

Medical Warning

Reminders/Notifications

Pure Natal

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

Jasmine Langlands - Canning Healthcare
Thu, 21 Aug 2025 4:15 pm

Subjective:

Considers last cycle short due to new medication (Sertraline). Also had skin break out /hormone related.
Fatigue persists but feels coming out of brain fog; returning to regular exercise next week.
No pain currently. Left groin feels 'twingey' - post ovulation, currently luteal phase.
Has lost weight with new medication (4kg in first week, affected appetite). Hasn't put back on.
Work has recognised/rewarded early starts - feeling happy with work.

Neoclassical

Element: none
Obstacle: lower Chong right

Legs: cleared

Left the room. Provided buzzer.

Obstacles

Lower Chong Mai Right - SP-4 R (Yin Sweeper)

Sweepers

Yin Sweeper
