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**nodreamleftbehind** As an Empath/Highly Sensitive Person and a chronic overthinker/analyzer, I am not only overwhelmed by emotions and external stimuli, but also discombobulated by the endless chatter in my own mind, where a mental scatterfest is going on 24/7.

My mind jumps from one idea to another idea, each one interrupted or cut short by the next urgent thought or epiphany. I am so easily distracted by incoming stimuli, whether coming from within or without. I must record every thought and idea either on paper or save it online, so I don't lose it when the next one pushes it to the back of the brain with all the other projects



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"started but not finished yet."

That being said,

[#AxisKlarity](#) has been a game changer for me.

- I definitely feel more focused and calm after taking my multi-acting dissolvable yellow strip.
- I have also had an improvement in Motivation and Mood.
- And my reflux (GERD) is not as bad as it was.

I think overtime I'll notice more benefits to my gut, chronic fatigue, joint pain and inflammation, (symptoms commonly exacerbated by my autoimmune disease.)



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