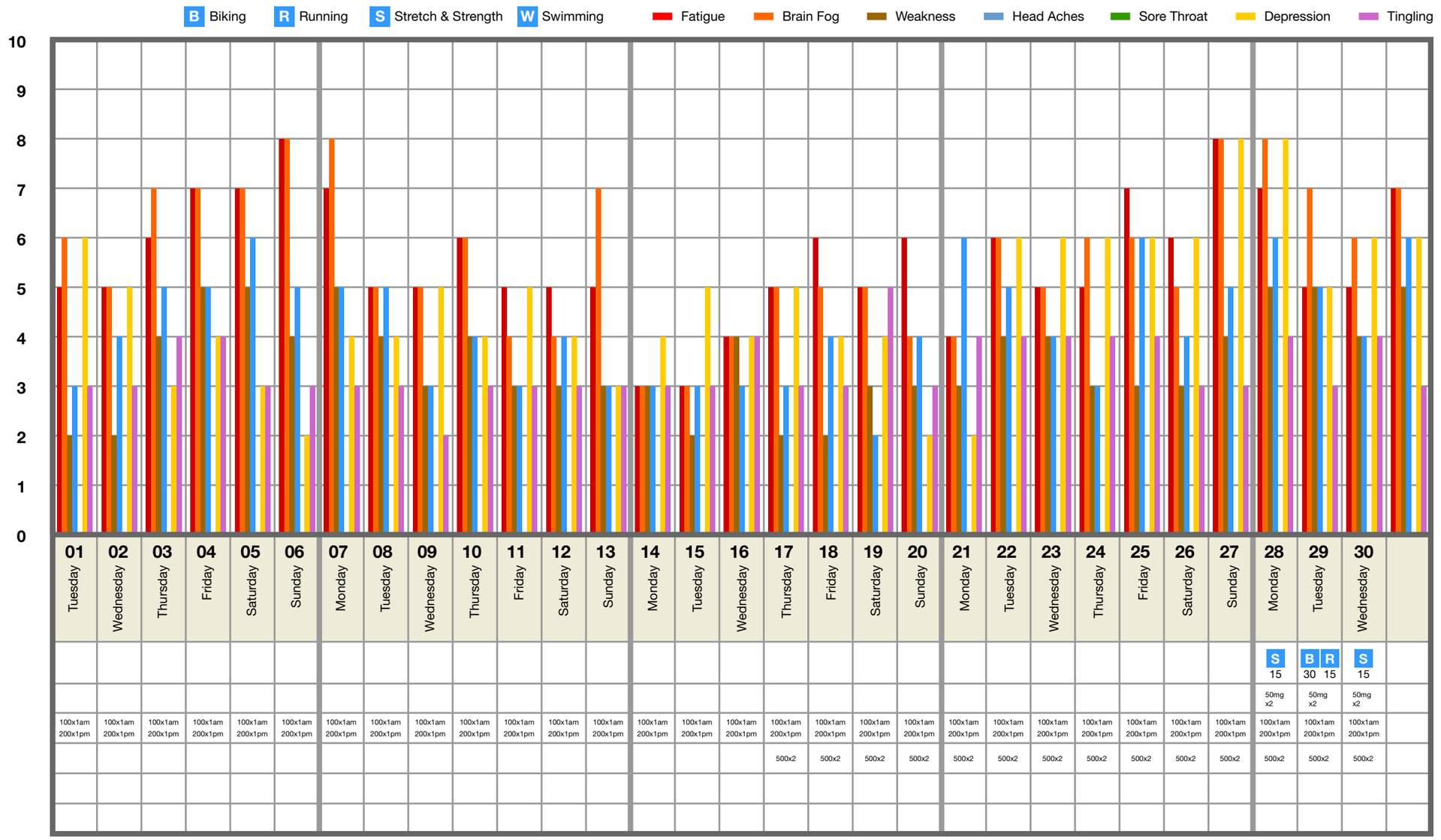
2008

April



Summary

Crazy month. Went from a diagnosis of CFS to Chronic Lyme.

Started Doxycycline on the 1st of the month and later started on Ceftin. Herxed a lot in the first week, but it slowly tappered off throughout the month.

In the middle part of the month I started to feel pretty good. Even had a few hours while sitting at my desk where I wasn't strugging at work. But later in the month I had a jump in symptoms, especially brain fog. Not sure what that's about. Maybe a herx or maybe the fact that I started coaching track and getting more activity than in the previous weeks/months... which could have resulted in a combo of herxing and deconditioned aches and pains.

Took the entire month off from excersize (very hard for me to do) in prep for starting to coach. I plan to start working things back over then next few weeks.

Also started taking Nystatin again since I'm on antibiotics. I also take probiotics, but I'm currently not tracking them here.

Expect changes next month as I'm seeing a new doctor on the 7th.