

Luciana - Follow up. 30/6/25

Didn't need Vit C on Rnd 1
more energy + stamina ✓
esp been very busy.
Sniffing been better.
No cramping or more
veg fruit - improved ✓

Back + ankle very sore <
physical exerting (needs
* Africa + Ruda to clean
+ Rust Bry J. for \$).

feeling more in body - legs
spacey. More focused
on practicalities of earning
money.

"Killing myself" working but
more + learning shopify
course - back pain better
after taking action to fix \$.

Wants to pay off debts + balance
finances.

Physically - Ankle -
sore since massive
car accident - bones
not reset properly - misaligned
- hip - doesn't bend
fully off her feet a lot.

* Injury recovery + pain mgmt.
* constant pain + prev. arthritis.

① doesn't listen | ⑧ 8-uk. + extras | ②
[always excuse to do right thing]
"horrible"

"Balance" [Hypericum]

"blocked - can't move"

"Warrior" - always fret, worry
[Staph =]

⑩ Strapping tech. for L's ankle.

Chronically unhappy + down trodden