

Mericha de Kock.

7/7/25

Meringa removal - some bloodie
+ clots then 1st period on 28 days
(w. migraine + lots of pain).

2nd period day 37 → no migraine
+ mild pain only + normal
amount + no clots. Bright blood.

Itchy legs all good.

Procedural - some bearable
cramping but all good.

See how this week's period
goes - then 12 wks round
for 3 clear cycles.

* * * Zombie Kombi.
* * * Nausea/sickness
on flights.
€

* * * Travel Letter.

Sepior
Bryonia
Lachesis
Hamamelis

* * * Sunny Coast/Brisb midwife

* * * Post to new address