Kelly 26 years young

**She wrote this in order . . .**

Heart beat rapid. Can go to 180 bpm at rest.

Can also get super shallow - to 38 bpm.

Breathing becomes very had to get air in.

Bruising – with no reason

Fatigue – body and mind

Trembles/shakey/tremor

Memory focus – difficult to recall things

Sleep - trouble getting restful sleep

Appetite fluctuates

Temperature – vast fluctuations – gets hot and cold too easily

Super faint – passes out feeling

Veins – get super prominent – no reason and sometimes very faint- not related to hydration

Currently on sub clinical hyper thyroid treatment – 10 months – not noticed any difference – maybe less memory fog?  
10 days away from period – becomes worse

Mood – diagnosed with PMDD but will not take tablets.

**I added in:**

First period at 15 years  
19-22 no period.

When she consistently started menstruating regularly – mood got so much worse. Gut really bad though 3-4 years ago was worse.

Vegan. Is prepared to go off – and last year ate so much TUNA canned to try to help her apparently very bad anemia . .

Perfect diet - is not this (I agree).

VVVV bad period pain – whole body is so tight , and fatigued always.

Myriad tests.  
She is on her 5th cardiac specialist.

Hair falling

Hot feet at night.

Fingernails always terrible

As some acne.  
Drinks (is a barista) 4-6 shots of expresso. Is about to stop today. .

Is 3rd of 5 kids with 20 year spread.

Last period was 6 days - usually only 3-4

Last one also early. ‘Yes’ to past sexual frights – not before 10 yo.