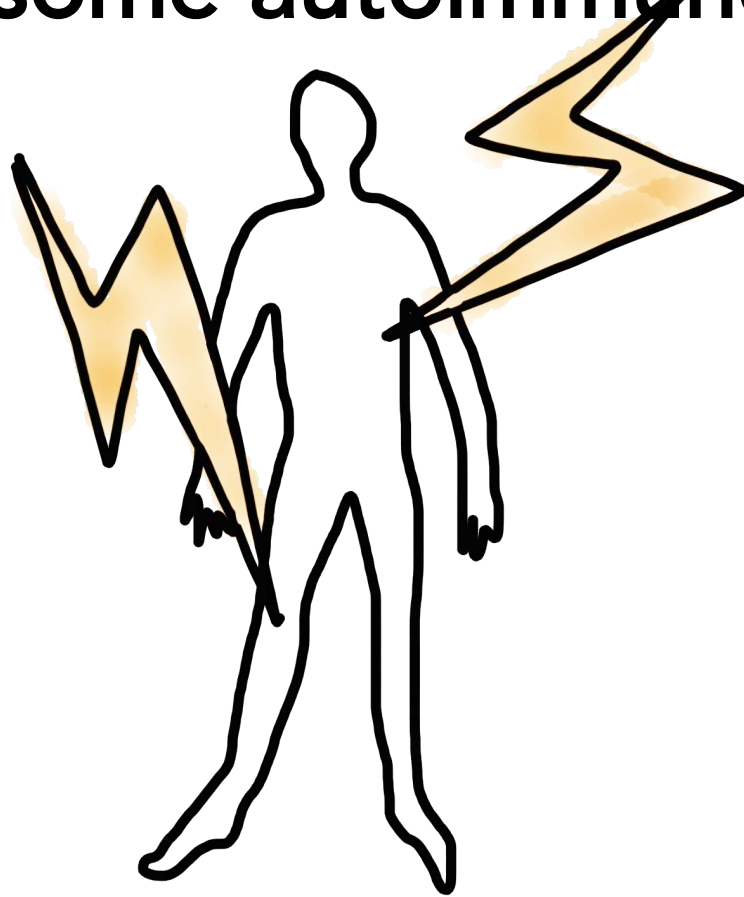


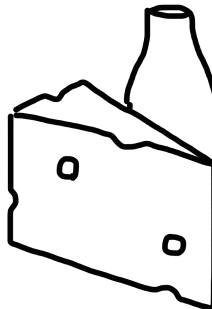
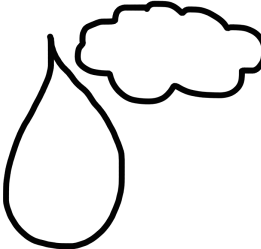
I've got some autoimmune stuff



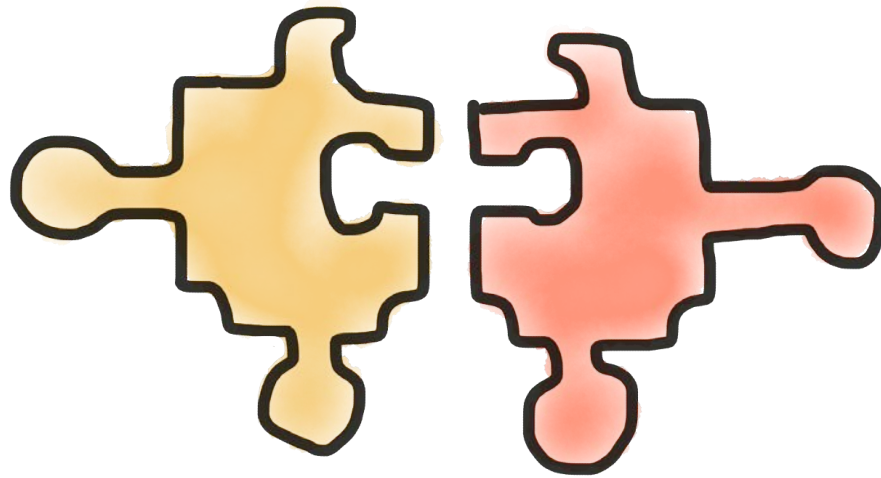
...leading to 'symptom soup'



So many things impact how I feel

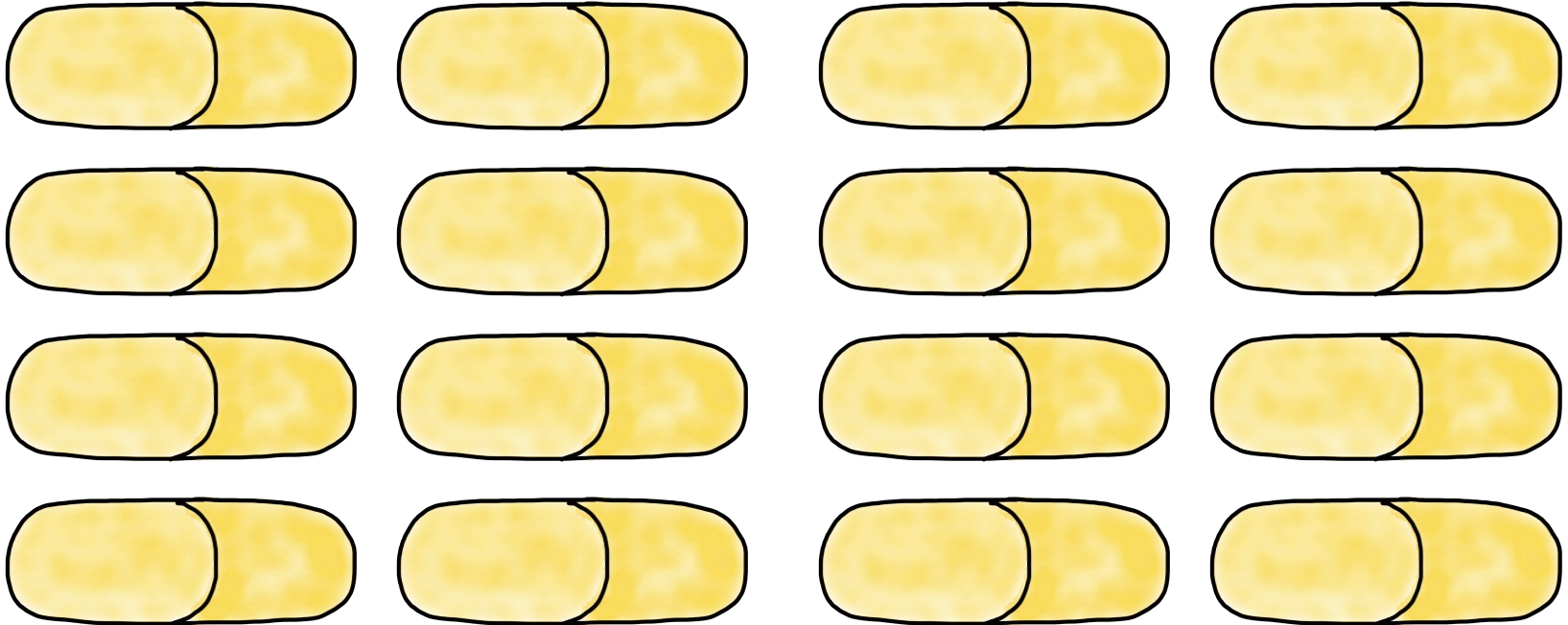


It's a puzzle I'm always trying to solve

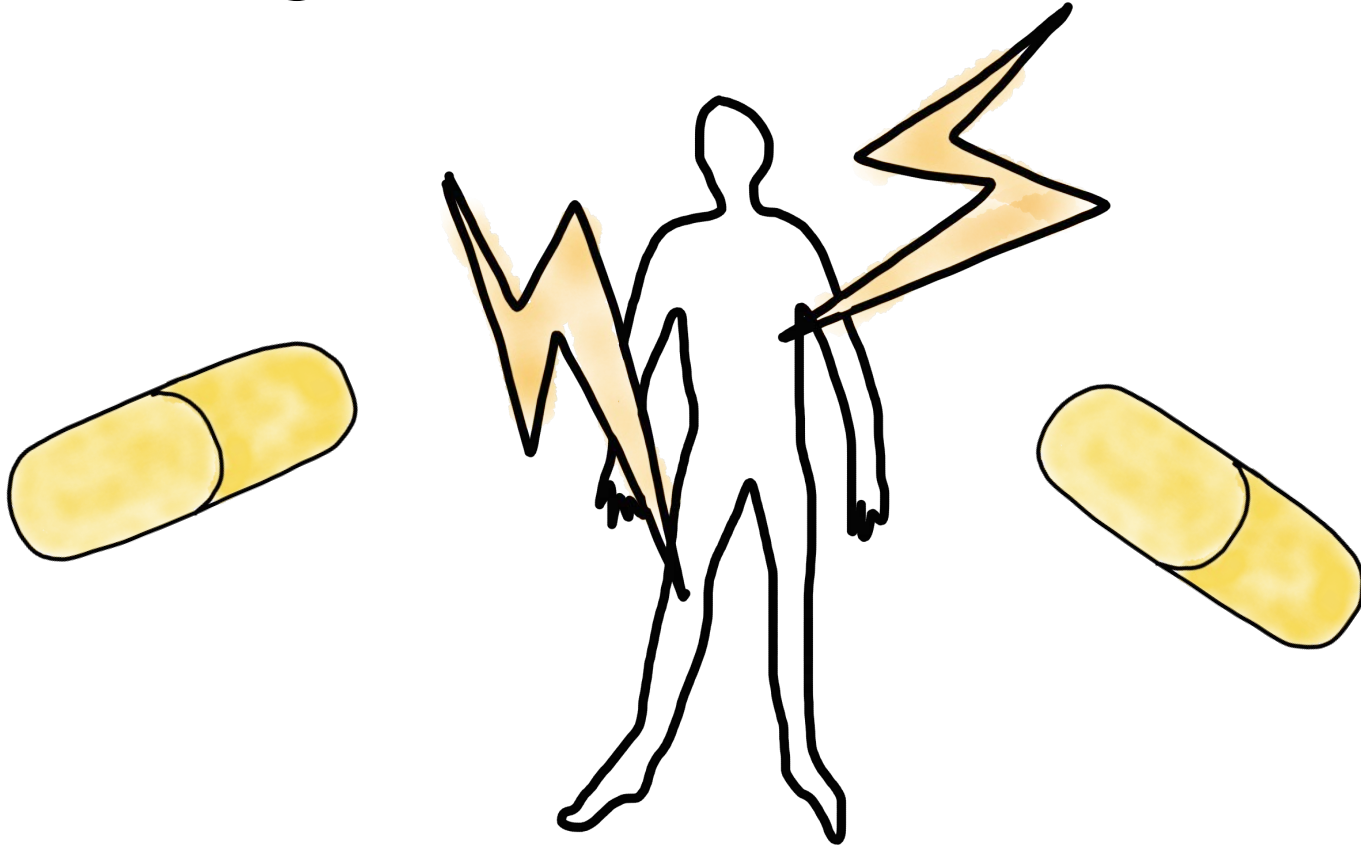


But that ain't enough to make me track

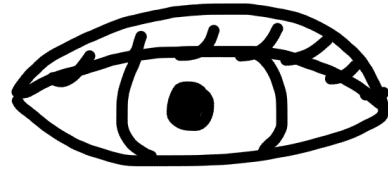
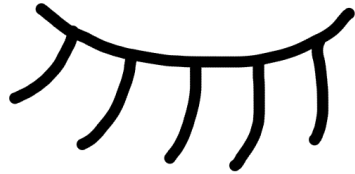
I wanted to try to reduce a supplement



Long-term effects unknown!

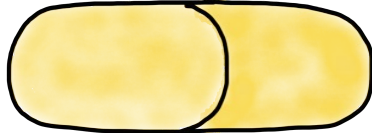
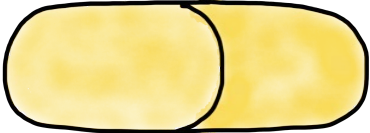
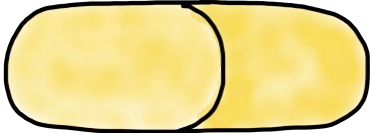
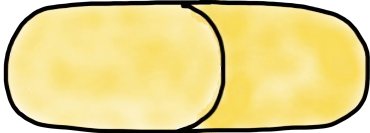
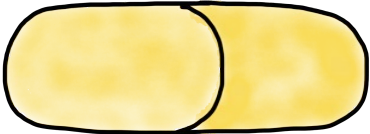
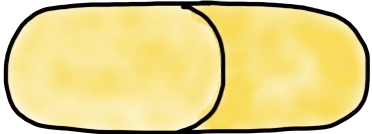
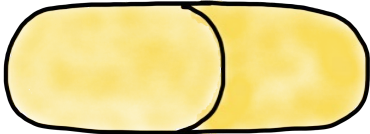


Weird things happen when I reduce

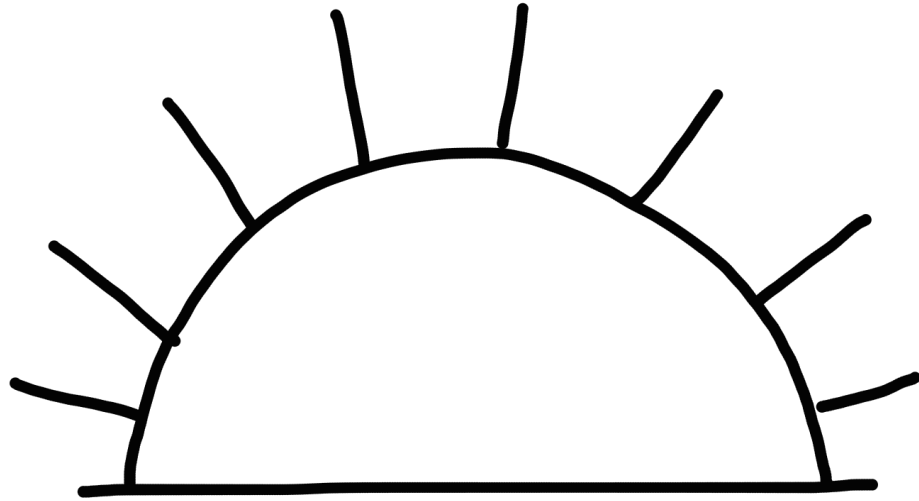


My eye got weak
and closed itself

So I decided to track again

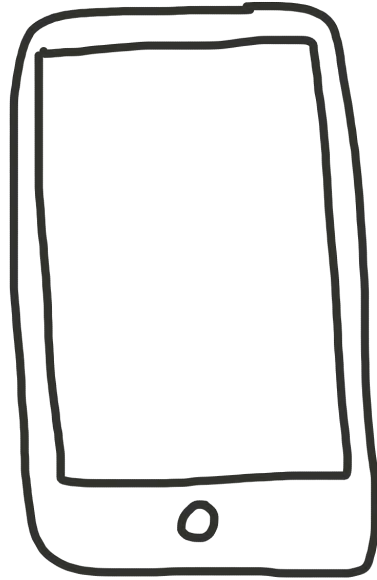


Keeping track in my mind doesn't work



it's a beautiful day

**I didn't want to track in the moment,
and didn't want to track food.**



I tracked it symptoms, aggravators, etc.

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	stress	sleep probs	cellcept	quercetin	licorice drops	curcumin (was tea tree on feet)	oregano	location	humidity	exercise	bath	caffeine	booze	NOTES	
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	1	2	0	1	2	1750	9000	6	500	1	DC	4	0	0	1	1	15 mg pred, eyes very weak

I colored it with a hellish palette



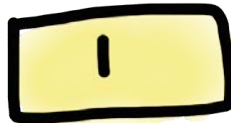
- worst



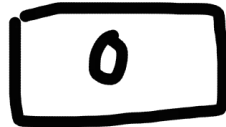
- bad



- kinda bad



- mild

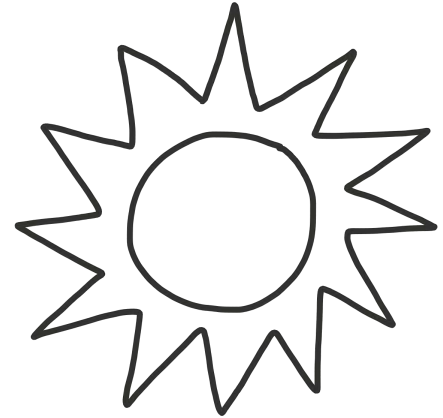
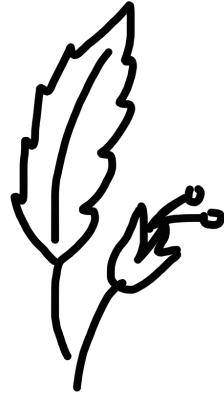
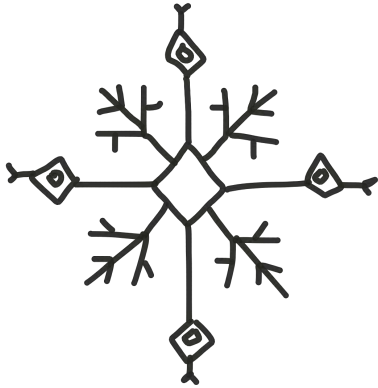


- none

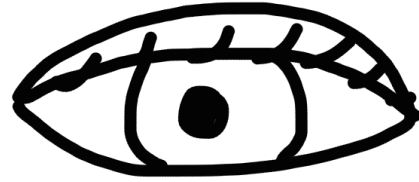
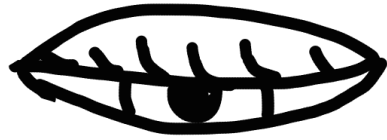
I set a reminder & track nightly



Thus 18 months passed



I wasn't able to reduce the supplement



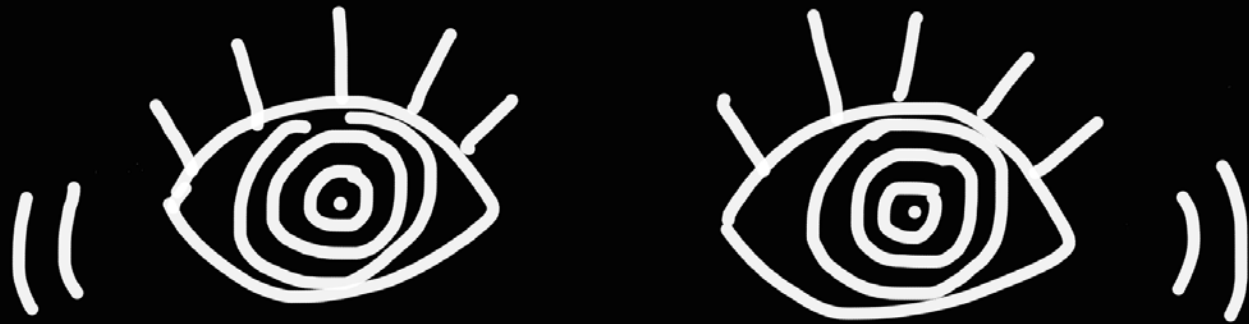
Starting to
get weak...

But I prevented crises & learned lots



↑
Starting to
get weak...

I sleep poorly (I was in denial)



Booze makes it worse



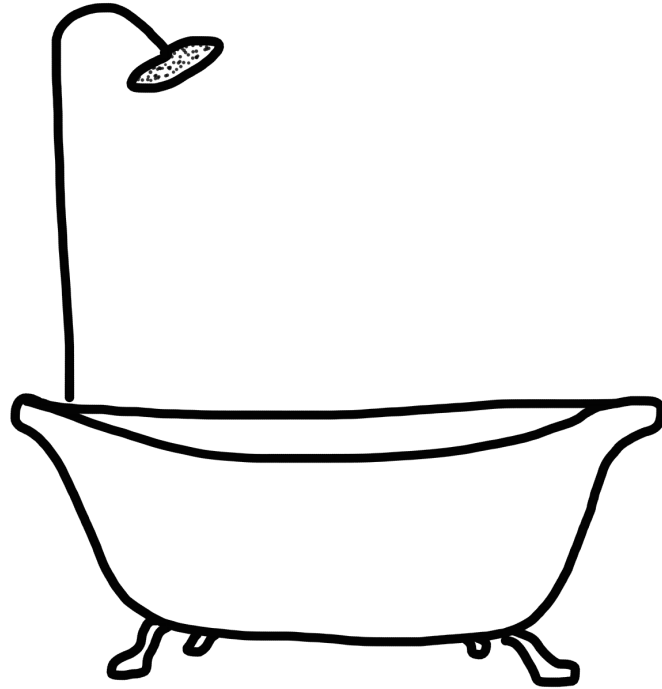
=

WAKING UP
AT 3AM WITH
POUNDRING
HEART and
CAN'T GET
BACK TO SLEEP
WHY ME..

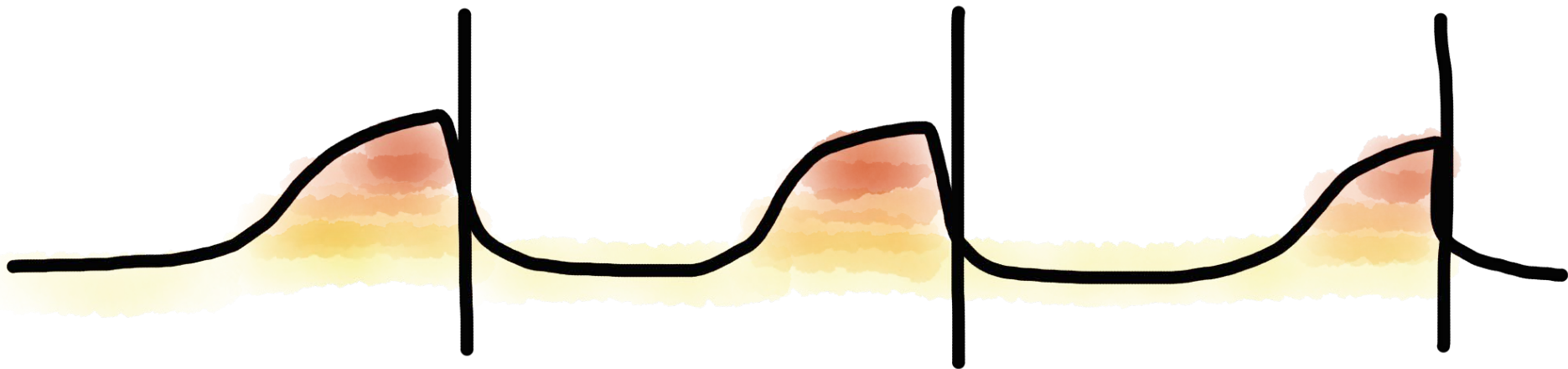
cases	sleep probs	cellcept	quercetin	licorice drops	curcumin (was l	oregano	location	humidity	exercise	bath	caffeine	booze	NOTES
1	1750	9000	5	500	1	BTV	0	0	yes	1	4		
2	1750	9000	5	500	1	BTV	4	run	0	1	0		
4	1750	9000	5	500	1	BTV	1	ski	yes	1	0		
2	1750	9000	5	500	1	BTV	4	0	0	1	0		
1	1750	9000	5	500	1	BTV	4	yog	0	1	0		
1	1750	9000	5	500	0	BTV	4	0	0	1	0		

cases	sleep probs	cellcept	quercetin	licorice drops	curcumin (was l	oregano	location	humidity	exercise	bath	caffeine	booze	NOTES
2	1750	9000	6	500	1	BTV	2	0	0	1	4	15 r	
3	1750	9000	6	500	1	BTV	3	wall	0	1	0	15 r	
4	1750	9000	6	500	1	BTV	4	run	0	1	0	15 r	
2	1750	9000	6	500	1	BTV	4	0	0	1	0	15 r	
0	1750	9000	6	500	1	BTV	1	0	yes	1	1	15 r	
3	1750	9000	6	500	1	BTV	1	yog	0	1	0	15 r	
1	1750	9000	6	500	1	BTV	1	0	0	1	0	15 r	
3	1750	9000	6	500	0	BTV	1	0	0	0	4	eye:	

Exercise, baths improve sleep



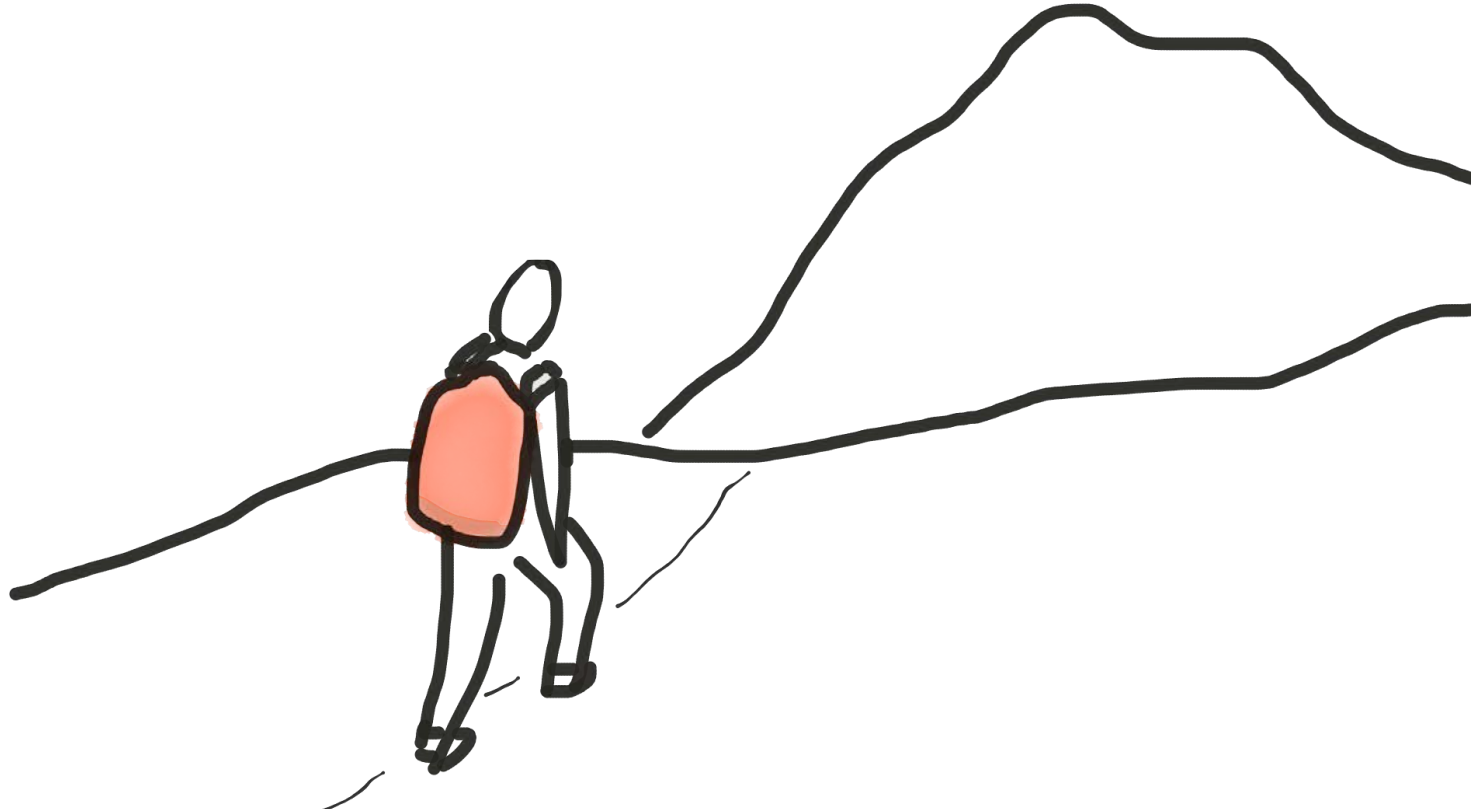
My symptoms get BAD before my period



We changed my meds based on this

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	strep
5/9/15	9:20pm	0	3	0	0	2	3	2	2	3	2	1	0	2	2	1	1	2	0	0	0
5/10/15	9:10pm	3	2	0	0	2	3	1	1	3	2	0	0	2	2	0	1	1	2	0	1
5/11/15	7:20pm	0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0
5/12/15	9:10pm	4	1	0	0	0	3	2	2	2	2	0	0	1	1	0	1	1	0	0	3
5/13/15	9:40pm	0	2	0	1	2	4	2	2	2	2	2	0	3	2	0	1	1	1	0	1
5/14/15		0	2	0	0	0	3	2	1	2	2					1	1	1	0	0	
5/15/15	next day	0	1	0	0	0	2	2	1	2	2	0	0	2	2	1	1	1	0	0	2
5/16/15	10:15pm	0	3	1	0	2	3	3	3	3	2	0	0	2	3	1	1	1	0	0	0
5/17/15	next day	0	2	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	0	0	3
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1
5/19/15		0	2	1	0	2	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/20/15	next day	0	3	1	0	3	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1	0	0	3	4	2	2	2	3	0	0	3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2	3	2	2	2	2	1	0	1	1	2	1	2	0	day:	1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	day:	1
5/24/15	next day	0	2	0	1	2	3	2	2	1	3	0	0	2	2	3	1	2	0	day:	1

Exercise seems to help everything



Tracking laziness can mask changes



Spreadsheet + vacation = no data

3/22/15	next day	2	3	1	0	2	2	2	3	1	2	0	0	2	1	1	1	1	0	day:	0	0	0	0	0	1750	9000	5	500	1	BTV	xc	0	1	1	switched back to ne		
3/23/15	11:05pm	3	3	1	0	3	2	2	4	1	3	2	0	2	1	1	1	1	0	day:	0	2	0	0	0	1750	9000	5	500	1	BTV	0	yes	1	0	my body felt prickly		
3/24/15	8:25pm	0	1	1	0	2	2	2	2	1	2	0	0	2	1	1	1	1	0	day:	0	0	0	0	0	1750	9000	5	500	1	BTV	yog	0	1	0			
3/25/15	2:25pm	0	2	0	0	2	1	2	3	1	3	1	0	2	1	1	1	1	0	day:	0	2	yes	shor	4	1750	9000	5	500	1	BTV	0	0	1	0			
3/26/15	7:30pm	0	2	2	0	2	1	1	1	1	2	0	0	1	1	1	1	1	0	day:	0	0	0	0	0	1	1750	9000	5	500	1	BTV	0	0	1	0	plane to California!	
3/27/15		0	2	1	0	2	2	2	3	1	2	0	0	0	1	1	1	1	1	day:	0	0	0	0	0	3	1750	9000	5	500	1	LAX	hike	0	1	1	drive to SB	
3/28/15		0	2	1	0	2	2	2	3	1	2	0	0	0	1	1	1	1	0	0	0	0	0	0	1	1750	9000	5	500	1	SB	hike	0	1	4	wine tour all day!		
3/29/15		0	2	1	0	3	2	2	3	1	2	0	2	0	1	1	1	1	0	0	0	0	0	0	2	1750	9000	5	500	1	SB	0	0	1	0			
3/30/15	8:45pm	0	3	1	0	2	2	3	2	1	2	0	0	2	1	1	1	1	0	0	0	2	0	0	1	1750	9000	5	500	1	LAX	wal	0	1	0			
3/31/15																																						
4/1/15																																						
4/2/15																																						
4/3/15																																						
4/4/15																																						
4/5/15																																						
4/6/15																																						
4/7/15																																						
4/8/15																																						
4/9/15																																						
4/10/15																																						
4/11/15																																						
4/12/15	7:45pm	0	1	0	0	1	1	1	2	1	1	0	0	2	1	0	1	1	0	ov?	1	1	0	0	0	1750	9000	5	500	1	BTV	0	run	yes	1	0		
4/13/15	9:40pm	0	3	1	0	2	0	0	1	2	0	3	0	2	1	1	1	1	0	0	1	1	yes	shor	0	1750	9000	5	500	1	BTV	0	0	0	1	1	back in BTV - super	
4/14/15	7:35pm	1	2	0	0	1	1	1	1	1	2	1	0	1	0	1	1	1	0	0	1	1	0	0	0	1750	9000	5	500	1	BTV	0	0	0	1	0		
4/15/15	8:15pm	0	1	0	0	2	1	0	1	1	1	1	0	2	1	0	1	1	0	0	2	2	0	0	4	1750	9000	5	500	1	BTV	0	0	yes	1	0		
4/16/15	9:16pm	0	2	0	0	2	0	0	1	1	1	0	0	3	1	1	0	1	1	0	0	3	2	0	0	1	1750	9000	5	500	1	BTV	1	yog	0	1	1	
4/17/15	next day	0	2	0	0	1	1	1	1	1	1	0	0	2	1	1	0	0	0	0	3	2	0	0	1	1750	9000	5	500	1	BTV	0	0	yes	1	4		
4/18/15	8:32pm	0	1	0	0	1	1	0	1	1	1	0	1	1	1	1	0	0	0	0	3	0	yes	med	2	1750	9000	5	500	1	BTV	4	run	0	1	0		
4/19/15	9:32pm	0	2	0	0	1	1	1	1	1	3	1	0	3	3	2	0	1	1	0	0	3	2	0	0	4	1750	9000	5	500	1	BTV	1	ski	yes	1	0	
4/20/15	8:05pm	0	3	0	0	2	1	1	2	1	2	1	0	2	1	2	0	1	0	0	0	3	2	0	0	2	1750	9000	5	500	1	BTV	4	0	0	1	0	
4/21/15	9:15pm	1	2	0	0	2	1	1	2	1	2	3	0	2	1	3	0	1	1	0	0	3	2	0	0	1	1750	9000	5	500	1	BTV	4	yog	0	1	0	
4/22/15	9:10pm	0	2	0	0	2	2	1	2	1	2	3	0	2	1	3	0	1	0	0	0	2	3	0	0	1	1750	9000	5	500	0	BTV	4	0	0	1	0	
4/23/15	next day	0	2	0	1	2	2	2	2	2	2	3	0	3	2	2	1	1	0	day:	1	2	0	0	2	1750	9000	5	500	1	BTV	2	0	0	1	2	double vision prett	

epic road trip



On 'eyeballing' the data

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	stre
5/9/15	9:20pm	0	3	0	0	2	3	2	2	3	2	1	0	2	2	1	1	2	0	0	0
5/10/15	9:10pm	3	2	0	0	2	3	1	1	3	2	0	0	2	2	0	1	1	2	0	1
5/11/15	7:20pm	0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0
5/12/15	9:10pm	4	1	0	0	0	3	2	2	2	2	0	0	1	1	0	1	1	0	0	3
5/13/15	9:40pm	0	2	0	1	2	4	2	2	2	2	2	0	0	0	1	1	1	0	1	1
5/14/15		0	2	0	0	0	3	2	1	2	2	0	0	0	0	1	1	1	0	0	0
5/15/15	next day	0	1	0	0	0	2	2	1	2	2	0	0	0	2	1	1	1	0	0	0
5/16/15	10:15pm	0	3	1	0	2	3	3	3	3	2	0	0	3	3	1	1	1	0	0	0
5/17/15	next day	0	2	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	0	0	3
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1
5/19/15		0	2	1	0	2	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/20/15	next day	0	3	1	0	3	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1	0	0	3	4	2	2	2	3	0	0	3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2	3	2	2	2	2	1	0	1	1	2	1	2	0	day:	1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	day:	1
5/24/15	next day	0	2	0	1	2	3	2	2	1	3	0	0	2	2	3	1	2	0	day:	1

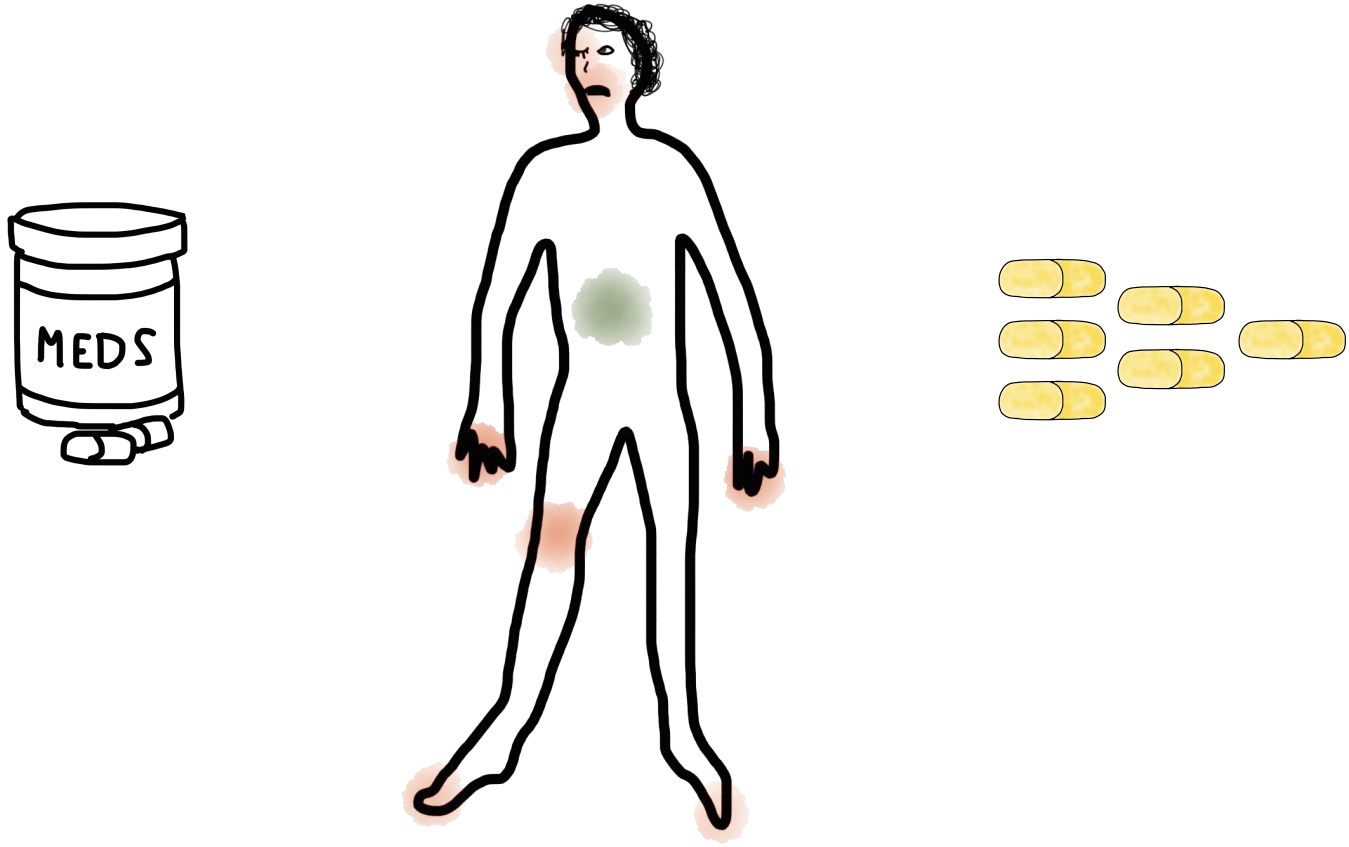


On 'eyeballing' the data

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	stre
5/9/15	9:20pm	0	3	0	0	2	3	2	2	3	2	1	0	2	2	1	1	2	0	0	0
5/10/15	9:10pm	3	2	0	0	2	3	1	1	3	2	0	0	2	2	0	1	1	2	0	1
5/11/15	7:20pm	0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0
5/12/15	9:10pm	4	1	0	0	0	3	2	2	2	2	0	0	1	1	0	1	1	0	0	3
5/13/15	9:40pm	0	2	0	1	2	4	2	2	2	2	2	0	0	0	1	1	1	0	1	1
5/14/15		0	2	0	0	0	3	2	1	2	2	0	0	0	0	1	1	1	0	0	0
5/15/15	next day	0	1	0	0	0	2	2	1	2	2	0	0	0	0	1	1	1	0	0	2
5/16/15	10:15pm	0	3	1	0	2	3	3	3	3	2	0	0	0	0	1	1	1	0	0	0
5/17/15	next day	0	2	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	0	0	3
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1
5/19/15		0	2	1	0	2	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/20/15	next day	0	3	1	0	3	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1	0	0	3	4	2	2	2	3	0	0	3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2	3	2	2	2	2	1	0	1	1	2	1	2	0	day:	1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	day:	1
5/24/15	next day	0	2	0	1	2	3	2	2	1	3	0	0	2	2	3	1	2	0	day:	1



Why I will continue



Thanks

@katiemccurdy

