

Ashley Fages

3/2/25

RSV + Norovirus over Xmas.

Viral recovery + Acet-Imm.

Infectn

Cough Chesty + RSV.

\$ Constip'n since 3mo's — 3-5 days
very hard, need to pull out.
help: on "poop juice" (cheek-herbal)

Crew (15mo's) — vax'd HepB^{x2}, Polio^{x3},
Pneum^{x3}, Hib^{x3}, DTaP^{x3}
→ no more since 9mo's

* Botox
* Gut repair
* + N.S. + E. nabe repair.

* Constip. treatment.

Emotional @ times during RSV.
Anxiety has less frequency + shorter
lapses — not as heightened
— still in chest flutter w. tightness
+ panic feeling —

~~Obsessive~~ Obsessive thought worried
fears will come true.

→ also do certain way otherw. Someth. bad will happen. (2)
"OCD" thoughts mainly about loved ones eg son or husband — fears something bad will happen.

Vitality feeling better — works put 3-4/week — not been able to do that in 10 yrs since so very sick.
Sleeping energy better + deep. Better — waking more rested.

fear that bad things will happen. ^{son will die, world will end, husband will have accident.}

* some learned from Mom
→ many bad/traumatic experiences

* Kinetica + Bubble + Steph + constant fight/flight.
Can barely heal + energy.

* S.D. + B. Sugar balance * Continue get + nutrition supp.

S+T

→ PTSD

→ Release fear + Abuse.

* AAA+ Panic Supp.

→ AAA+ Panic

→ Kinetica etc as above.

Childhood always fuzzy

foggy can't remember much

* Always scared @ night w. fear of being alone as young child