

⊛ Jamel: Lymph + Eczema + Teeth Baidl.

Melik

27/10/25

Has started middle school —
enjoys many after transitions
+ ~~more~~ friends.

Qnol 16 — slept really well
— some tiredness w.
mucus in throat.
— some on/off 2 days car stop.
— silly, unbalanced, toe walk
→ I like then clear.
→ then more playful
after clear.
→ some spinning things
before eyes (short lived)
— 1x stool extremely smelly
(whole house) — Sulphoric
— some white bumps on
skin — now clear.

Athletes foot all clear — repeat
+ improved nicks pk# ⊛

Seblam now sleeps on couch.

Ⓡ ⊛ candida

loses focus when reading/whiting
+ forgets recent learning (not math)
1 month ago.