



TIMELINE

Name:

Preconception/Prenatal	
Mother	Smoker, Stressed,
	In an abusive relationship
Father	Smoker, drinker, drugs
	Emotionally absent

Antecedents/Triggers/Triggering events	Year	How old	Signs/Symptoms/Diseases/Illness
Birth C-section	1971		
		0-1	Colic
Vaccinations	1972	1	
	1972-3	1-2	Eczema
Parent's Divorce	1979	8	Binge eating/Comfort eating starts Asthma diagnosed
Grandmother dies	1985	14	Drinking, rebellious
Antibiotics, poor diet	1990	19	Appendix removed
Father dies of heart attack	1993	22	Grief, Shock
	1994	23	Depression, Anxiety
Move to UK	1995	24	Lonely, Depression, Lack of purpose
Abusive relationship	1996-9	25-28	IBS, Anxiety, Depression, Excessive drinking, Drugs
Move back to Australia	2000	29	
Working long hours	2001-2008	30-35	IBS, Sleep issues, Depression, Chronic fatigue
GFC	2008		Lost job
Spiritual search	2008 --		
Working Part time	2010--		

CURRENT CONCERNS
IBS, Fatigue, Depression, Sleep issues, Brain fog, Hay fever, Asthma Intolerant to wheat and dairy