

Medical Warning

Reminders/Notifications

Pure Natal

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

Jasmine Langlands - Canning Healthcare

Thu, 3 Jul 2025 4:30 pm

Subjective:

Busyness never really stops. Considers unsustainable. Looking to secondment to reduce environmental stress to support conception. Currently mid-cycle, luteal phase - just ovulated.

Sleep: all over the place; affected by child; hard to fall back asleep.

Energy: ok given circumstances.

Has also been taking NMN - Nootropics; TMG longevity supplements; tiny amount of powder.

GIT: all ok; regular.

MuSk: no pain.

CM very obvious in last 2 cycles.

Neoclassical

Element: Fire

- Back LU and front LI alarms
- ST-42 right (should have been ST-42 left - but still cleared).

Legs: clear

Left the room. Provided buzzer.
