

12 atria felde
— initial.

20/10/25

[CARC] [Ign]

Panic attacks since 11 yrs after
2 extremely strong coffee
the driving on very busy motorway
— panic attack ~~to~~ feel
to driving but > hypno but
still v. anxious w. driving.

Nervous tension holding
calf muscle feels like
pins/needles nervous tension.

Previously would feel anxiety
in gut.

Diagnosed w. pylorhural 20 yrs
ago — supp from Dr. in (prowd
but still occasionally).

Nervousness felt in stomach
↳ e.g. driving, new, alt.

Campicola ~~for~~ in teens +
20^s but not for years now.
↳ [pylorhural]

Thyroid issues since 1 yr ago
1st child's birth + surgery
miscarriage @ 8 wks. Had
natural thyroxine + Eri herbs
but then homeopathies.

An ~~tebo~~ used to be v. high (over 2000) but recent bloods ~~are~~ much better since trauma release work. [SEE BLOODS]

No major "Graves" symptoms
— monitor bloods $\pm$ 1 yr.

Perimenopause possibly — ovulation
showed a bit but > ex. primor
C $\rightarrow$ periods still regular. oil.
Some PMT day or two before period.

[See breast ultrasound] —
poss. papilloma — some
bleeding from nipple (L)
w. breakthrough bleed. $\rightarrow$ now clear
Some sensation liquid if squeezed
of heat — mainly
left but both —
feels heavy around [ASTERY]
nipple areas < left.
Sometimes pricking sensation.

Sometimes brain foggy, slow
to recall or retain — comes
+ go — feels dull "not sharp"

Appetite good, sleeps well but
not enough

[See Intake form history
details]

Diarrhoea from onions, fruit,
sugar — v. sensitive to
fructose — joint pain
(osteoarth[itis]) — certain
foods / hands
stiffness — fingers
knees

— also unstable bladder —
chocol, tea, coffee, green, rootbars
Vit C supp, citrus fruits —

bladder control
Derritation = leakage — sneeze
= sometimes burn,
sting.
"Wee less" supp is
helping w. bladder control.
→ Curose brand

+ skin
Fungal toenail many years
— treat many things (see pics)
currently using Imperial feet for
nail mycosis and seems to be
helping. (J-foot).

Katrina #4/6 — 5 girls, 1 boys.

Dad's passed 2006 — skin cancer.
Mom now 79
Close-knit fam — get on well w.
Mom + sisters.
Brought up not to show emotions —
Mom had lots of childhood trauma
so didn't let her kids fight or talk

Couldn't freely talk about feelings to Mom or siblings. Everything to keep the peace.
Never wanted to rock the boat

Husband had trauma — can't handle conflict so nothing hard gets discussed — lots of bottling up.

Started trauma work when she realised it was affecting her adult interactions in family — like couldn't express her own irritation, anger, voice, can't say how she really felt — could feel herself withdrawing — started Dr Espen helped a lot.

Not taking on others' "Shit" as much — more recognition.

Own family — v. closely open — some guilt around her past but — big age gap (Clara) feels she's neglected her a bit.

Biggest thing is anxiety and stress / nervousness while driving — even vision / depth perception is off.

Other big trauma other than childhood was 17 yrs ago family trip + relationship which husband felt very unloved started the shutting down in herself

→ terrible relationship.
Very scared of own Dad as child

[AFD AID to speak up]

Emergency C w. breach, baby +
hip displacement — bub in brace
— birth trauma X 2 (1 son 1 daughter)
— V-bac w. daughter
w. haemorrhage + emergency
placenta removal.
— handled it all naturally at home
— v. traumatic ~~for~~

Always underlying feels of not being
good enough — as result people f
pleaser + not ~~genuine~~ genuine.

Learning to love herself during
last few years' work.

[STAPH]

[Deep sadness]

± 4/5 yo — memory of

playing Dr/Nurses + remembers
being very scared + running away.

⊗ Good enough, valued.