

\* still to pay on picky Janis. \* 8-wks feb  
 3/12/24  
 ② E is otionally better → move fwd  
 ↳ more hope. business  
 ① Nerves much better. \* success 2025.

BP — takes 1/2 pill but more stable (124/88) — elevates ± 4pm

\* self doubt ↳ start blood sugar

\* higher "aware" of it — can feel shape + swollen sensation.  
 ↳ bloats severely after errors e.g.

\* Below navel — bloats too. ↳ Sittings  
 \* (Max Norm) (Hyoo)

Back spot cleared.

[ Hayfever better but Zintec  
 \* Allergy + Hayfever  
 \* [ Clear water (tummy nose + sneezing)

③ → continue

h — shoulder + hand better  
 k — knee still sore ← exertion

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