

Kat H - follow up ~~17~~ Still to \$ 17/3/25

• Thyroid meals — song/day
every day

• Sleep 9:30 — 6:30

• Needs bits of strength [Sapia
Staph ~~§~~
Lac-Hip.]

• PMS — right hip back pain — less
2 days. intense
— 6 days flow.
— not ext'l to legs.

• Gratitude

• Itchiness perineum + moles around
formication > scratching
< night when
in bed +
not distracted.
→ lichen sclerosus previously
controlled w. gluten-free diet
itchy burning.

• Red, lots S.S. bites — on/off 2 yrs
↳ neck, torso, behind knees

• Stress eczema between