

Nigel Simms

RND 1

44

NOTES

21/10/25.

Arthritis -

Segway accident.

cracked shin bone.

Osteoarthritis -

17 years ago sore right ankle.
cast. Diagnosed

4-5 really bad rolls

Crunchy.

Left hip - always tight.

Left knee.

- cleaned out.

bits of bone floating
around.

cleaned it off the bone.

Acidity! chipped bone in that
knee.

and straighten.

Physical work tight shoulders
stiff neck.

- Guilty around - taking
time for self.

wife had cancer - is on a
healing journey.

joined art of living

- meditation

- breathwork.

left hip trauma comes
up.

Sleep - Sleeps well.

9-630 wakes on light.

Diet - good.

down to one - two
coffees a day.

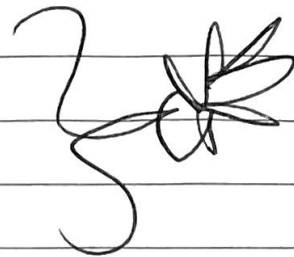
Winter 3-4

Juice / Greens.

Rosacea outbreak
face.

Lymph drain

Liver drain



lost 10kg in 6 months.

* Parasites.

Separation - dealing with quite well.

Breathwork to help shift emotion.

quite a sensitive person.

Still away for another 6 weeks.

Missing her son.

mentally im in limbo

"I don't have any goals!"

who am i?

'purpose'

'im just floating'

(NS)

Supporting wife's dreams.

flooring boards trapped *
him.

caught his shoe.

Deep bruising.

Feb.

~~Shock and trauma.~~

talked himself
through it.

* Shock/trauma.

* eye wear correction
next round.

* tinitis - hearing - constant.
damage.
Jobs.

Bone + ligament }
ache pains }
Shock trauma }
Sun Support }