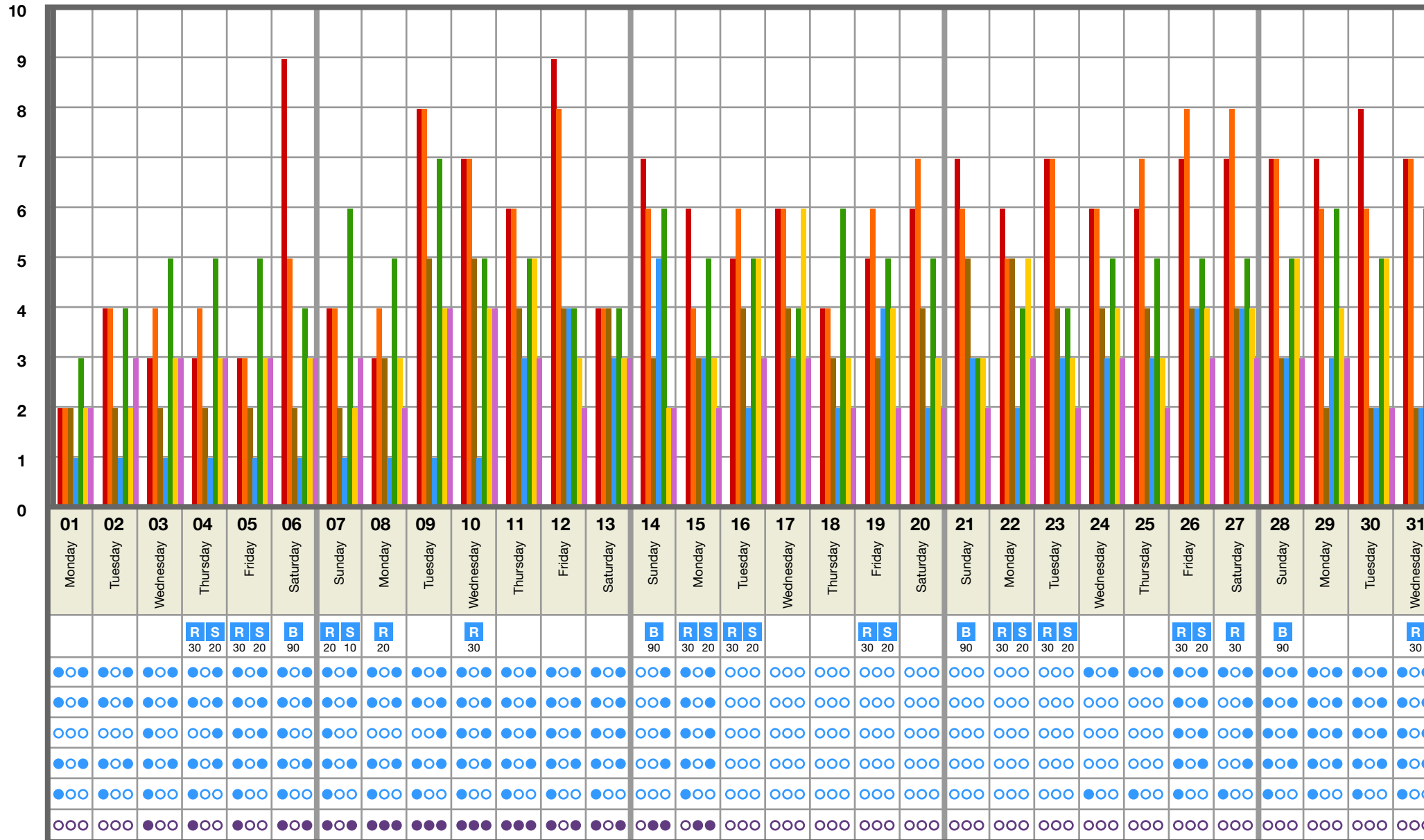


2008

# December

5.8 Fatigue 5.6 Brain Fog 3.3 Muscle & Joint Aches 2.4 Head Aches 4.9 Sleep 3.5 Depression 2.6 Tingling

B Biking R Running S Stretch & Strength W Swimming



## Summary

- 1st — Flying back from Atlanta I felt amazingly good. Had a great time with Sasha on the plane and managed the travel almost as if I was feeling well.
- 2nd — Saw Dr. Britton. She said that treating for Lyme seemed like the way to go and that she agreed with Dr. R's treatment. She suggested that IV might be the way to go. She ran another Lyme test and ordered a SPECT scan for me.
- 4th — Karen Vaughan. She did a raindrop treatment on my back and gave me some tinctures to try. I have been slowly incorporating them. Stopped all other herbs except Cordy, Viamines and Brainwave Plus.
- 6th — 19 mile in the studio. Almost died. Rode too hard.
- 8th — Started Chinese herbs in earnest. Herxing pretty bad. Almost as bad as Flagyl.
- 12th — Exhausted from the week. Took the day "off" from everything and just chilled.
- 14th — 25 mile ride in the studio. Stayed contained and rode within myself. Felt tired, but okay after. A little dehydrated perhaps.
- 16th — SPECT scan at Columbia.
- 16th — Saw Dr. R. Took initial steps to get me on IV.
- 16th — Decided myself to stop taking everything. I need a break.
- 19th — Dr. Kraft. Says not to worry but has no idea what could be causing issue.
- 22nd — Dr. Lee. Says the same as Kraft, but also has no idea either about cause.
- 24th — Decided myself to start taking Diflucan, Welbutrin and probiotics again. Making me feel nauseous.
- Started back on all pharma. No herbs yet.

Fluconazole (Diflucan) - 100/0/100  
 Minocycline - 250/0/250  
 Mepron 1 tbs./0/1 tbs.  
 Azithromycin (Zithromax) - 250/0/250  
 Welbutrin - 50/0/50  
 Chinese Herbs