

15. 8.25

Mamma.

More confident in studies.

July. all so sick. Flu.

Someone switched me off.

Slept

Fever

Prior, took Tub; as if everyone's bone broken.

Nasal congestion

Horrible

All girls sick

Like looking after me -

Nasal stuff didn't clear

Nasal rinses daily

as if something there

Starts at ovulation - 2°

Swelling

Drainage being obstructed

1 nostril ok; always 1 blocked

< Rt but alte

Post nasal drip constant → swallow it

as if pooling in back of throat → gagging if don't swallow

When had Covid in Jan. 1, that's when was started.

Sick in Dec.

Jan - Covid

as if never came out of Covid

June - Flu.

< ovulation or period

Feels like passages narrow down +

Try to open in breathing

No drainage

Egg white; strongly

V. salty.

? Not minor in M° + F° leaving + sadness. (w).

So busy in study + kids + study.

Dream of baby I had to rescue + put through the salty water.

Distanced myself from Luke + kids; Solitude.

I'm within me move.

I really need my M°.

Is that baby me? + I need to be put through that water + be loved.

I really miss my parents

I feel lonely so often

Like ex. busy 7. work.

He's sick of me talking homeop.; he's not interested.

Can't confide in him.

In own soup. Why it feels lonely.

? M°

Came up to surface when that sick is flu.

Like caring for us, but still needed my input

→ got really annoyed. he's not doing things properly.

I just want my M°; someone to look after me without needing to be asked. + he was frustrated w me → guilt.

Full sorrow feelings.

⊕ M° to take care of everything

→ a lump from my head + eyes; burning through my eyes + sore + chaf. The only way to get it out is to cry.

Even if M° + F° here, couldn't live together.

Like wants me to help him move to work; distance from him

Menses - after flu - cycle was 36 days (not been like that for 5 yrs) severe back pain; clots.

Not sick in July.

Ovulation - swelling in sinuses + can't breathe.

⊕ Coffee + salty foods + soups-like gherkins.

Now av. sweets

Jan → June - ⊕ choc.

Not as cold

Excessive sweating is back - after the flu

v. fatigued until recently.