

**DAILY HEADACHE/MEAL LOG 10-13-15 THROUGH
12-14-15**

(On days when there is no mention of pain, the pain was manageable.)

TUESDAY 10-13-15

BREAKFAST: CHEX GLUTEN-FREE CEREAL

**LUNCH/DINNER: BOSTON MARKET CREAMED SPINACH
AND CHICKEN**

**LOW GRADE HEADACHE ON AND OFF DURING DAY,
DESPITE NASAL SPRAY AND CHOLORPHYLL. TOOK
EXCEDRIN DURING DAY AND ADVIL BEFORE BED TO
HELP MANAGE PAIN, WHICH WAS AROUND A LEVEL 3.
DID NOT PUSH THROUGH BEHIND EYE, AS IT DOES
WITHOUT ANY MEDS.**

WEDNESDAY 10-14-15

**BREAKFAST: CHEX GLUTEN-FREE CEREAL. ONE CUP
COFFEE. LUNCH: SMALL SIRLOIN STEAK AND HASH
BROWNS, NO SALT.**

**ONGOING GRADE 3-4 STEADY HEAD PAIN IN BACK OF
HEAD ALL MORNING, DESPITE EXCEDRIN, NASAL SPRAY
AND CHLOROPHYLL. TRIED DEEP BREATHING, WHICH
HELPED MANAGE PAIN. GOT BLOOD TEST AT QUEST LAB
IN MISSION HILLS, AS PER DR. FAISAL.**

THURSDAY 10-15-15

BREAKFAST: CEREAL. ONE CUP COFFEE.

**LUNCH: SMALL SIRLOIN STEAK AND HASH BROWNS
WITH 3 SCRAMBLED EGGS.**

**TRIED NECK STRETCHING YOGA EXERCISES. HELPED.
ALSO GOT 7 HOURS SLEEP PREVIOUS NIGHT, FIRST TIME
IN ABOUT ONE MONTH. WOKE UP WITHOUT THE USUAL**

AMOUNT OF HEAD PAIN.

FRIDAY 10-16-15

BREAKFAST: CEREAL. ONE CUP COFFEE. AGAIN, MADE A POINT TO GET ABOUT 7 HOURS SLEEP. THIS MORNING FOR FIRST TIME IN OVER A MONTH, WENT ALL MORNING WITHOUT HAVING TO TAKE EITHER CHLOROPHYLL OR NASAL SPRAY, THOUGH DID TAKE TWO EXCEDRIN TO MANAGE LATENT BACK AND TOP OF HEAD PAIN, WHICH DID NOT INTENSIFY NOR BECOME INTOLERABLE UNTIL NEARLY 7:30 P.M.

SATURDAY 10-17-15

BREAKFAST SAME AS YESTERDAY. ATE FROZEN TRADER JOE'S CHICKEN TACOS FOR LUNCH/DINNER MEAL. MODERATE HEAD PAIN OFF AND ON, NOT QUITE AS PAIN-FREE GENERALLY AS YESTERDAY. STARTED OIL IN GRAIN OF RICE SIZED DOSE AS ADDITIONAL PAIN MANAGEMENT AID, AS OTHER TWO HERBAL REMEDIES (NASAL SPRAY AND CHLOROPHYLL) DIDN'T WORK AS EFFECTIVELY AS THEY HAD BEEN DOING TODAY.

SUNDAY 10-18-15

SAME BREAKFAST. HIGHER DEGREE OF HEAD PAIN UPON AWAKENING. TRIED THE NASAL SPRAY, CHLOROPHYLL, EXCEDRIN. NONE REALLY CONTROLLED IT. UNABLE TO READ NEWSPAPER UNTIL AROUND 5 P.M. PAIN DID NOT PUNCH THROUGH REAR OF RIGHT EYE BUT KEPT TRYING TO. HAD A SMALL FILET MIGNON STEAK FOR LUNCH/DINNER MEAL. DOUBLED DOSE OF OIL IN EVENING, WHICH WORKED BETTER THAN ANYTHING ELSE ALL DAY TO TAKE DOWN THE PAIN TO MANAGEABLE LEVEL.

MONDAY 10-19-15

AWOKE WITH MODERATE HEAD PAIN. TOOK SAME DOSE OF OIL AS LAST NIGHT, WHICH HELPED MANAGE PAIN. SAME BREAKFAST. A LARGER FILET STEAK WITH HASH BROWNS FOR LUNCH/DINNER MEAL. IN MID-MORNING HAD TO ALSO TAKE NASAL SPRAY, CHLOROPHYLL AND EXCEDRIN AS PAIN WAS STARTING TO RETURN. NOTICED DISTANT VISION WAS BLURRIER THAN NORMAL THIS MORNING. FELT A NOTICEABLE RESISITANCE AT ONE POINT, WHILE WALKING. PECULIAR.

TUESDAY 10-20-15

AWOKE WITH BRIEF SHARP PAIN IN TOP OF HEAD. TOOK OIL FIRST THING, WHICH ALLOWED A BREAK FROM PAIN AFTER ABOUT TWENTY MINUTES, LASTING FOR ABOUT 1 HOUR. THEN A DULL PAIN RETURNED. TOOK SPRAY, CHLOROPHYLL AND EXCEDRIN. PAIN GONE UNTIL LATE IN DAY. MOST OF DAY WITH LITTLE OR NO PAIN.

WEDNESDAY 10-21-15

AWOKE WITH PAIN. DESPITE TAKING OIL, THEN SPRAY AND CHLOROPHYLL, FOLLOWED BY EXCEDRIN, DULL TO MODERATE PAIN WOULDN'T GO AWAY. AROUND NOON TOOK A REGULAR DOSE OF OIL AND AFTER 15 MINUTES PAIN RECEDED ENOUGH TO ALLOW ME TO READ. PATTERN OF RELATIVELY PAIN-FREE DAYS FOLLOWED BY VERY PAINFUL ONES SEEMING TO EMERGE.

THURSDAY 10-22-15

Not a bad day, mostly pain-free. Used oil and everything else.

FRIDAY 10-23-15

An okay day, pain-wise. Painkilling effect lasted a good, long time.

SATURDAY 10-24-15

Some grogginess, dizziness. New distance glasses helped a great deal when driving. Noticing distance vision can get blurrier than usual on some days.

SUNDAY 10-25-15

Drove to Sunset and Fairfax to get license. Some pain.

MONDAY 10-26-15

Some head pain off and on. Used oil. Tried to get oil with lowest possible THC content. Was not available today. Try later in week.

TUESDAY 10-27-15

Took oil around 9:15 a.m. when slight pain returned. Effective for about 11 hours. A good, mostly pain-free day. Usual breakfast, with fresh g-f shells and spaghetti sauce with Kosher ground beef for lunch.

WEDNESDAY 10-28-15

Awoke with headache on rear top. Took oil, Excedrin, chlorophyll and nasal spray by 8 a.m. Pain went away, then gradually returned, taking the form of rear right head area dull ongoing pain, preceded by a period of borderline dizziness and resistance when moving and walking. Usual cereal breakfast, without banana. Leftover spaghetti sauce with fresh g-f shells for lunch. Sharp rear/top of right side headache finally went away only after eating lunch. Was disorienting, with borderline dizziness accompanying the pain.

This one came on over several hours, after everything to stop pain was taken. Finally took second dose of oil around 12 hours after first one. Had to increase dosage slightly to ensure effectiveness.

THURSDAY 10-29-15

Awoke with headache, albeit not as sharp as yesterday's early morning example. Took initial oil dose around 6:18 a.m., with two Excedrin. Followed with chlorophyll and nasal spray initial doses around 9 a.m. As of 9:08 it's all working. Cereal and one banana for breakfast with one cup coffee. Will hold off lunch until the 3 p.m. Mort's Deli meeting with Bob and Crystal, trying to keep food intake to just two meals today.

FRIDAY 10-30-15

Used last bit of initial oil batch this morning. Not really enough to get a grasp on the pain and sharp, severe, pounding pain broke through in late morning. Cereal and banana breakfast with coffee. Got a new batch of oil. New batch controlled the pain.

SATURDAY 10-31-15

Halloween. Slight head pain in morning, controlled with oil, chlorophyll and nasal spray. Head settled enough in early afternoon to permit me to carve annual pumpkin for front porch. Got to bed a little early, due to expected time change early Sunday morning.

SUNDAY 11-1-15

Scrambled eggs, sausage patty and hash browns with coffee for breakfast. Ate 3 pieces of Halloween candy (Reese's Peanut Butter Cup) for lunch. Dinner: Gluten- Free crackers and pretzel sticks with water. This being the first full autumn day of standard time, the dog awoke us in middle of night, thinking it was time to walk.

Lost about one hour of sleep. Tried to make up in afternoon nap, was not successful in falling asleep in daytime, seldom am. Did not need any headache meds until about 10:15 a.m. Then took all three herbal ones. Some top of head pain returned about 6 p.m. Took chlorophyll and nasal spray at that time to try and lessen it. Saving oil second dose until close to 10 p.m.

MONDAY 11-2-15

Made authentic g-f southern milk gravy with sausage and g-f biscuits. Some head pain, so took chlorophyll, spray and oil, last dose just before bedtime.

TUESDAY 11-3-15

Weather changed, turning seasonably fall-like and that coincided with head pain finally slacking off to a manageable level. All I took all day was chlorophyll – one dose around 5:30 a.m. and the second and final dose about twelve hours later.

WEDNESDAY 11-4-15

Got a solid 8 hours sleep and took chlorophyll and Excedrin upon waking around 5:35 a.m. Some head pain near rear top of head caused me to take dose of nasal spray around 11:15 a.m. Pain stayed manageable until about 1:30 p.m., when it returned with sharp edges at top rear right of head. Had to take oil for first time since Monday at bedtime. Because I was off-schedule with oil, pain returned around 2:45 a.m. Thursday, just prior to the 3.4 earthquake at 2:58.

THURSDAY 11-5-15

5 a.m. dose of oil to control mounting pain, to get back on 12 hour

morning-evening oil schedule, which seems to work best. Pain quelled until around mid-day, unusual when on oil maintenance. Trying to avoid any added doses of oil, lest it raise my tolerance. Took chlorophyll around 5 a.m. and nasal spray around 12:30 p.m. to try and control pain. Ate cereal with a banana and coffee for breakfast. A cheese and tomato quesadilla with salsa for lunch.

FRIDAY 11-6-15

Another cereal with coffee breakfast. Another cheese and tomato quesadilla lunch. Banana for dinner. Went to approximate 8 a.m. and 8 p.m. doses of oil, to ward off pain, from this point onward.

SATURDAY 11-7-15

Cereal with coffee breakfast.

SUNDAY 11-8-15

Cereal with coffee breakfast. Roast chicken for lunch. Banana for dinner.

MONDAY 11-9-15

Scrambled eggs and bacon with coffee breakfast.

TUESDAY 11-10-15

Cereal and coffee breakfast.

WEDNESDAY 11-11-15

Cereal and coffee breakfast.

THURSDAY 11-12-15

Took oil dose at 2:30 p.m. to offset 90 minute wait and MRI procedure, lest head pain return. Because no pain appeared by bedtime, opted to try and make it to at least 5:30 a.m. tomorrow morning without added doses. Also wanted to see if pain would recur around 12 hours after last oil dose. Had a hunch it might.

FRIDAY 11-13-15

Had to take dose of oil around 3:15 a.m. as a sharp cluster headache indeed woke me up. Another half dose around 7 a.m. to attempt to return to a regular, 12 hour morning/evening regular dosage. Then took chlorophyll and about two hours later the nasal spray, to wipe out last vestiges of low pain. A low, steady pain returned around 6 p.m. and I took another oil dose around 8:00 p.m., hoping to make it past the 3 a.m. mark Friday. Would make it about an hour and 40 minutes past that point before low but persistent pain returned. Cereal/banana breakfast with coffee, two frozen pork tamales with egg nog for lunch. Banana for dinner.

SATURDAY 11-14-15

Rear top of head pain awoke me around 4:40 a.m. Tried to ride it out until about 5:30 but it wouldn't subside. I had to get up at about a minute after 5 and take a dose of oil, followed by two Excedrin and chlorophyll. Then walked dog and prepped breakfast - hash browns, scrambled eggs; two strips bacon with coffee. While standing and cooking, pain was imperceptible but when I sat down to read the paper, it slowly returned. Not full force pain but a steady, annoying level. Only thing left to take at this point is the Sinus Buster nasal spray. Will do it. It helped somewhat yesterday, as a last resort.

SUNDAY 11-15-15

Cereal and coffee breakfast. Fresh Brussels Sprouts, sautéed in butter, cut off the stalk for lunch and dinner. Pain controlled by nasal spray, chlorophyll and oil with 8 o'clock morning and evening doses.

MONDAY 11-16-15

Cereal and coffee breakfast. Banana for lunch. Beef tri-tip roast for dinner.

TUESDAY 11-17-15

Cereal and coffee breakfast. Leftover beef tri-tip roast for lunch.

WEDNESDAY 11-18-15

Cereal and coffee breakfast.

THURSDAY 11-19-15

Cereal and coffee breakfast.

FRIDAY 11-20-15

SATURDAY 11-21-15

Cereal and coffee breakfast. Gluten-free elbow macaroni with Trader Joe's Organic Marinara sauce. Oil getting low so used about half smaller dose just prior to bedtime. Pain returned by 3 a.m., though manageable enough to make it until 5 a.m. Sunday. Pain receded 85% once I got up.

SUNDAY 11-22-15

Cereal and coffee breakfast. Lunch: Gluten-Free elbow macaroni with Gelson's Turkey Chili over it, to simulate Midwestern Chili-

Mac. Dinner: Oven baked fresh Brussels sprouts.

MONDAY 11-23-15

Awoke at 4:11 with slight headache. Got up at ten until five.
Cereal, coffee breakfast. Two hash browns about five hours later.

TUESDAY 11-24-15

Coffee and cereal breakfast.

WEDNESDAY 11-25-15

Kielbasa and scrambled eggs breakfast.

THURSDAY 11-26-15

Coffee and cereal breakfast. Thanksgiving turkey late dinner (no lunch). Went to bed unusually late due to holiday crowd at house. Got less than 7 hours sleep for first time in weeks.

FRIDAY 11-27-15

Pumpkin pie and coffee breakfast. Leftover turkey lunch and dinner.

SATURDAY 11-28-15

Cereal and coffee breakfast. Leftover turkey, trimmings for lunch.

SUNDAY 11-29-15

Cereal and coffee breakfast.

MONDAY 11-30-15

Cereal and coffee breakfast.

TUESDAY 12-1-15

Scrambled egg breakfast with coffee.

WEDNESDAY 12-2-15

Cereal and coffee breakfast. No lunch. Light deli food dinner (at funeral wake event)

THURSDAY 12-3-15

Kielbasa and scrambled eggs breakfast, coffee.

FRIDAY 12-4-15

Cereal and coffee breakfast. Lunch meat turkey lunch. Banana for dinner.

SATURDAY 12-5-15

Kielbasa and scrambled eggs with coffee breakfast. Gluten-free elbow noodles with spaghetti sauce and turkey meatballs for lunch; banana for dinner.

SUNDAY 12-6-15

Cereal and coffee breakfast. Leftover gluten-free noodles with

spaghetti sauce and turkey meatballs for lunch. No dinner. (Shiva event)

MONDAY 12-7-15

Cereal and coffee breakfast. Tuna salad sandwich lunch. Banana for dinner.

TUESDAY 12-8-15

Cereal and coffee breakfast. Banana for dinner.

WEDNESDAY 12-9-15

Coffee, cereal breakfast. Chicken quesadilla lunch. Banana dinner.

THURSDAY 12-10-15

Coffee, cereal breakfast. Bowl of Whole Foods asparagus with chicken soup for lunch and dinner.

FRIDAY 12-11-15

Coffee, beef kielbasa, hash browns and scrambled eggs breakfast. Banana for lunch, bowl of cereal with milk and banana for dinner.

SATURDAY 12-12-15

Coffee, beef and pork kielbasa and scrambled eggs breakfast.

SUNDAY 12-13-15

Coffee and cereal breakfast, Barbecued Tri-Tip with potatoes and

baked bean lunch and dinner.

MONDAY 12-14-15

Coffee and cereal breakfast. Leftover Tri-Tip sandwich for lunch.