

Year	Age	Symptoms and/or Health Issues
1886	4	- Not sure on exact age, but started “sucking my gum” by pushing it to the roof of my mouth and obsessively rubbing my mom’s elbow’s or wrinkly skin
1987	5	- Was obsessed with bubblegum - Would suck on my hair and the neck or sleeves of my shirts, lived on mayonaisse sandwiches or PB. - Realized after seeing “Beth R” get in trouble and get her name on the board that I never wanted to get in trouble so my name was on the board and the center of attention and I never let it happen all through school.
1990	8	- Was terrified at night so I slept with a mountain of stuffed animals for “protection”. - Unfortunately I felt that some stuffed animals were being left out by not gettting the chance to sleep next to me each night so I created an index card system with all of their names so I could randomly rotate and pick a “favorite” to sleep next to me every night fairly
1991	9	- Was in Academically Gifted (AG) classes
1989	10	- Start of bulimia and anorexia - Instability in home began with parents “secret” separations - Personal Insecurities became very noticable and overwhelming from this point in my life on - Extreme fear of being perceived
1994	12	- First time I remember publicly fainting - Nurse on site noticed how difficult it was to lower my body temperature - Fainting became associated with my lack of eating and therefore was a “me” problem
1996	14	- Started High school - Continued to faint often - Overheating/fainting when cheerleading outside during football games would lead to me being put in ambulance, polyester uniform being cut off, while rubbing alcohol and ice would be poured on me to try to lower my body temperature, and it would take forever
1997-2000	14-17	- High school was not fun or easy for me. I had serious social inadequacies that were blamed on my younger age and I often had lunch in the bathroom. - I learned boys were WAY easier to please as I just needed to show up and look cute and not actually socialize and that became my comfort zone. - I never felt like I fit in with females my age
1998	16	- First sexual assault/trauma by someone older (and someone slightly famous) - Had intense tumultuous high school relationship that often left me feeling extreme neglected and sad if I wasn’t always chosen first
1999	17	- Back and Neck Pain Started - First Plastic Surgeon consult for breast reduction - Spraigned ankle falling down the stairs
2000	18	- Went to College at UNCW at 17 years old - Dorm room was condemned for toxic mold - Got my first job 1 month after starting college that I had all 4 years I was there
2001	19	- Wrist Inflammation, Intense arm Twitching led to a Parkinson’s Test - negative
2002	20	- After years of chronic sinus and ear infections, I finally had Sinus Surgery
2003	21	- Developed cocaine addiction (discovered it was great help to my anorexia and bulemia). Felt like I had energy for the first time in my life. - Went to Rehab Center in Florida for cocaine addiction and eating disorder treatment - Attempted to move back and finish college
2004	22	- Abusive boyfriend and a nasty breakup leading to restraining order, and most likely my first real PTSD. - My ex would climb up into my second story apartment without my knowledge and eventually pulled a gun on me and my dog after calling my dad to let him know he was going to do it, allowing my dad to get there quick enough to prevent anything from happending. - Withdrew from college, didn’t graduate due to needing 1 more class and parents refused to let me go back - I was not eating at all during this time for the most part
2005	23	- Blood clot in stomach during sleep, woke up in pain - Ischemic colitis with 2 week hospitalization leading to approximately 2 feet damaged colon - Cause never found or known
2005-2007	23	- Had follow up colonoscopy that indicated Lymphocytic Colitis, prescribed Budesonide - Shoulder Pain Begins (chronic from here on) - Fractured Tail Bone
May 2008	26	- Graduated from ECU - BS Sports Studies, Business Minor - Had ADHD assessment after really struggling with higher level courses (Physics) - Scored very high for ADHD and IQ but also had Reading Comprehension Learning Dissability - Started ADHD medicine but never took it consistently and stopped after a couple months
Aug 2008	26	- Moved to Atlanta - Started experiancing a lot of nausea and vomiting - Was on Zoloft and Lamictal and Ambien with xxanex for breath through anxiety - Therapist suggested I had PTSD from just my life experiences (which seemed quite mild to me at the time)
Oct 2008	26	- Started Esthetician School - Round 3 of anatomy and physiology classes! - Volatile toxic home situation with boyfriend
Sept 2009	27	- Graduated Esthetician School - Started Working In Spas and quickly started experiancing tons of pain in hands, legs, neck, and lower back
2009	26	- Saw a Physiatrists for back pain interfering with work - Was getting injections and treated with pain medication and noting was working. - First positive RF labs - He suggested it must be something more than just muscular, suspected autoimmune disease
2010	28	- Had swelling in pads of feet causing doctors to give me steroid injections between my toes (I was told the damage was from wearing high heels)
2011	29	- Met Bryan - Chronic Pain & Inflammation hands, feet, back, chest
2012	30	- Was working at beach resort spa and hands would get so swollen I couldn’t bend them to drive home - Chronic neck and back pain - I excelled at my job and managed spa and did services
2013	31	- We moved to Huntersville from Camden
2015	33	- Abduction, Trauma, Treatment & Rehab, Intense Therapy, Life Changing Year - Was prescribed 14 prescriptions per day (psych meds) including large amounts of lithium (Notice thyroid issues arise about 18 months later) - Shamed for trauma, punished for moving home - Got mom “evicted” because I was told I was entitled and selfish for expecting to have a safe home
2016	34	- Hospitalization for lung inflammation - Terrible cough for weeks no one could figure out
2017	35	- Moved back “home” - to Bryan - Saw a new GP for whole body physical and she ordered orbital scan of my eye and further testing for my back - ‘Being Sick’ becoming my new normal
2018	36	- Attempt to re-enter society for first time post trauma and abduction with City BBO job (intended part time) - Worked in Restaurant Management for 3 years (with zero experience in food service prior to starting)
April 2018	36	- Started noticing contact falling out and eye swollen in photos - Graves Disease Diagnosis - Overall Health started to decline
Aug 2018	36	- Spinal Fusion Surgery - Degenerative Disc Disease Diagnosis - Was back at work in 6 weeks
Nov 2019	37	- First “almost had” carpel tunnel surgery - Saw Hand specialists, eventually got better - nausea and vomitting become persistant and chronic
Dec 2019	37	- Start of Right Knee Swelling (for 3 years) - Start of Staph Infection on Face - This feels like the beginning of my physical deterioration. To me it started with the knee and face
2020	37	- Covid - I worked every day and never got Covid - Got vaccinated
March 2020	38	- First Rheumatology appointment
June 2020	38	- Psoriatic Arthritis Diagnosis - Hashimoto’s Thyroiditis Diagnosis
Dec 2021	39	- Made financial agreement with Mom - Decided to stop work and focus on health full time - Worst Decision of my life!
2020-2022	38-41	- Had over 120 different doctors appointments - Started Methotrexate - immune suppressing chemotherapy drug as treatment - Side effects from medication equally as difficult as disease - Deemed immunodeficient due to medications - Still throwing up and taking Zofran daily
Oct 2022	40	- Still sick every single day and struggling to focus throught the pain and nausea - Decided & started to learn Graphic Design with zero experience
May 2023	41	- Eye Doctor - Graves Disease - Bilateral visual field constriction Diagnosis - Thyroid eye disease Diagnosis - Optic neuropathy Diagnosis
Aug 2023	41	- Inflammatory Polyarthritis Diagnosis - Hashimoto’s Thyroiditis Diagnosis - Still throwing up and taking Zofran daily
Oct 2023	41	- Met Business Coach - Sarah - Really tried to launch my freelance business but my social fears have paralyzed me
Jan 2024	42	- First Graphic Design Client - Started 7 Stars Design Company
Jan 2024	42	- Had Major Meltdown/panic attack/autistic meltdown trying to communicate with my first client that scared me to death
Feb 2024	42	Financial agreement with mom ends, kindof?
April 27, 2024	42	- Took first Autism Spectrum Disorder Assessment - Suspect I have ASD for sure
June 24, 2024	42	- Dr. Baker (rheumatologist) confirms HDS suspicions
June 25, 2024	42	- Discovered Local Support for EDS with Umi Wellness Center