

lymph C

multiple food sensitivities

liver

sulphates

epiglottitis stenosis?

child - constipation / allergies / asthma / inflammation / localized possible triggering event

IVF son - 7 yrs on - IBS problems etc

testing = skin: grass / dust / mould

- IgE: dust / mould / pollen - no food / wasn't an IgG

Regular antibiotics

late teens - anxiety + panic attacks

stuffy nose / nasal blockage / nasal polyps

can't tolerate herbs salicylates

low red meat → low ferritin

AI issues in family

quenching peri-menopause could explain many symptoms - EFA, B, C

supps: RN Labs B

RN Labs B12 x 500mcg (B12 got very high methyl trapping)

Thorne Zn pic 45mg

Dymista nasal spray

serotide + veroblin as needed

Goals

1. Food intolerance

2. Bloating + constipation

3. Histamine

4. Sleep

S. poor weight gain / limited diet

only eats: pumpkin / zucchini / coc oil / rice / chicken breast

Paleo fibre
Elementall

sometimes lamb or lamb mince

needs fat
carbs (sleep)
eggs
SSMP?

Jan 24 Blood

May 20 Blood

Sm

- 2D

- pro

- Fo