

**Medical Warning**

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**Reminders/Notifications**

Pure Natal

Myoinositol, vitamin D, CoQ10, Selenium - for 3 months.

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**Jasmine Langlands - Canning Healthcare**  
Thu, 24 Jul 2025 4:15 pm

**Subjective:**

Noticed last cycle was longer; cycles stretching out, becoming more predictable.  
Currently in ovulation zone; CM noted today.  
Considers shorter luteal phase; ring predicts later; ovulating day 14; 26 day cycle.  
Previous 24 and 25 day; cycle always been shorter - 26 days.  
Started SSRI's - adjusting; Sertraline.  
Transition phase; side effects: no appetite, really nauseated; ginger juice or ginger tea - finding has to force food.  
To try potato soup for nausea/settle stomach.

**Neoclassical**

Element: unclear  
Ovary alarm LHS.

- Ht-7 L

Legs: clear

*Left the room. Provided buzzer.*

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