

~~Test results on email~~

~~Invoice (Xero)~~

~~Sharna + Simon~~

13/1/25

Sinus infect'n + extreme fatigue post-viral

Gen Inflammation

all over moves around ~~rest.~~ Twitches + Anxiety + Dry eye all increases (w. viral illness)

Cycle during period was normal

Whole body tet + spas + contracting (S.S. tetanus)

micro ~~se~~ ~~re~~ ~~te~~ ~~ti~~ ~~o~~ ~~n~~ ~~s~~. (muscles)

* Cortisol bw? ~~not perfect~~ but like flutter like early baby kick.

Before gett sick - chaotically busy

[Aromatica] "OK"

[? Hydroastis]

Physical + Mental fatigue

"Safer" @ night to rest.

No own blood Rnd 4 [4 + Iol] rest.

"Weird" strange dreams.

Headache dull ache on exertion always before + after