

5/2017	Last Menstrual Period
8/2018	Sold my business and essentially retired
3/2020	COVID- Sheltering alone
9/12/2020	Quit Drinking, it had definitely ramped up with COVID
10/13/2020	First Appt with Dr. Holder NP - I didn't have anything going on just wanted to up level my health
11/21/2020	Detox for mold Keto diet X 1 month, plus sauna, supplements
2/14/2021	Covid Vaccine #1 Moderna
3/13/2021	Covid Vaccine #2 Moderna
4/6/2021	Positive Lyme Test
4/27/2021-5/24	Doxycycline + Biocidin for Lyme
5/25/2021- 6/23	Oil of Oregano + Xenoprotx for Lyme
5/25/2021	Started to feel noticeably depressed. (To be honest I have probably had a low level of depression for years that I "treated" with overworking and alcohol.)
8/17/2021-4/2022	Started XmoGen Mood Food for depression
8/26/2021-10/26	IV Glutathione for continued mold detox X 8 treatments
9/1/2021	Started seeing Therapist
11/15/2021	Covid Booster Moderna
12/3/2021	Flu Shot
12/15/2021	Tinnitus started Left ear (Covid Vaccine??)
4/6/2022	Started Acupuncture for tinnitus
4/7/2022 - 8/25/22	Started St. John's Wort for depression
5/11/2022	Started Er Long Zuo Ci Wan for tinnitus
5/27/2022 -	Started seeing Chiropractor for tinnitus
6/29/2022	Micronutrient + N/T labs drawn
6/30/2022	Started B complex
7/6/2022	Saw ENT for tinnitus, no solutions offered
7/22/2022	Started taking Curcelite for tinnitus, took for 8 weeks, no change
8/3/2022	Started Zinc 25mg daily
8/25/2022-10/2	5 HTP - helped cravings but not much on mood
8/27/2022	Tried Tyrosine 2000mg BID for mood, didn't help
8/30/2022-10/7	Microdose Psilocybin - helped some
9/19/2022-10/3	Started SamE for mood, helped some
9/23/2022	Started Vital Adapt/Seriphos/Vitamin C per Nut Consultant
10/10/2022	Quit Seriphos - not helping with sleep
9/24/2022	Covid Booster - Pfizer Bivalent
10/8/2022	Macro-dose Psilocybin - was hoping it would help with depression, felt better for about 2 weeks
10/14/2022	Found nodule in left nostril
10/17/2022	Appointment w/ Dr. Chan DO to help with cortisol, neurotransmitter and hormone lab work
10/18/2022	Beyond Balance Herbal Challenge for BB, BAB, BAR 5 drops BID, increasing every day X 5 drops X 5 days up to 25 drops. I had no reaction to any of these. This was in lieu of doing the expensive lab work for Lyme etc.
11/17/22-1/10/2022	Pekana Basic Detox Drainage Kit 10 drops BID, after 10 days had bilateral shoulder pain that hasn't completely gone away
2/8/23	Had Covid

I thought the depression was just because my microbiome got wiped out. So I tried re-establishing that with probiotics. The depression has not lifted and has gradually gotten worse over the the last three years. I have tried the following treatments: therapy, various amino acids, adrenal support, St. John's Wort, acupuncture, HRT, meditation, psilocybin, exercise, yoga, toxin detox, mold detox, homeopathic drainage kits, pushing myself to stay engaged, not pushing myself and trying to have acceptance around it, H. Pylori treatment and probably a few other things I can't remember. There just has been no progress. There is no joy in anything. In January of 2024 when I was having multiple days out of the week that I wasn't leaving the bed for most of the day I succumbed to Wellbutrin even though I have always felt and believed that there was some other physical root cause to this. I have since quit the Wellbutrin as I didn't feel like it was helping. Since the depression started at the end of the Doxy I have come back to the fact that it could be the Lyme or Bartonella so I recently saw a Lyme specialist and he treated me for Babesia. We thought we were seeing some improvement, but that lasted about a month and then I was back to feeling bad again.