

⊗ Endocrine + N.S. + Stress hormones.

Derrise Bolton
— initial.

9/6/25

Grown up < flashing lights
↳ previously 2000/1998. ↳ movie theater

1st 15 Dec '23.
Xmas '23.
NBWS

↳ but not
always triggered.

[Obese] [Vax] [meals] [Vague]
[Confused]

→ 2nd divorce — physically
abusive — knocked head
against wall.

→ regent seizure — not eaten
all day — stop @ 3:30pm.

— 2x C19 Moderna ~~23/1/21~~
(1/3/21),
No flu vax 12 yrs.

Huge burn-out @ work — "hard"
40 yrs hard worker
couldn't retire. [?ARN]

[Trauma] Back @ DD intense
work since '21 — long-term
burn-out + life-long

⊗ N.S. + trauma + burn-out.

* Sleep (edibles to relax) - snores + mouthbreath
- pain from shoulder wakes her.
Turned 60 last year. Lots of
post-menopausal symptoms.
(L-handed)

(2) Frozen shoulder - very painful
- lifting Dad. - anti-inflammatory
- steroid shot
- already 2nd one soon.
Parents - both need care. Can
feel overwhelmed + burnt out (cries)
+ long-term stress
+ trauma.

* MAJOR lifestyle change needed
→ realise. (Yoga, Breathing,
suggested, water, cells, gardening, salt)
Went from home a lot or
beautiful property (M-W) - office
(6 acres) Thu + Fri.

[Massive toxicity]

Rebates
w. David good
- more time
together. Church
going well.

→ very loud,
stressed environm.
liberal vs conservative
(could cut down
to Fri only)

→ bit distant + not sharing bed
(snoring + CPAP
David)

Before had Depression (sister -
Mental health)

→ Prozac + Trazodone (sleep).

Depeccat replaced Prozac + Trazodone
→ mood stabilizer + edibles sleep