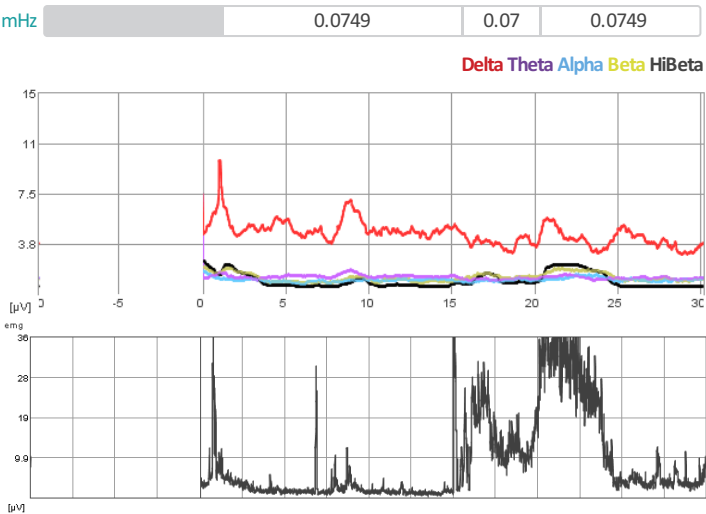
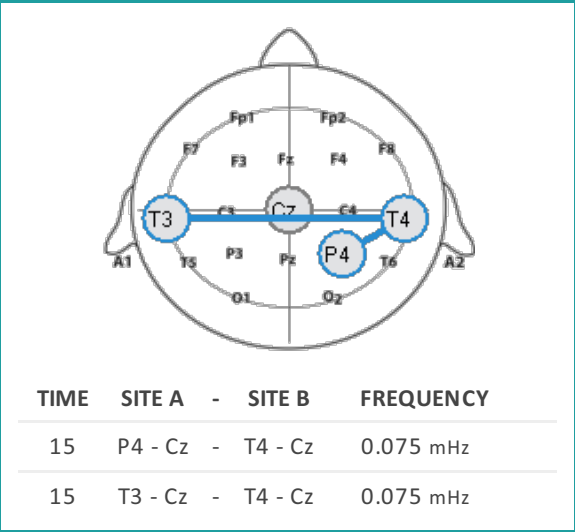


9
Monday - January 28, 2019
10:09 AM
Session 6
2 Channel ILF HD
Moir



Particle World
Flock



Report
Took awhile to fall asleep as we ate late. Slept well once asleep. Hot flash - 2 majors, 2 minors. Alertness, focus - normal, relaxation - good

Observation
P4-T4 .075 for 15 - Alertness, focus, good, dogs are bugging her and music was not loud enough so not as relaxed. Decided to change to .070
T3-T4 .070 at 20 mins muscle tension increased, so went back to .075.
T3-T4 .075 at 25 mins muscle tension gone so staying at .075.
Alertness- normal, focused on fact that mind wandering, relaxation - okay a shadow of the tension is there. Hot flash occurred at P4-T4.

Plan
Wondered about trying .08. Felt exhilarated yesterday not today.