



## Case Study #2

Session Notes

### SESSION#1 8.18.2022

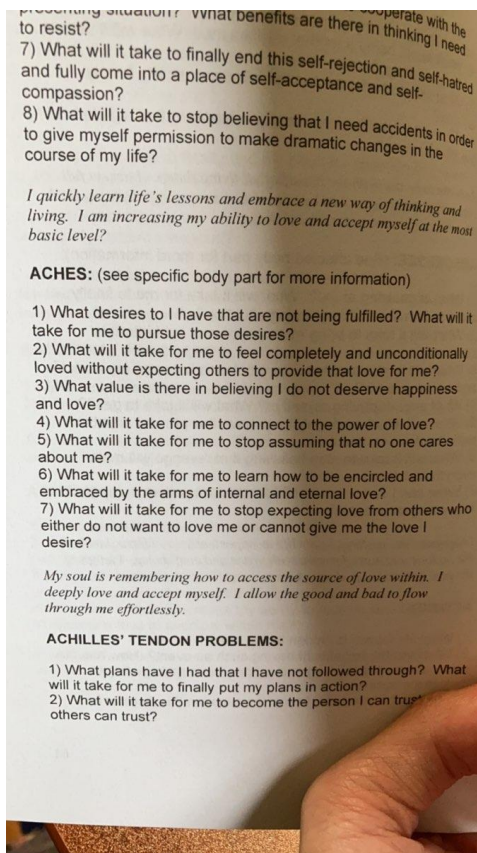
- Pregnant; 6 weeks, feels like throwing up all day
- gallbladder out a year ago, bowels are looser and can't connect with food
- pregnancy bloating
- several months: no desire to eat, alternates with hunger but goes for easy foods that don't feel good
- HUGE disconnect with food; 3 years ago this happened with 4th babe; had seizure, meds that increased depression, big move stressor, suicidal, got help, mom not speaking terms, grandma expressed love thru food.
- not sleeping well, not wanting to get to sleep
- exhaustion, worn out, waking up tired
- migraines off and on whole life; parents and grandparents too; last year is an upswing 2-4 a month; lack of sleep and stress = trigger
- 5th baby, super dry face and red, ADHD meds made it worse stopped stimulate 4mo ago (skin, heart rate, flushing)
- 2mo ago, left elbow aches. now both elbows and knees. neck tension
- symptoms of depression; barriers of suicide there but started to disappear; anxiety in 3/4 months. not disrupted (more social). 2 panic attacks in the week since pregnancy and intrusive thoughts
- ADHD
- periods started to change about a year ago; 2nd have a heavy day, 5-7 days of bleeding; now stops bleeding in between. ultrasound okay. little cramping with ovulation and period. no mood shifts until low tank about 4 months
- June, had early miscarriage; Symptoms showed up before miscarriage
- homeschool
- no meds; doc wanted Medformin but held off; mild insulin levels
- ferritin...
- on enzymes: works , HCI doesn't work
- followed it for 3 weeks and felt so much better; but stopped eating
- journaling
- fish for iron



## SESSION#2 9.1.22

- feel like a train wreck, okay; feels sick.
- tooth pain this weekend. couldn't sleep, emergency dental appts and 2 root canals
- horrible low back pain; and aching body
- hectic stress, financial stuff come up
- sleeping but 10-11 hours but waking up often and that's adding to stress
- mother-in-law helps with kids but hasn't been able to come
- hubby dealing with own stress to help more and aunt coming back to town
- biggest challenge is sleep and morning sickness (very draining)
- iron fish will be here soon. taking a cal/mag/citrite no more;
- jello, rice cups, baked potatoes, no cheese, lemon lara bars, tuna fish, eggs, beef jerky
- bone broth and soups

not allowing to receive love... gave journal questions





### SESSION#3 9.15.22

- horrible back pain, kidney stone? went in for imaging; placenta abruption. Saturday night: cramping. Monday: bleed to watch but baby was fine.
- nauseous got worse. But backing off and easier now.
- excited about eating certain foods; rice porridge
- eat a greater variety of foods
- eyes excessively dry;
- iron fish, definitely helps
- recovery tea: can drink again!
  
- 3rd TRI session offered