11/09/18

Wake: 8:00 AM
Sleep: 12:30 AM

Timeline

8:00 AM - Sleep w/ no music or [redacted]

[redacted] 4 pumps g-thione (30 min after 8 AM)

9:30 AM - [redacted]

Swallows after 4 pumps g-thione, after supplements, 2 advil

11:30 AM - Time seems to be moving in slow motion lately. Every conversation seems to stretch on eternity, like I'm thinking at supersonic speed.

1:30 PM - Swollen throat lymph nodes, sore throat, tired, dizzy

3:00 PM - [redacted]

3:30 PM - Leg weakness, burning eyes, 2 Advil [redacted] nap

11:20 PM - [redacted]

Symptom Log

Meds + Exercise

Ketosis: Moderate
Location: School

Lymphatic Pump: N/A
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/10/18

Wake: 9:00 AM
Sleep: 2:00 AM

Timeline

8:00 AM: Bad sleep, still exhausted but can't go back to sleep

[redacted]

9:40 AM: [redacted], morning supplements, [redacted], 2 advil

2:38 PM - Random sobbing, sadness

3:15 PM - Legs stopped working, couldn't walk, bones hurt

6:20 PM - Fever, Legs giving out, muscle spasms

6:30 PM - [redacted], 2 advil, burning eyes

9:00 PM - [redacted]

10:30 PM - [redacted], Evening Supplements, 2 Advil, [redacted]

11:50 PM - [redacted], fever, obsessive

Burning urine, Fever hunger

2:00 AM - Fever hunger, unsettled

Symptom Log

Meds + Exercise

Ketosis: Trace
Location: School

Lymphatic Pump 9:34 AM
Magnesium 2 TBSP
Black Box Yes ☐ No ☒

11/11/18 Wake: 9:00 AM
Timeline Sleep: 10:30 PM

9:00 AM – Poor, poor sleep, exhausted, Black Box, headache, gen pain
sever spasms,
10:00 AM – Black Box
11:30 AM – [redacted]
1:17 PM –
2:00 pm – Tried to pee, could not
5:00 PM – [redacted]
7:00 PM – 2 Advil [redacted] Supplements
10:00 PM – Cup of tea, 2 Advil [redacted]

5:30 pm – [redacted]

10:00 PM – [redacted]

Symptom Log

Meds + Exercise

Ketosis: Small
Location: School

Lymphatic Pump N/A
Magnesium 3 TBSP
Black Box Yes ☒ No ☐

11/12/18 Wake: 10:30 AM
Timeline Sleep: 1:30 AM

10:15 AM – Breakfast, [redacted]
1:00 PM – 4 Pumps G-thione
3:57 PM – Right ear muffled hearing
5:13 PM – Core Spasms, brief head twitch, jibberish
6:53 PM – Supplements, 2 Advil, 4 G-thione, [redacted]
50,000 Vitamin D
7:10 PM – Sinuses hurt, swollen throat
8:30 PM – [redacted]
8:51 PM – Spasms
11:15 PM – [redacted]
12:30 AM – Head explode pain [redacted]

9:15 PM – [redacted]

Symptom Log

Meds + Exercise

Location: School

Lymphatic Pump 10:07 AM
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/13/18 Wake: 9:00 AM
Timeline Sleep: 10:00 pm

9:00 AM - Back of throat swollen, pharyngeal swelling, severe facial pain, hard to swallow, black box, bad sleep
9:24 AM - Black Box
10:47 AM - Severe congestion, continued pharyngeal pain
11:06 AM - Neck Spasms, legs Failing
11:15 AM - Hands Shaking, [redacted], 2 Advil
12:20 pm - Panic Attacks, anxiety, hot, hands shaking
12:40 PM - Tunnel vision, weary, groggy
3:50 PM - 45 min Nap
6:48 pm - [redacted]
8:40 pm - [redacted] Magnesium
8:53 PM - [redacted]
9:15 pm - [redacted] melatonin, etc. 50k vit D 2g Fish oil, 4 Anx. Relief

Symptom Log

Meds + Exercise

Ketosis: small
Location: School

Lymphatic Pump 9:30 AM
Magnesium 2.5 TBSP
Black Box Yes ☒ No ☐

11/14/18 Wake: 8:00 AM
Timeline Sleep: 10:30 PM

8:00 AM - [redacted] terrible sleep, throat hurts more than yesterday
9:45 AM - 50k vit D [redacted] 4 Advil, [redacted] 10 pumps of thane
10:20 AM - 10 pumps of thane
11:40 AM - Completed neuro test in DRC, severe brain fog, raw throat, can't breathe from nose.
12:16 PM - Intestinal pain, Nausea, raw throat
2:45 PM - 4 hour long nap [redacted]
4:50 PM - Just Passed Out of Class, accidentally ate sugary food.
18:30 PM [redacted]
6:15 PM - 50k vit D, [redacted] supplements
9:17 pm - [redacted]
10:34 PM - [redacted]

Symptom Log

Meds + Exercise

Ketosis: Small
Location: School

Lymphatic Pump N/A
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/15/18

Wake: 8:30 AM
Sleep: 11:30 pm

Timeline

8:50 AM - Black Box, rough night of sleep, but feel better today than yesterday or day before, somewhat happy

10:05 AM - Supplements, [redacted]

[redacted]

12:15 PM [redacted] headache

1:00 PM - 40 min outside reading

2:30 PM - 4 pumps g-tube

4:30 PM - Spent 45 [redacted]

7:00 PM [redacted]

8:30 PM

11:00 PM

11:15 PM

Symptom Log

Meds + Exercise

Ketosis: Trace

Location: School

Lymphatic Pump 9:00 AM

Magnesium 0 TBSP

Black Box Yes ☒ No ☐

11/16/18

Wake: 8:00 AM
Sleep: 8:30 PM

Timeline

6:00 AM - Extubated

8:30 AM - Supplements, [redacted] 50k IU D

9:30 AM - [redacted]

10:30 AM - [redacted]

2:00 PM - Broke keto / G.T. Lunch, contaminated restaurant

3:00 - 5:00 PM - [redacted], I think it helped

6:30 PM - Very sad

[redacted]

[redacted]

Symptom Log

Meds + Exercise

Ketosis: Trace

Location: School -> home

Lymphatic Pump

Magnesium 0 TBSP

Black Box Yes ☐ No ☒

11/17/18

Wake: 8:30 AM
Sleep: 6:30 AM

Timeline
9:00 AM - [redacted]
10:00 AM - 4 Morphix, 4 Neurontin, [redacted], 50k vit D
2:00 pm - 4 Advil, [redacted]
- Spent 2 hours in contaminated auditorium
- within 5 minutes, headache
- [redacted]

[redacted]

Symptom Log

Meds + Exercise

ketosis: none
Location: Home

Lymphatic Pump N/A
Magnesium 0 TBSP
Black Box Yes ☐ No ☒

11/18/18

Wake: 12:00 PM
Sleep: 12:00 AM

Timeline
4:20 AM - [redacted]
Sore throat, congested, pain
1:00 pm - [redacted]
2:50 pm - Intestines hurt, tired
5:00 pm - Condition raw throat
8:30 PM - [redacted]
9:44 PM - [redacted] Magnesium

Symptom Log

Meds + Exercise

Location: Home

Lymphatic Pump N/A
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/19/18

Wake: 7:30 Am
Sleep: 2100 AM

Timeline

7:30 AM - [redacted] 4 Neurofem, [redacted]

11:50 Am - [redacted]

3:24PM - Burning Eyes, Fever, 4 Advil, attempt nap, melatonin + p-sleep

6:30 Pm - 3 hour nap

10:26 PM - [redacted]

10:45PM - Burning eyes

11:00 PM - [redacted] 50k vit d, magnesium, supplement, [redacted] melatonin, Perfect sleep

12:26 Am - [redacted] nasty headache, anxiety, whole body pain

Symptom Log

Meds + Exercise

Location: Home - School

Lymphatic Pump N/A
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/20/18

Wake: 8:15 AM
Sleep: 11:30PM

Timeline

8:15 AM: Black Box

4:24 AM: 50k vit D, 2x G-thione receptor, [redacted] 4x neurofem [redacted]

9:21 PM [redacted]

Feeling panicked and confused

9:50 PM: [redacted] 4 pumps g-thione, 4 neurofem, 4 Advil, melatonin, [redacted] 2 g-thione receptor

~~11:20PM~~: [redacted]

11:30Pm: sleep

Symptom Log

Meds + Exercise

Location: School

Lymphatic Pump 8:18 AM
Magnesium 2 TBSP
Black Box Yes ☒ No ☐

Sleep: 9:30 pm
Wake: 7:30 Am

11/21/18

7:30 AM - Nightmares, Black Box [redacted]
9:15 Am - 50K vit D, Supplements, [redacted]
11:00 AM - Burning Eyes, Fever, Exhausted
11:25 AM - 10 pumps a-thine
2:43 PM - 2 Zinc + [redacted] whole body aches
4:32 PM - [redacted]
7:07 PM - [redacted] supplements
8:55 PM - [redacted]

[redacted]

Symptom Log

Meds

Ketosis
Location: School

Lymphatic Pump: 8:15 AM
Magnesium 2.5 TBSP
Black Box Yes ☒ No ☐

Wake: 6:50 AM
Sleep: 11:30 PM

11/22/18

Timeline

7:15 AM - Black Box
1:00 PM - Severe spasms, body pain
3:00 PM - 3 advil, [redacted]
3:30 PM - [redacted]

10:00 PM - [redacted]

morning Supplements: [redacted], 50K vit D, 2 Zinc, 4 neuroflam, 2 g-thione reapter

Symptom Log

Meds + Exercise

Ketosis: None
Location: School -> Home

Lymphatic Pump 7:30 AM
Magnesium 0 TBSP
Black Box Yes ☒ No ☐

11/23/18

Wake: 7:30AM
Sleep: 11:30PM

8:00AM – [redacted] 50k vit D, supplements
11:00AM – Did Laundry for 1 hour
2:00PM – Tried to sleep inside, swollen lymph nodes, lots of head and body pain
5:00PM – Took dogs for walk, [redacted]
5:12PM – Black Box
6:45PM – [redacted] + Magnesium (2 tbsp)
7:30PM – Nerve pulses shooting up my legs
11:12PM – knee slightly out of place, [redacted]

Train Brena to alert me in advance when I have an fever or neurologic episode
Train Brena to retrieve a pre-stocked bottle of meds for me
Teach Brena what to do when I am having an episode (compression, guard, etc.)

also train to grab water bottle

Location: Home
Ketosis: None

Magnesium 2 TBSP
Black Box Yes ☒ No ☐

11/24/18

Wake: 8:37AM
Sleep: 12:00AM

Timeline
8:37AM – Nightmares, [redacted] terribly afraid of school (anxiety)
10:30AM – [redacted], 50k vit D, 4 Neuroflam, 4 g-Thiane, 4 g-thiane recycler
11:15AM – 1 zinc, 1 multimedica vitamin
1:00PM – 1 hr 15 min nap outside
6:45PM – [redacted], 2 g-Thiane recycler, 4 neuroflam, zen, [redacted]
6:35PM [redacted]
9:35PM [redacted], Magnesium

Location: Home
Ketosis: None

Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/24/18 Wake: 8:37 AM
Timeline Sleep: 9:45 PM
10:00 AM - Gibberish, Shaking, Twitching, Worried
10:25 AM - [redacted] 50k vit D, 2 zinc, [redacted]
4 neuroFlow, 1 Zen [redacted]
11:15 AM - [redacted] Calm (2 tbsp) [redacted]
Took dog to play For ~30 min
12:45PM - [redacted]
3:30 PM - Feeling Better, Still Having Bursts of Twitching + Gibberish, [redacted]
Take Brian to play 30 min
4:32 PM - [redacted]
5:17 PM - [redacted] Stuttering
7:00 PM - Spasms, gibberish, anxiety, [redacted] 2 Zen
9:00 PM - Returned to School
9:45PM - [redacted]

Symptom Log
Gibberish 10:00 AM, 3:30 PM
Twitching 10:00AM
10:45AM
3:30PM

Meds + Exercise
[redacted]

Ketosis: None
Location: Home -> school

Lymphatic Pump N/A
Magnesium 2 TBSP
Black Box Yes ☐ No ☒

11/25/18 Wake: 7:39 AM
Timeline Sleep: 10:00PM
7:57 AM - Black Box
10:21 AM - [redacted] 4 NeuroFlow, 2 Zinc, 2 g-thione recycler
2 anxiety relief, 2 multimedian, 2 magnesium
11:00 AM - [redacted] 2 pumps g-thione, 2 g-thione recycler
12:57 PM - 2 g-thione recycler, 2 pumps g-thione [redacted]
2:13 PM - [redacted]
3:15 PM - 2 Advil
3:51 PM - Extremely tired, confused, fever
5:00 PM - Extremely Panicked, Anxious 2 anxiety relief, 30 min dog walk
5:49 PM - Burning Eyes, [redacted]
8:01 PM - Can't talk, legs not working, took dog to play outside ~15 min
8:45PM - [redacted]
9:30 PM -
10:00PM -

Symptom Log
Confusion 1:00PM - 10:00PM
Fever 2:00PM - 9:00PM
Panic 2:00PM - 10:00PM
Cannot Talk 8:00PM - 8:30PM
Legs Not Working 8:00PM - 8:15PM
Spasms All day

Meds + Exercise
[redacted]

Ketosis: None
Location: school

Lymphatic Pump: 8:00PM
Magnesium 2 TBSP
Black Box Yes ☒ No ☐

[redacted]

11/26/18

Wake: 7:30 AM
Sleep: 1:00 AM

Timeline

8:30 AM - Took Dog To play Outside
8:45 AM - Black Box
10:10 AM - [redacted] 2 g-thione recycler, 2 zinc, Cla, 4 neuroflam
11:32 AM - Restless leg, shaking hands + body, extremely nervous
12:33 PM - Eyes rolled up into head, startled by everything, eyelids locked shut for ~30 seconds, extreme, sudden spasms
12:40 PM - [redacted] 2 advil
2:56 PM - Sighing a lot, anxious, panicked, [redacted]
4:52 PM - 2 g-thione recycler
[redacted]
5:20 PM - [redacted] h r nap, feeling [redacted]
8:30 PM - [redacted]
9:15 PM - [redacted] 4 neuroflam, 2 g-thione recycler [redacted]
11:41 PM - [redacted] magnesium, [redacted] headache of increased intensity

Symptom Log

Confusion 11:40 AM - 1:00 AM
Shaking Hands + Body 11:32 AM - 1:00 PM

Meds + Exercise

[redacted]

Ketosis: Small
Location: School

Lymphatic Pump: 8:45 AM
Magnesium 2.5 TBSP
Black Box Yes [X] No [ ]

[redacted]

11/27/18

Wake: 8:30 AM
Sleep: 11:30 PM

Timeline

11:05 AM - [redacted] 2g-thione recycler, 2 zinc, CLA, 4 Neuroflam, 2 magplex, 1 multimedica, [redacted]
1:00 pm - [redacted]
3:00 PM - [redacted]
4:54 PM - Burning eyes, gibberish, obsessive cleaning
7:43 PM - [redacted]
8:30 PM - [redacted]
11:00 PM - [redacted] 2 advil, 2 magplex, [redacted] 4 neuroflam, 2 g-thione recycler, [redacted] 2 Anxiety Relief, 2 zen, magnesium drink, [redacted]

Symptom Log

Meds + Exercise

Ketosis: Moderate
Location: School

Lymphatic Pump N/A
Magnesium 2 TBSP
Black Box Yes [ ] No [X]

11/28/18

Wake: 8:37AM

Sleep: 1:30 AM

Timeline

9:00 AM - [redacted], nightmares

9:30 AM - Binders

10:00 AM - [redacted] 4 neuroflam, 5k vit d, 2g-triune recycler, 2 anxiety relief, 1 multimedica, 2 zinc, [redacted]

10:40 AM - Jittery, Anxious, Scared, nervous

12:00 PM - Burning Eyes

5:17 PM - Shaking, body / burning eyes, headache eye [redacted]

5:27 PM - [redacted], 2 advil

7:20 PM - [redacted] 2g-triune recycler, 4 neuroflam, [redacted], 2 Magtein, 1 multimedica, [redacted]

8:30 PM - [redacted]

9:30 PM - Awful Headache

9:40 PM - [redacted]

10:30 PM - Sinuses feel pressurized, headache worse [redacted]

1:00 AM - [redacted]

Symptom Log

[redacted]

Meds + exercise

Lymphatic Pump 8:50AM

Magnesium 2 TBSP

Blade Box Yes ☒ No ☐

Ketosis: Moderate

Location: School

11/29/18

Wake: 8:00 AM

Sleep: 10:30 am

Timeline

8:00 AM - Severe pain all night, insane dreams, etc.

8:54 AM - Blade Box

10:06 AM - Zfer, 4 neuroflam, [redacted] 2 magtein, 5k vit D, 2 zinc, 2g-triune recycler, [redacted]

11:00 AM - [redacted]

11:09 AM - 4 pumps g-thione

5:00 PM - When I look right when turning my head, I get dizzy, things start to go blurry, not when I look left

5:45 PM - 30 min foot bath

6:15 PM - Charcoal / Binder

8:00 PM - 4 neuroflam, [redacted], 2 g-triune recycler, 1 multimedica, 2 magprex

8:23 PM - Burning eyes, ear infection - like pain

9:34 PM - [redacted]

Symptom Log

Meds + Exercise

Lymphatic Pump: 8:58 AM

Magnesium 2 Tbsp

Blade Box Yes ☒ No ☐

Ketosis: Trace

Location: School

12/01/18

Wake: 8:57AM
Sleep: 10:30pm

Timeline

9:30 AM - Black Box, 30-min foot bath, [redacted]

11:45 AM - [redacted] 5k vit D, 2 mygplex, 2g fiber capsules, 4 neroflam, 2 amino acid, 1 multimedica, 1 CLA,

4:00 pm - Spasms, extreme anxiety, everything going black

6:48PM - [redacted]

8:30 pm - [redacted]

10:10 PM - 4 neroflam, [redacted] 2g fiber capsules, [redacted] 1 Multimedica, 2 Anxiety Relief, 2 mygplex [redacted]

- Eye dizziness / spasm / passing out continues from yesterday; Same intensity

Symptom Log

Meds + Exercise

Ketosis: Moderate

Location: School

Lymphatic Pump: 9:30PM

Magnesium Q TBSP

Black Box Yes X No

12/02/18

Wake: 8:30 AM
Sleep: 9:30PM

Timeline

8:45AM - Bitters + lymph pump [redacted]

9:00AM - Everything continued, lesser intensity, [redacted]

9:45AM - Charcoal Binder

10:43AM - [redacted] 4x neroflam, 2g fiber capsules, 2 zinc, [redacted], 5k vit D, 2 mygplex, 1 multimedica

1:00 pm - Extremely Stressed, Anxious, etc., 4 Anxiety relief

9:20PM - Emotions fluxing between elated + depressed

3:33PM - [redacted]

8:30PM - [redacted]

Symptom Log

Meds + Exercise

Ketosis: Trace

Location: School

Lymphatic Pump: 8:45AM

Magnesium D TBSP

Black Box Yes X No