

## AC TIMELINE HISTORY

### **Antecedents**

Family Hx

Mom- 59 yr – high blood pressure, anxiety depression, high cholesterol

Father 65 yr- high blood pressure

One of 5 children

### **MEDIATORS/ PERPETUATORS**

Stress, Sinus issues, Anxiety, ADHD, Gut issues

### **TIMELINE:**

Birth- 1987- c section- formula fed

**Age 5- 1991-** Developed Chicken pox

**Age 7- 1993-** parents got divorced

**Age 15- 2001-** broke my nose –

**Age 16-2002** had first deviated septum surgery ( I've had 4 surgeries I don't really remember the years but one surgery drilled holes in sinuses) Not sure what age was def in middle school but I had metal in my mouth with a lock and key to widen my jaw- also had braces and metal retainer that broke off)

**Age 17- 2003-** Issues chronic sinus infections developed – postnasal drip – treated a lot with z-pack and antibiotics – had first sinus surgery- nose used to be crooked – cast came off nose was still crooked

**Age 19- 2006-** had car accident nose hit air bag- nose had embedded whole in it had to go for another surgery- ruined septum surgery ( around this time in high school started feeling very bloated all the time) ( around high school years used to take a lot of diet pills, fat burners, lots of cardio, lots of Sudafed sinuses and took NyQuil a lot to help sleep along with Tylenol codeine because always had issues with a cough and doctors would just prescribe

**Age 20- 2007** moved to Boston for school – got very fatigued – tested positive for MONO

**Age 21- 2008** was in a terrible toxic verbally abusive relationship- around this time where I became a big drinker until I was 27 ( starting taking birth control pills for years up until I got pregnant and that's when I went with IUD)

**Age 23- 2010** got really sick- knew something was off- got bloodwork done- tested positive for Lyme disease treated for Lyme with round of doxycycline

**Age 25- 2013** got pregnant- had an abortion ( the pill) went through a very dark place in my life at this time- started undereating because i felt depressed ( was also on Adderall for school) – at this time I got the MIRENA IUD put in as well- started developing bad ovarian cysts took out 3-4 months after and still experienced ovarian cysts to this day

**Age 26-2014-** competed in bikini body building division – training hard and nutritional calories were very low at this time – lost period for 9 months post show (came off birth control to lose weight for show)

**Age 29- 2017-** decided to get breast implants put in May (Dr prescribed pain killers)

**Age 30- 2018-** –starting experiencing a lot of symptoms right around my birthday, severely depressed ( felt suicidal ) low libido- digestive issues, mood issues, brain fog, chronic fatigue, gained 15-20 lbs. 4 months post-surgery ( implants were gel gummy by brand mentor) also had a lot of stress in life due to bad friends and experiencing drain flies in my apartment – lost my grandfather – after that I started dating his caretaker who is my current fiancé- started seeing naturopath- took LDN for Lyme disease- naturopath didn't know it was my implants at time and kept getting put on adrenal support supplement also took cortisol saliva test at this time and showed really low levels in am the am and all hormones were really low ( this was when I was very sick with implants) so they prescribed me natural cream for progesterone for morning and night time ( I believe the morning one supposed to help with cortisol cream I believe ?) was also working at wic at this time which was super STRESSFUL environment and hated my job – Got blood work again and Lyme disease were elevated doctor puts me on another round of doxycycline for about 2 months) ( I know)

**Age 31- 2019-** grandmother passed away ( was super close to my grandma ) this was very hard for me – in April 4 got explant since I relieved it was my implants making me so sick literally the next day it was insane I actually had energy and my brain fog completely went away. It was a miracle. 2 days later I got accepted into dietetic internship but had to turn it down since explant took a financial hardship on me- started online coaching business part time always knew wanted to help people- After explant started taking Dr jess microbiome master supplement which actually was the only supplement that helped me with my bloating ( For surgery Dr prescribed pain killers)

**Age 32- 2020-** tried to compete again was supposed to get on stage in April was dieting in a slow manner since July 2019 had to get more aggressive closer to show with lower calories and high cardio- lost cycle for like 6 months- when Covid hit show canceled decided to take time off dieting and started reverse dieting and doing no cardio- increasing fats since they got really low close to show- and wanted to get my libido and period back- period came back around June? Still experience ovarian cyst- recently been getting bad dizzy spells- went for eye exam fine supposed to go for vertigo testing and hearing on 8/14- still find myself bad ADHD, anxiety, libido issues, mood issues, recently more bloating