[redacted]

Symptom Logger + Meds

10/13/18:

Wake: 8:00 AM
Sleep: : PM

9:30 - Took Binder
10:30 - Took Morning Supplements
11:45 - Neurologic Attack
- Convulsing, dizziness, etc.
8:30 - Loss of Speech
7:30 - Neurologic Attack
- full convulsions

hearing reverted	11:45 AM
neurologic attack	11:35AM
-20 minutes	
Reading Difficulties	11:40 AM
Writing Difficulties	11:40 AM
Vision changes	11:53 AM
-dizziness	
Brief Spasms	1:28 PM
Neurologic Attack	7:30 PM
Loss of Speech	8:30 PM

* full convulsions

Meds + Dose
[redacted]
Lymphatic Pump 8:00AM
[redacted]

10/14/18

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

Timeline

3:50 PM Neurologic Attack
- Jaw Crookedness
- Spasms

8:30 AM Left House

10:00 AM - 2:30 PM Training w/ [redacted]

4:30 PM Returned to College

5:03 PM - 4 Advil, 2 Zen, [redacted]

6:30 PM - Fever

7:00 PM - Black box

Symptom Log

3:50 PM	Neurologic Attack
4:00 PM	Headache
2:00 PM	Dizziness, Blurred Vision, Nausea
8:00 AM	Legs not working
7:00 PM	Word-finding issues, reading loss

Meds + Exercise

[redacted]

Black Box? ☒ Yes ☐ No

Magnesium 3 TBSP

Ketosis: Small/Trace / Moderate / Large / None

[redacted]

10/15/18

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

Timeline

- 8:00 AM: Woke up, registered for classes, had bad, intense dreams all night, slightly nauseated
- 8:50 AM: Black box [redacted] + Lymphatic pump
- 8:50 - 9:20 AM: [redacted]
- 9:30 AM: Took Charcoal
- 9:50 AM: Uncontrollable crying
- 12:20 PM: Writing + Memory issues
- 1:10 PM: Muscle Spasms
- 3:50 PM: Intense Muscle Spasms
- 1:00 PM - 6:00 PM: Non-Stop Small Spasms
- 8:00 PM: Back Pain (continuous)

Symptom Log

8:00 AM: Dizziness, sense of Dread

9:50 AM: Crying for no reason

3:50 PM: Intense Spasms

3:50 PM: Difficulty Writing [redacted]

4:00 PM: Lymph nodes hurt, lots of pressure

[redacted]

Ketosis (None)

Meds + Exercise

[redacted]

10 Emos G-Thing 7:10 PM

[redacted]

Magnesium 2 TBSP

Black box Yes ☒ NO ☐

10/16/18

Wake: 8:45 AM
Sleep: 10:15 PM

Timeline

8:45 AM - Wake Up, Tired + Dizzy + Headache
9:45 AM - Extremely Nervous [redacted]
9:00 AM - Brena Nipping at Me
10:30 AM - [redacted]
1:45 PM - Nap + [redacted], Zzen
2:40 PM - Wake up + Close, Fever while napping
2:50 PM - Severe Pain Around Diaphragm
3:33 PM - Trembling Hands, Neck Spasms
3:41 PM - Severe Lymph node pain under jaw
4:25 PM - Nap - Failed attempt

Symptom Log

- Shaking Hands 10:20 AM
- Emotional Instability, 9:45AM
- Brain fog 11:01AM
- Small Spasms 11:07AM
- Heavy Spasms 11:50AM

Supplements to Resupply:

Mag Flex
Neuroplam Ketosticks
Vitamin D
Anxiety Relief
Charcoal Binder
Vitamin C Bottle

Meds + Exercise

[redacted]

Lymphatic Pump 9:00AM

[redacted]

Ketosis: None
Magnesium 0 TBSP
Black Box? ☒ yes ☐ NO

10/17/18

Wake: 9:10 AM
Sleep: 2:45AM

Timeline

9:10 AM Wake Up, Sore, bad dreams
10:00 AM Brena Nipping at Me
11:00 AM Mag + Supplements
11:40 AM Headache
12:30 PM Feeling Faint
12:50 PM Right Knee popped out of place went into doctors office
12:52 PM Severe Spasm
1:17 PM Dizziness, Limb Discoordination
1:35 PM Burning Eyes, Fever, raw throat
2:00 PM Nap
3:18 PM Wake Up, fever, trapped in dream, screaming, Brena nipping at me, doesn't want to play
9:26 PM Legs not working, Brena Biting intensified
3:33 PM Severe Spasming, Legs inoperable, Brena, [redacted]
8:30 PM Legs + back pain
2:45 AM Too Much Pain to Sleep, [redacted]

Symptom Log

Headache, Full Head Feeling 11:40AM
Light-Headed, feeling faint 12:30Am
Knee out 12:50 AM
Severe Spasm 12:52 AM
Dizziness, Limb Discoordination
Legs not working
Fever, burning eyes, raw throat

[redacted]

[redacted]

Meds + Exercise

[redacted]

Lymphatic Pump 9:20AM

Ketosis: None
Magnesium 3 TBSP
Black Box Yes ☒ NO ☐

10/18/18 Wake: 9:00 AM
Timeline Sleep: 10:00 PM
9:00 AM - Wake up (bad dreams, 6 hrs sleep, tired)
[redacted]
2:00 PM - Tired, Disoriented, Mental Disorganization
2:45 PM - 4 Pumps Glutathione
3:30 PM - Gibberish + Rapid Eye Movement
- Brent was pulling me home, I think
She tries to take me home when she knows
that I am unwell
4:37 PM - Absent-Minded, confusion, fever seems to have reduced
7:00 PM - [redacted] collapse on floor with shaking
8:15 PM - Very Sad, Emotionally Distressed
[redacted]

Symptom Log
Light Twitching 10:36 AM
Confusion + Disorganization 2:00 PM
Muscle Spasms, Fever, 3:40 PM
Gibberish, Confusion

Meds + Exercise
[redacted]
Glutathione 4 pumps
[redacted]
4 AM 4:30 PM
[redacted]
Lymphatic Pump 9:05 AM
Magnesium 2 TBSP
Black Box Yes ☒ No ☐

Ketosis: Trace
[redacted]

10/19/18 Wake: 8:45AM
Timeline: Sleep: 1:15 PM (10hr 45 min sleep)
8:45 AM - Wake, Terrifying Dreams, Uneasy
11:16 AM - Black Box Complete, Breakfast, ears ringing
1:00 PM - Out to eat @ In-N-Out (Didn't Go Inside)
3:45 PM - [redacted]
6:00 PM - Headed home

Symptom Log
ears ringing 11:16AM
tired, small twitching 4:30 PM
in hand, neck, lungs
Gibberish, headache, 8:45 PM
nerve spasms, cant
with c

Meds + Exercise
[redacted]

[redacted]
Ketosis: unknown, assumed
trace

Lymphatic Pump 10:30AM
Magnesium 3 TBSP
Black Box Yes ☒ No ☐

10/20/18

Wake: 8:20 AM
Sleep: 11:45 PM

Timeline

8:20 AM - Wake up (9HRS sleep), sleep paralysis, intense nightmares, screaming, trapped in dream, Couldn't stop dreaming about myself screaming [redacted] dreaming hurts, trapped, can't speak
8:36 AM - Still can't speak, possible Fever, Brena Nipping
9:08 AM - Black Box, Difficulty Walking
9:38 AM - Charcoal
1:30 PM - Fever, burning eyes, upset stomach, anxiety, can't sleep
2:00-3:00PM - Nap, fever dreams, whole body hurts, trouble walking
3:20 PM - going for walk w/ Brena
4:00 PM - 3 Advil, [redacted]

Symptom Log

Sleep paralysis, nightmares, screaming trapped in dream, can't speak - 8:20 AM
Difficulty Walking - 9:08 AM

Meds + Exercise

[redacted]

Location: Home

Magnesium 0 TBSP
Black Box Yes ☒ No ☐

10/21/18

Wake: 7:30 AM
Sleep: 10:42 PM

Timeline:

7:30 AM - Brena Wake Up + Black Box
7:50 AM - Took Brena to Play in Park
9:00 AM - Breakfast
10:00 AM - Haircut
11:00 AM - Nap / Unsuccessful
1:30 PM - [redacted]
4:30 PM - [redacted], burning eyes
5:11 PM - Head Twitching, Burning Eyes
[redacted]
8:30 PM - [redacted]
9:06 PM - Fever

Symptom Log

burning eyes - 4:30PM, 5:11 PM
Eye Twitching - 5:15PM
Sore Throat - 5:15 PM
Head twitching + gibberish - 4:00PM, 4:30PM

Meds + Exercise

[redacted]

[redacted]

Lymphatic Pump 1:00 PM

Magnesium 3 TBSP
Black Box Yes ☒ No ☐

10/22/18 Wake: 9:00 AM
Timeline: Sleep: 1:00 AM

Shadow demons, too

12:00 AM - Night terrors, Severe insomnia, Brena had nightmares, extreme hunger, read a bit to try to sleep

1:00 AM - Still Can't Sleep, extreme head + body pain

1:00 AM - [redacted] still cannot sleep, trying binaural beats

1:00 - 9:00 AM - light, disturbed sleep, night terrors, severe pain

9:00 - 11:00 AM - [redacted]

11:00 - 11:45 AM - Sat outside and did paperwork

11:50 AM - [redacted] muscle Spasms

12:30 PM - Muscle Spasms 1:00 PM - Brena trying to pull me home + be offensive

1:14 PM - Light lunch, head throbbing, Spasms, dizziness, nausea
I feel like my body is shutting down

[redacted]

2:30 - 5:3[redacted]

2:26 PM - fever, burning eyes

8:57 PM - Clear brain, lots of pain, so tabed [redacted]

Symptom Log:
Night terrors, pain 9:00 PM - 9:00 AM
Brain fog, extreme fatigue all morning
Muscle Spasms 11:50 AM
12:30 PM

Meds + Exercise:
[redacted]
Glutathione 12 pumps

[redacted]

[redacted]

Magnesium 2 TBSP
Black Box Yes ☒ No ☐
Did 8 pumps of Bitters + Glu[redacted]

10/23/18 Wake: 9:00 AM
Timeline: Sleep: 11:45 PM

10:37 AM - Brain clear enough to do math
- Maybe it was the extra black box that cleared my brain?

12:20 PM - Short, Intense Spasms → Brena dropping and she brought me her ball to cheer me up

3:00 PM - Distress, nausea, headache

6:08 PM - Disciplining meeting w/ husband, lymph nodes swollen

7:30 PM - Full Neurologic Attack Arrived Home

7:50 PM - [redacted]

Symptom Log:
Fever, sore throat, burning eyes 11:34 AM

Meds + Exercise
[redacted]
4 Advil 1:21 AM
[redacted]
4 Advil 11:34 AM
[redacted]

Lymphatic Pump: 9:09 AM

[redacted]

Magnesium 0 TBSP
Black Box Yes ☒ No ☐
8 Pumps Bitters + 8 Glu[redacted]

10/24/18
Timeline:
8:10 AM - Double Black Box [redacted]
8:00 AM -

2:00-5:00 PM - Nap, fever dream
5:00 PM - Extremely weak, can't walk

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

Symptom Log: [redacted]



Location: Home

Lymphatic Pump 8:10 AM
Magnesium @ TBSP
Black Box Yes ☒ No ☐

10/25/18
Timeline:
9:30 AM - Black Box
10:30 AM - [redacted] + Advil

Wake: 9:00 AM
Sleep:

Symptom Log
difficulty walking
twinkling
low energy
emotional instability
twitching
fevers
sore throat
burning eyes

[redacted]

Location: Home

Lymphatic Pump 9:50 AM
Magnesium 2 TBSP
Black Box Yes ☒ No ☐

10/26/18

Wake: 8:00 AM

Sleep: 4:30 PM

Timeline:

8:30 AM - [redacted]

10:00 AM

11:36 AM [redacted], Burning Eyes, Swollen lymph nodes on throat

1:17 PM Nap with fever

- Fell asleep 1:48, woke up 2:48, extremely slow

3:00 PM - [redacted]

8:00 PM Black Box

9:00 PM - Severe soreness, pressure headache, general pain [redacted]

Symptom Log

Headache, pressure 8:00 AM

Meds + Exercise

[redacted]

Location: Home

Lymphatic Pump 3:57 pm

Magnesium 0 TBSP

Black Box Yes ☒ No ☐

10/27/18

Wake: 7:30 AM

Sleep: 12:15 AM

Timeline:

7:45 AM: Brisk walk, morning supplements, morning [redacted]

8:15 AM: Severe general body pain, [redacted] extreme fatigue

8:22 AM: [redacted]

8:51 AM: So... much... pain... [redacted]

10:20 AM: [redacted]

11:03 AM: Burning eyes, pain in sinuses and behind eyes.

12:45 PM: Burning eyes, headache, [redacted]

1:27 PM: Burning eyes, swollen lymph nodes, all-encompassing pain

2:14 PM: Burning eyes Nap Till 3:48 PM

3:57 PM: Single Black Box + Lymphatic Pump

6:30 PM: [redacted]

10:15 PM: Supplements [redacted]

11:30 PM: [redacted], knees out of joint

Symptom Log

Meds + Exercise

[redacted]

Advil (4) 12:00 PM

[redacted]

Location: Home

Lymphatic Pump 3:57 PM

Magnesium 2.5 TBSP

Black Box Yes ☒ No ☐

10/28/30

Wake: 7:00 AM
Sleep: 12:00 AM

Timeline:

8:20 AM - Black box, knees out of joint

9:30 AM [redacted]

11:30 AM - Nap till 3pm

7:00PM - [redacted]

12:00AM - Difficulty Sleeping, [redacted]

Symptom Log

Meds + Exercise

Location: Home

Lymphatic Pump 8:23 AM
Magnesium 2 TBSP
Black Box Yes ☒ No ☐

10/29/18

Wake: 9:00 AM
Sleep: 12:30 AM

Timeline:

9:00 AM - fever, noise sensitivity, [redacted]

9:52 AM - 4 Advil, [redacted]

4:00 pm - Fever

4:30pm - [redacted]

4:45PM - [redacted]

9:00 pm - Magnesium

Symptom Log

Meds + Exercise

Location: Home

Lymphatic Pump
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

10/30/18

Wake: 8:00 AM
Sleep: 9:30 pm

Timeline:

1:30 AM - Fever, dehydrated, emotionally distressed
8:00 AM - Wake up, fever, dreams, still tired.
8:10 AM - Black Box [redacted]
8:55 AM - Burning Eyes, Fever
10:10 AM [redacted] 4 Advil
2:00 PM - 4:00 PM - Nap, Fever, Burning Eyes
6:15 PM - [redacted], laughing, fever, [redacted]
7:38 PM - [redacted], Noise sensitivity

Spleen Pain

Symptom Log:

Meds + Exercise

Location: Home

Lymphatic Pump 8:26 AM
Magnesium — TBSP
Black Box Yes ☒ No ☐

10/31/18

Wake: 7:30 AM
Sleep: 10:00 pm

Timeline:

7:30 AM - Wake up [redacted]
10:00 AM - 4 Advil, [redacted]
12:00 pm - Vomiting, dizziness, word finding, spasms (MINOR)
1:03 PM - [redacted]
1:35 PM - 3:30 AM - Couldn't Sleep, did HW, Fever, sore throat, burning eyes
3:30 PM - Took Brenna to play
5:30 PM - Burning eyes, fever, chills
8:17 pm - Swollen lymph nodes (throat) [redacted]
9:30 PM - 4 Advil

Symptom Log

Meds + Exercise

Location: Home → School

Lymphatic Pump
Magnesium 3 TBSP
Black Box Yes ☐ No ☒

11/01/18

Wake: 9:00AM
Sleep: 11:30pm

Timeline

9:00 AM - Woke Up (11 hrs sleep), fever dreams, pain all night
9:52 AM - Nervousness, Headache, Brain Fog
10:06 AM - Spleen Pain, Back Pain, Sore Body
10:17 AM - [redacted]
11:00 AM - 4 Advil, [redacted]
fever, brain fog, headache
11:57 AM - Feeling noticeably better
2:22 PM - Slight Twitching, Emotional Turmoil
2:27 PM - Heavy arm twitching, more intense emotional turmoil
1:15 PM - Carried Brena's Food (30lbs) home, feels like everything is falling out of control, emotional distress, headache
2:21 PM - Can't Sleep, fever, burning eyes, swollen lymphs, headache - Anxiety, Toss + turn up to sleep, Brena nipping at me
2:35 PM - [redacted], Brena on high alert in class
4:22 PM - Brena giving me worried looks, trying to drag me home, burning eyes
6:50 PM - Shaking, nervousness

Symptom Log

Fever dreams, pain (sleep/night)
Nervousness, headache, brain fog 9:52 AM
Spleen Pain, Back Pain, sore 10:06 AM
Fever, headache 11:00 AM
Fever, burning eyes 4:30 pm
Finger popped out of place 4:55 pm

Meds + Exercise

4 Advil 11:00 AM
[redacted]
Lymphatic Pump 9:15 AM
Magnesium 0 TBSP
Black Box Yes ☒ No ☐

Location: School → Home

11/02/18

Wake: 8:30 AM
Sleep: 2:00 AM

Timeline

8:30 AM - Nightmare, whole body weakness, sore, hard to walk
9:00 AM - [redacted]
12:00 PM - [redacted]
3:35 PM - Brain awesome, black box, Brena Training + Scent
7:00 PM - [redacted]
5:00 PM - Bath Epsom salts without plate
9:00 PM [redacted]
10:00 PM [redacted]

Symptom Log

Meds + Exercise

[redacted]

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

Location: Home

11/03/18
Timeline

Wake: 9:30 AM
Sleep: 11:00 PM

9:00 AM - Very poor sleep, pain
11:06 AM - [redacted] 4 Advil [redacted]
12:00 PM ~ [redacted]
1:23 PM - [redacted]
2:26 PM - knee out, back pain, [redacted]
10:30 PM - [redacted]

[redacted]

Symptom Log

[redacted]

Location: Home

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

11/04/18
Timeline

Wake: 7:15 AM
Sleep: 10:00 PM

7:15 AM: Black box, back to bed, rough sleep
10:00 AM - Wake up, interesting pain, knee out, difficulty, reading, poor motor skills, balance issues, general pain
12:00 PM - Spasms, hit head on table, shaking hands, [redacted] 4 Advil, [redacted]
2:07 PM - Bladder pain, burning urine
3:32 PM - [redacted]
6:54 PM - Fever, over-stress response, [redacted]
8:10 PM - 4 Advil, [redacted]
8:50 PM - [redacted]

Symptom Log

Meds + Exercise

Location: Home

Lymphatic Pump V/4
Magnesium 2 TBSP
Black Box Yes ☒ No ☐

11/05/18 Wake: 9:00 AM
Timeline Sleep: 10:30 PM

1:40 AM: [redacted]

1:00 PM: Twitching, panicked, nauseous, brain fed me hope + saying fed like im going to pass out. + black box, Brain high alert

High Stress all day

LDN: 8:20 PM

10:00 PM: Sore legs, back, general pain

10:30 PM: [redacted]

11:15 PM = 4 Advil

Symptom Log

Meds + Exercise

Location: School

Lymphatic Pump: N/A
Magnesium 4 TBSP
Black Box Yes ☒ No ☐

11/06/18 Wake: 5:30 AM
Timeline Sleep: 1:45 AM

8:30 AM - Wake up, nightmare, exhausted, [redacted]

8:45 AM - Breakfast, Morning supplements, [redacted]

9:00 AM - Extreme nausea, food not helping

10:14 AM - Nausea has subsided, burning eyes

11:50 AM - Tired, Stressed, raw throat, 4 Advil, [redacted]

4:04 PM - Left side throat pain, [redacted]

4:45 PM - 4 Pumps 6-Thione

6:00 PM - Black Box

8:30 PM - [redacted], Burning Eyes

10:30 PM - [redacted]

12:15 AM - [redacted] Can't sleep, brain too active

1:17 AM: Burning eyes, Fever, 4 Advil

Symptom Log

Meds + Exercise

Location: School

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

11/07/18 Wake: 8:20 AM
Timeline Sleep: 11:00 PM

10:00 AM - Black Box
1:40 PM - Raw throat, tired, burning eyes, [redacted], 2 advil, [redacted]
2:00 - 4:00 PM - Sat outside, minor twitching, little sick
4:15 PM - Brain nipping, eyes burning, raw throat, fever
5:20 PM - [redacted]
8:15 PM - Upset Stomach, headache
9:00 PM - [redacted]
11:00 PM - Severe general body pain, lower esophagus [redacted], 2 Advil, [redacted]

Symptom Log

Meds + Exercise

ketosis : Trace

Location: School

Lymphatic Pump 10:05AM
Magnesium ○ TBSP
Black Box Yes ☒ No ☐

11/08/18 Wake: 9:00 AM
Timeline Sleep: 12:30 AM

9:00 AM - Black Box
10:00 AM [redacted]
3:22 PM - Upset Stomach, Burning Eyes, No supplements all day; taking morning supplements, Fever, [redacted]
3:30 PM - 30 min foot bath
4:01 PM - Burning Eyes
4:30 PM - Burning Eyes, 2 Advil
5:47 PM - Twitching, vision changes, noise sensitivity, there is a deep, pulsing bass noise in class (HOV) that may be setting my symptoms off [redacted]

Symptom Log

Meds + Exercise

Location: School

Lymphatic Pump 4:15AM
Magnesium ○ TBSP
Black Box Yes ☒ No ☐