

Medical Warning

Reminders/Notifications

Pure Natal

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

Jasmine Langlands - Canning Healthcare

Thu, 7 Aug 2025 4:15 pm

Subjective:

Unsure if medication eased

Coping well;

Mx: day 3; a little painful; shorter cycle this time - 23 days; had been consistent; overall pain leading into period - not so bad. Feels it, but not taking any pain medications.

Transition to medication: 2 weeks of nausea, unable to eat; had to reduce dose; recently (in last 4 days) up to prescribed dose. Also recent flu; no longer coughing. No Mu/Sk pain current.

Sleep: very tired; possible side effect from medication; tired by end of day.

Energy: low

Neoclassical

Element: Wood

- back SI alarm -> right Lu family
- Lr-3 L

Legs: clear

Left the room. Provided buzzer.
