

4 and a half years ago I rolled over in bed and got major vertigo I ended up in hospital for two nights, had all test done and nothing wrong with me, suffered with constant head spinning for two weeks until I went to a physio who treated me for Bppv one treatment and the head spinning was fixed but not the feeling i was still on a boat, and then in waves migraines out of the blue, i got diagnosed with vestibular migraine put on a anti depressant and things started to improve but not with the fatigue after a year and crazy side affects from the anti d ,

i took myself off it(which was a horrible month of dizziness and withdrawals (very unwell) I was lucky and found an osteopath who uses the Watson technique and helped settle down my migraines ( he is in Williamstown and I am going to book Eden into him when I get a chance) I was going very well but still had burst of unwell times and suffering from whole body aches i got my doctor to refer me to a rheumatologist, he ran a lot of test and told me I have Lupus , I was like this all makes sense that's why I am so unwell, a year of taking Plaquenil, feeling great from about 3 months onto taking it, then in feb this year I crashed again, this time more nerve symptoms I will put a list up, I went back to my Rheumy, he took me off Plaquenil as it had changed my skin colour and he was not happy with that at all, and has monitored my bloods and said my lupus levels look good and cant be why I am feeling like this ( back to square one) I am not on any medication right now, but I am struggling big time. My symptoms are and come in waves so not always constant, fatigue to the point its hard to breath and do anything, dizziness, nausea, pressure in head, whole body feeling heavy, eye muscle twitching, internal tremors, internal brain shakes, waking up feeling I cant move my body ( last a few seconds ) and then good again, whole muscle aches, pain down lower spin on going to bed and waking up, my body is very sensitive to pain just the slightest scrap and hurts or feels bruised, sore and dry eyes, ears can feel blocked like a car ride, wake up choking unless sleeping upright. I'm sure there is more. I am literally just holding on to my job atm I'm not sure how much longer i have left in pushing myself. I have had a MRI of my head (nothing) a MRI of my spine (nothing) ultrasounds on my liver as that has been high ( its slightly

fatty ) lots and lots of blood tests for anything weird like celiacs and weird muscle diseases and all are fine except my lupus.