

Ashley F. ~~30mins~~ 31/3/25

More "body panic" moments this round - max 30mins -> vents
Less gas/prolonged anxiousness

feels as if was abused ^{sexually} as child
↳ coming up during round. a lot.
↳ or see w. doctor's visit

Now ~~interstop~~ - ~~feels~~ less anxious than would've before

Physical sympos -> ~~external~~ external: heart arrhythmia
↳ self pregnancy - had pharma for hyperparathyroidism - repair, bleed, itch, burn, painful

* ~~out~~ BM normal. but sometimes clear mucus
Weight - can't shift. - less gas
↳ spot marks from scaling
↳ ± 20lbs overweight despite exercise, diet, etc.

Lots of hair loss - brushing, washing
↳ not before pregnancy
↳ hair feels brittle, coarse.
↳ after birth.

* Liver + detox gentle

if CARC
[Auto-Imm]

* IIG @ moment. (immune).
Com. Variable (Imm Diffic.) 9yrs - lifelong - every 2yrs

[Food Thyroid]