS - last x 3, 2-3 days prior menses.
feel like craps than have to deal w. period as well.

Day 25 of cycle.

Took Rx 14th Feb - Butea j.

26th - acute: sore throat - burning, as fire, so unbearable → Axs
did nothing

pimple all over uvula; & saliva; food smell → Merc -
did nothing

Radiating to ears & pharynx. - did nothing

Had a break.

Sinus started - green; thick; ⊕ heat & warmth - Hep 5-77

Congestion from nose.

Now - lots of milky mucus from nose.

Severe pain in sinus.

What brought it on.

Mon. 24th - had gym session high intensity.

26th

" " " "

Last time when had covid in Jan., prior menses
also had high intensity gym.

Yesterday - high intensity gym. Today, woke w. sore
throat.

OK to run or weights.

But the high intensity cardio <<
Depletes me.

Crane movement

Gives me energy; ~

Running gives me joy

High intensity →

Constantly fighting w. myself to get max. repetitions

Proud of what I achieve; getting stronger;

Painless to do intensity; I feel horrible after & sets

off throat & burning

Ovulation - had bloating but less
- shooting pains abdo to anus but b
- full retention of fluid. 2kg.
5-10 March

Urinate or sweat it out.

PMT; on edge; irritation

→ guilty.

I'm going to explode.

4-5 days prior menses. get this surge.

Hasty; impatient; want them all gone.

Fine when on own doing my thing.

Dread picking them up.

Calm + loving in cathetering; doesn't trigger me as
doesn't argue.

Other 2 bring chaos.

Luke thinks I love one more than others.

in C - I'm calmer.

Hurried; impat.

Everything has to be done fast.

Exercise gives me joy but high intensity <

No special dreams.

av. Luke + girls.

Last few weeks, still trying to regain energy.

av. hearing his noise.

⊕ be in own bubble.

Annoyed when he was sick + asking for help when
recovering.

Indignation he got to rest when I'm sick I don't.

Put myself in bubble - want everyone to disappear.

Irritated when interfered w.

Menses - 23rd Feb, slight drawing pulling pain in
uterus; as if insides would fall out of me.

> sitting down + resting.

If I haven't finished chores, guilt; so don't rest.

Nazi perfectionist → keep going even when sick

Went things to be done.

Even when study, if desk disorganised I can't work
→ Vnease.

Tonday if kids take my pens.

Feel like Luke doesn't understand me.

Libido - Φ in ovulation

Now aware to him & $\oplus$ be alone.

Food.

Warm hearty meals - soups; stews; coffee (unusual)

Sweets; sauerkraut