

Date

30.5.22

Menstrual cycle day

Day 12

Weather

Lots of pollen & windy

Record of my daily...

Sleep/Rest:

Slept for 4 hours; 10-2am
Night sweats
Slept again from ~3am-6am
Not good quality sleep

Bowel movements:

BM in morning - #2 (Bristol stool chart)
Diarrhea around 7pm after dinner

Weight:

65Kg

Footsteps:

3,200

Blood pressure:

Morning = 140/90

Blood glucose:

AM = 5.4; PM = 6.9; 7pm = 5.6; --->

Body temperature:

36.3 (AM);

Oxygen and PH levels:

AM = 90; PH = 6.7

Other:

Cleared sinuses with saline rinse

Symptoms

Headache most of the day - around temples and back of eyes (mostly mild)

Light sensitivity - moderate

Eye floaters

Muscle twitching in legs (more than usual)

Diarrhea after dinner...hmm - Why? Spices? Muffin? Other non-food cause?

Tired in the morning - better than yesterday

Note: Add more blood glucose information (or other daily information) here if needed

New: Numbness in big toe on left foot - most of the day

Craving chocolate at night

Medications & Supplements

Before breakfast - Enzymes, Basica

AM - Magnesium (liquid), Vitamin B Complex, CoQ10, Gluten digest (for muffin)

PM - Enzymes, HCL (2 tabs), curcumin (1 cap), NAC

Evening: Forgot to take supplements...oops

Before bed - Melatonin, Passionflower (3 caps)

Breakfast

8am - Blueberry muffin with cream cheese
Muffin contained gluten

Lunch

1pm - Sweet potato soup with omelette (onions, basil, tomatoes).
Soup had some capsicum in it...

Dinner

6pm - Roasted pumpkin, spinach and chicken breast with butter and olive oil.
Some spices (thyme, marjoram)

Fluids

3 glasses of water
Coffee (milk + sugar)
Chamomile tea x2

Snacks

Rice crackers with hummus around 3pm
Apple & nut butter at 8pm

