

- Severe depression and crippling anxiety
- Difficulty breathing, similar to an asthma attack
- Difficulty swallowing
- Intense insomnia & ongoing sleep deprivation
- Actual fear of sleep and of falling asleep
- Constipation, diarrhea, and gas
- Hours of painful belching, especially at bedtime
- Fast & irregular heartbeat, especially at night
- Floaters in my field of vision
- Burning painful eyes (to the point that my tears burned my skin)
- Deep pain and itching in the left ear
- Tinnitus in both ears
- Tensor tympany spasms in the right ear (loud uncomfortable movement)
- Tender crusty skin prone to bleeding in both ears
- Random uncontrolled muscle twitches all over my body
- Burning skin
- Pain in my mouth, my gums, and my teeth
- Metallic taste in my mouth
- Random intense headaches
- Sores in my mouth and on my tongue
- Tingling, numbness, and weakness in my arms and legs, especially down my left side
- Occasional leg weakness and difficulty walking
- Tingling, numbness, and pain on the left side of my face & head, and into my neck and shoulder
- Hypersensitivity to light, sound, heat, and sudden movements
- Irritability, sometimes bordering on rage
- Paranoia
- Despondency and despair
- Inability to feel happiness or joy
- Dizziness, especially when sitting or standing after laying down
- Vertigo
- Food sensitivities – including all sugars and all carbs, spices of any kind, processed foods, etc.
- Hypersensitivities and severe overreactions to a wide range of supplements & herbs, over-the-counter medicines and prescriptions, etc.
- Increased sinusitis & blocked airways
- Interstitial cystitis (painful bladder and frequent urination, especially at bedtime)
- Brain fog and memory issues, sometimes intense
- Chronic fatigue, loss of endurance and energy
- Disturbing dreams, even to the point of hallucinating
- Sensitivities and/or intolerance of certain smells & chemicals
- Parasites (intestinal tape worms)
- TERROR, which in turn caused...
- Shuddering and trembling to the point of convulsing