you can basically only hope to concentrate fire in an enemy’s general direction.
randomized trial of a dissemination intervention strategy to improve the use of antenatal corticosteroids
my hormones are still not back on track to how they were (constant, terrible pms anyone?) and i’m just getting back to thinking normally about food.

i will not be wasting my money on uncle charlie again, unless im in south america

i have horrible headaches, high pitched ringing in my ears which is unbearable often, nasty anxiety,