

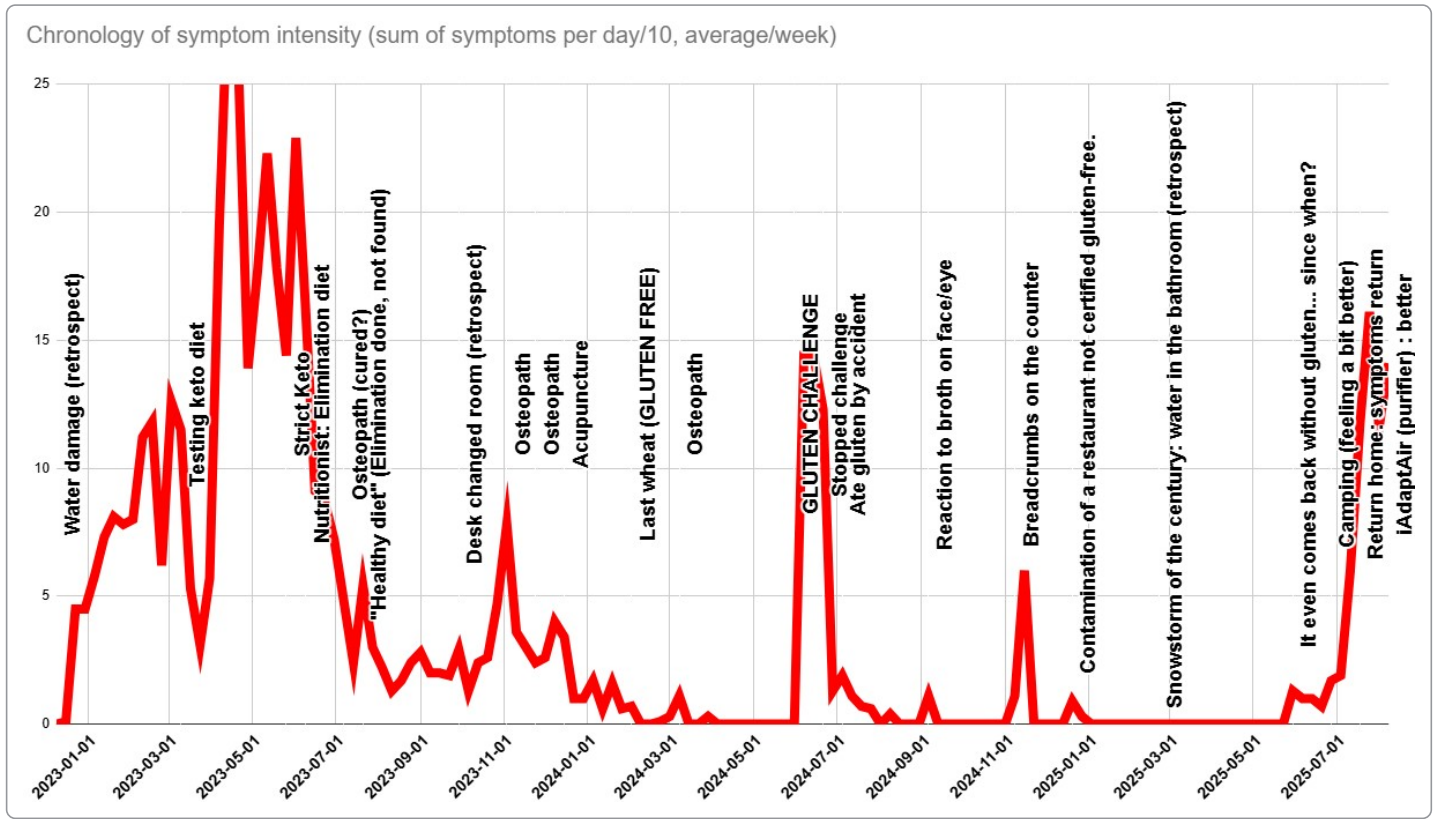
Medical Report and Chronology of Symptoms - Martin Gamsby

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Severe multisystem symptoms since December 2022. A pinched nerve and a 100% gluten-free diet resolved the symptoms for a few months. But the symptoms gradually returned.

New discovery: symptoms intensify each time returning home after an absence (suspected mold).

Symptom Intensity Timeline Chart



Timeline of Key Events

- (6 months) December 2022 - June 2023:** Onset of severe neurological symptoms, coinciding with water damage
Escalation of symptoms until their peak severity. Multiple medical consultations and tests (Blood tests, EMG, MRI) without conclusive results.
- (8 months) June 2023 - February 2024:** Nutritionist.
Elimination diet with significant reduction in symptoms (~50%). Diet plays a big role. Probably inflammatory.
- [July 2023]:** Osteopathic treatment for a pinched nerve (recommended by a neurologist)
Resolves some symptoms and reduces the rest by about 50%.
- (15 months) February 2024 - May 2025:** I had an epiphany : gluten.
It was hard to find, because there were traces in mayonnaise, oats, etc. It fixes almost everything (with the pinched nerve), until ~May 2025
- [June 2024]:** Under the advice of a doctor: GLUTEN CHALLENGE: All symptoms come back.
I feel very bad, the secretary calls me to say that it's negative, without any follow-up.
- [September 2024]:** First major reaction in a long time
I got a drop of broth (gluten) in my face/eyes. No need to eat it... It's definitely not celiac disease.
- (3 months) May 2025 - Now:** I was virtually symptom-free for over a year, but it's back, gradually... Despite a 100% gluten-free diet

After two trips away from home, returning home increases symptoms; this is no coincidence. Is it the house? Mold?

[August 2024]: Notable improvement in morning symptoms since installing iAdaptAir 2.0 HEPA air purifier — less morning stiffness/weakness/fatigue.

Tests

Date	Test	Results
Jul 2022	Covid-19	positive (had intense symptoms, but only a few days)
Feb 2023	Blood tests	Creatinine, Potassium, Sodium, Albumin, Calcium, Ferritin, Thyroid panel, Glycated hemoglobin, Complete blood count, CRP, Vitamin B12, Magnesium: ok, Vitamin B12 is within normal, but low.
Mar 2023	EMG	ok, neurologist says it could be a pinched nerve.
Jun 2023	MRI (with gadolinium contrast)	ok, just a telangiectasia? 6mm?
Jun 2024	Blood tests	Random (non-fasting) glucose, TSH, Ferritin, B12, Creatinine, Electrolytes (Na, K, Cl), CRP / C-reactive protein, CBC (Complete Blood Count), Anti-transglutaminase antibodies, Total IgA, Malabsorption, HbA1C: ok
Jun 2024	Urine test: albumin/creatinine ratio.	ok
Jul 2024	VCS test (Visual Contrast Sensitivity Test): vcstest.com	positive (failed)
Jul 2024	VCS test: survivingmold.com	positive (failed)
Jul 2025	ERMI test: 10.4	G1: 29.1, G2: 18.7. Starred: Aspergillus sydowii, Aspergillus versicolor, Cladosporium sphaerospermum, Penicillium brevicompactum, Penicillium crustosum, Cladosporium cladosporioides2, Mucor amphibiorum, Penicillium chrysogenum, Rhizopus stolonifer (Higher than ten fold of the mean)
Jul 2025	HERTSMI-2 test: 18	"Re-occupancy is ill-advised until further remediation and re-assessment are conclusive."

Detailed Symptom Table (24) - Chronological

The symptoms are not all triggered at the same time, I noticed 3 waves:

- 1. **Minutes:** pressure, breathing issues, etc.
- 2. **Days:** numbness, vertigo, fatigue, etc.
- 3. **Post-inflammatory:** headache, nausea, etc.

Symptom	First time noticed	Better after pinched nerve	Wave 1	Wave 2	Wave 3	Notes
Numbness	Dec 21 2022			✓		Sometimes localized. Sometimes the whole body (starting April 2023). I don't feel a plucked hair, a bleeding nose, my foot on the ground. Knocking on a door... I don't feel anything. I tried it on brick. Nothing. etc.
Heart Palpitations	Dec 25 2022		✓	✓		More often in the evening, sometimes waking up with palpitations, sweating, numbness.

Symptom	First time noticed	Better after pinched nerve	Wave 1	Wave 2	Wave 3	Notes
Clumsy	Dec 26 2022	✓		✓		Dexterity issues, dropping things. Turning pages, keyboard and piano difficulties. Gets caught on everything. Slurred words.
Muscle weakness	Jan 13 2023	✓				Found to be caused by a pinched nerve. Before: difficulty closing fingers, picking up a plate with fingertips.
General weakness	Feb 04 2023		✓	✓		Before nerve unpinched, sometimes impossible to walk without having to lean on something. Doesn't throw strong enough, etc.
Fatigue	Feb 09 2023	✓	✓	✓		
Dizziness / Loss of balance	Feb 13 2023		✓	✓		
Tremors	Feb 14 2023	✓				100% resolved after nerve unpinched
Difficulty breathing / Rapid shortness of breath	Feb 15 2023		✓	✓		
'Pressure' in throat, temples, ears	Mar 01 2023		✓			Most often after eating, at the worst the temples are visibly swollen.
'Always Thirsty' (sometimes)	Mar 06 2023			✓	✓	It only happened once or twice.
Frequent urge to go to the toilet	Mar 06 2023			✓	✓	Idem.
Headache	Mar 06 2023				✓	
Body aches	Mar 28 2023			✓	✓	
Loss of urge to go to the toilet	Apr 17 2023			✓		
Loss of sensation of hot/cold	Apr 17 2023			✓		Besides the sensation on my hands: I almost burned myself (I realized it was hot, it wasn't a reflex), another time I realized I was shivering. But I wasn't cold.
Irritability	Apr 19 2023			✓	✓	I seem to be more irritable than before... Hard to measure.
Loss of thirst/hunger sensation	Apr 25 2023			✓	✓	I first realized it after several days of not feeling anything. When it came back, I was very thirsty... I forgot to drink.
Unusual pain	Apr 26 2023			✓	✓	Sometimes I have pain that's hard to describe... does it burn? No... does it 'pinch'? No... Sometimes it stings and I can't stop scratching. This has never happened to me before.
Difficulty concentrating / learning	May 08 2023			✓	✓	I noticed it late, but looking back, it happened often. It didn't happen before.
Insomnia	May 30 2023			✓	✓	I seem to have more difficulty falling asleep when I have the most other symptoms during the day.
Stomach ache	Jun 03 2023		✓	✓		

Symptom	First time noticed	Better after pinched nerve	Wave 1	Wave 2	Wave 3	Notes
Nausea	Jul 02 2023			✓	✓	
Blocked nose	Jun 04 2024			✓		I noticed it late, but looking back, it happened often, especially at night, without having a cold. It didn't happen before.

I have a spreadsheet with the details for each day since the beginning, but the summary above is probably sufficient.