



# Case Study #1

Session Notes

## SESSION#1 8.17.2022

May 2021: bone broth every day and way glowing

May 2022: moved across country. 2- and 4-year-old. Now in Ohio

Temp. living with father-in-law, just closed on a house.

Before moving, things were good. Then into moving, things got difficult.

Covid potentially hit.

Don't have people and go-to

Lots of B vitamins. Essential oil "Joy".

Met with herbalist, got gut healing tea. Special tonic: purpose for burps

went to arurveda students: breastfeeding not good after 2 years

Birth story healing with birthing from within

Still have burps.

Feeling lower in mood; depression?

Husband cheating? No time to talk about it with him

Weaning.

Was thinking of another pregnancy.

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- menstrual cycle: last 2, right before started got super sad and needed to cry it out, bloating, and even pain
- appetite low (usual stress symptom)
- maybe hair loss?
- exhaustion and fatigue; sleep ebbs and flows. Usually getting enough
- acne but different climate dry to humid
- anxious or excited for meeting? anxious before motherhood
- lots of rotisserie chicken, chickpea noodles, lowered sugar content (sensitive to it), veggies and fruit, egg bites from costco, chick fil lay salad

## STEPS

1. Find the bones
2. Find containers for freezing

Will get with me on Monday (needs deadline)

## SESSION#2 9.8.22

- sick from kids
- taking Terra Flora... always helped
- birth story healing session happened recently
- sitz bath with kids
- Tapping now, tapping app
- making bone broth and drinking every day. ox tail was so good
- recovery soup
- nuts okay not heated up
- herbal tea, powerhouse tea...
- organ meat
- MTHFR research



## SESSION#3 9.21.22

- was getting better but had an annoying tickle in throat that made her cough
- emotional healing?
- bowel movements are now regular, getting to bed earlier, getting an hour to self in morning
- less bloated
- stronger in core
- not sure on energy because still healing
- CBD gummies; using for sleep
- Watched video on SIBO
- Hardly any cramps, not keeping track anymore
- Sent cycle tracker
- Malaysian postpartum
- helping other women