

# Paul's health history

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- Since birth?
  - Bandaid adhesive allergy
- ~10yo
  - Eczema on toes and ankles
  - Treated with cortizone cream
- High school
  - Bullied physically until year 10 (started karate)
  - Bullied mentally until 2nd year Uni
- Uni (1990-91)
  - Dental work >> local anaesthetic only
    - Wisdom teeth
    - Split crown
- 1993
  - Started working full time @ BRT
  - Started taking Sudafed (pseudoephedrine) for seasonal "hayfever"
    - Recipe changed at some point and was less effective
    - Taking it less by ~1997
  - Had a case of shingles around that time >> unknown drug given
- 2003-2008?
  - Sneezing started up again
  - Shingles recurred (2008?)
- 2010
  - 11 Nov: Vasectomy >> first general anaesthetic
- 2013
  - Concussion at karate
  - [Brain function](#)
- Family history
  - Diabetes, heart disease, thyroid issues, alzheimers
- Recently
  - Stopped karate ?? b/c of sore knee
  - Started weekly pilates 21 Jan 2024
- Symptoms various
  - Inflammation >> histamine intolerance?

- Brain: Not hearing direct conversations (tuning them out due to overwhelm?)
- Urethra constriction
- Gut upsets
  - Probiotics, psyllium, chia
- Episodes
  - Sneezing, hot & cold, exhaustion >> sleep
  - Suppressed during the week, flare up on the weekends
  - Triggers: Stress, cold, histamine foods?
- Lack of energy & motivation
- Restless legs
- Lipoma
- Treatments
  - Nicole: Nat mur
  - Supplements
    - Inflammation: Turmeric, resveratrol, baicalin, lion's mane (brain), etc
    - Mood: Tyrosine, ashwagandha, tulsi, ginkgo
    - Detox: Dandelion, burdock
    - Gut: Butyric acid
    - General support: Multivitamins, multi-minerals, Omega 3, Vit A, D, E, K
    - Legs: Mg, Ca before bed