

27.5.24

Sandy Gunders

Bad few days.

Crying all the time.

Wedding anniversary today; wanted to have a good day.

No obvious trigger

? New sleep med =

Spinal flow Rx Saturday

Work OK.

Not getting anywhere.

Can't absorb info - as if $2/3$ brain gone.

Sadness 4-5 days

Just prior. Feeling much improved & decided to stay in
Staphysagria.

Trying to study, but can't remember anything

Losing hope in everything.

Energy healer - said it's from my fo. Life is so disappointing

Don't want to crawl into bed.

Didn't take Lac C - as feeling OK.

Pain - Had got endone down to 2 per night +
mexydonal + paracetamol for the pain.

Taking endone liquid - 15 mg / night

I am went to me to see Esther (GP)

Esther made comment about medⁿ use

→ angry; you bitch. (last Monday)

Feel chastised; not heard; not honoring my
knowledge + experience

I am thinking the drug is the right thing.
Worked the next 3 days

I feel angry + upset; shoots me down but doesn't
offer alternatives.

Venturing anger + indignation.

Have to advocate for yourself.

I use her so I can get what I need (GP)

GPs don't care

One - sighted → get off endone.

Before she was pushing me, I get down to me and one day.

The strain of cutting back on scripts <<

1/c pain management + regular doses, gradually reducing

Can't sleep without mersyndol or Zopiclone.

? pain clinic

- went to pain clinic at RPT

→ physio, - said 2° feelings of being unsafe.

+ Van der Kolk - too heavy

→ pain specialist - who wanted to do surgery

→ GP - told me I don't need that

→ psychologist - kept changing approach + appointments.

- stopped.

- I had to follow their rules or I was out.

No follow up when I left.

Stopped seeing Sarga (psychologist at Kellyville)

Good at doing the washing.

Pain - not getting better

A lot of time in day, don't have it.

< if sitting in a recliner

> movement

I'm feeling like

Jenny said she'd cleared something heavy.

→ improving in the session

started talking helps.

I am not doing well (W)

Neighbors used toxic chemicals yesterday - woke me from sleep.

? antidotes &

Not craving sugar as much.

Maybe I need to form a gut health.

High protein, low carb & again, fermented foods.

Carbs make me tired

? Zopiclone hangover

? TENS machine

W/C medical detox. at Nepean
Pain has b. Not a focus.
mostly at night.

1. Sugar management
2. Med = management
3. Gut health
4. 4 sunshine per day.
5. Exercise.

? Endone R