

Yianna B.

20/1/25

Pregnant - due 11/08/25 - 11wks.

- Std pregnancy supports

- Nutrition support

(*) See test results due soon: Iron

: Thyroid

- Liver + kidney supp.

: Glucose

: etc.

(*) Fear of needles

~~At risk~~

~~Fibrosis~~

High cortisol levels w. pain in chest > acupuncture + anxiety (in chest).

[SEPTA]

Heart rate elevates quickly when moving.

Clear Birth Trauma + support body to let go of trauma

(*) Teething Supp.

(*) [S/I/O/H/E]
A.f. + cortisol.
Stress + let go
[Gen. Anxiety]