back of eyes (mostly mild)

Light sensitivity - moderate

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 Diarrhea around 7pm after dinner Weight: Footsteps:

Eye floaters

Symptoms

Muscle twitching in legs (more than usual)

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

Headache most of the day - around temples and

Tired in the morning - better than yesterday

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

65Kg 3.200 Blood pressure: Morning = 140/90 Blood glucose: Body temperature:

Medications & Supplements

36.3 (AM);

Other:

rinse

Oxygen and PH levels:

AM = 90; PH = 6.7

Cleared sinuses with saline

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

What I did (or didn't do)

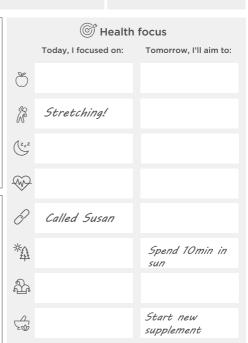
Appointment with Dr L. at 10am

Cancelled catch up with Susan - gave her a quick call instead

Did some stretching in the morning -did about half of the reps

Insights & Progress

Diarrhea might be caused by gluten (muffin in morning) or maybe the spices at dinner?



(Brain & Heart dump

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- 1. My doctor's appointment so grateful for her advice
- 2. The cute kid that smiled at me on the bus :)
- z Feeling a bit less tired today



Health is not simply the absence of illness. Daisaku Ikeda