

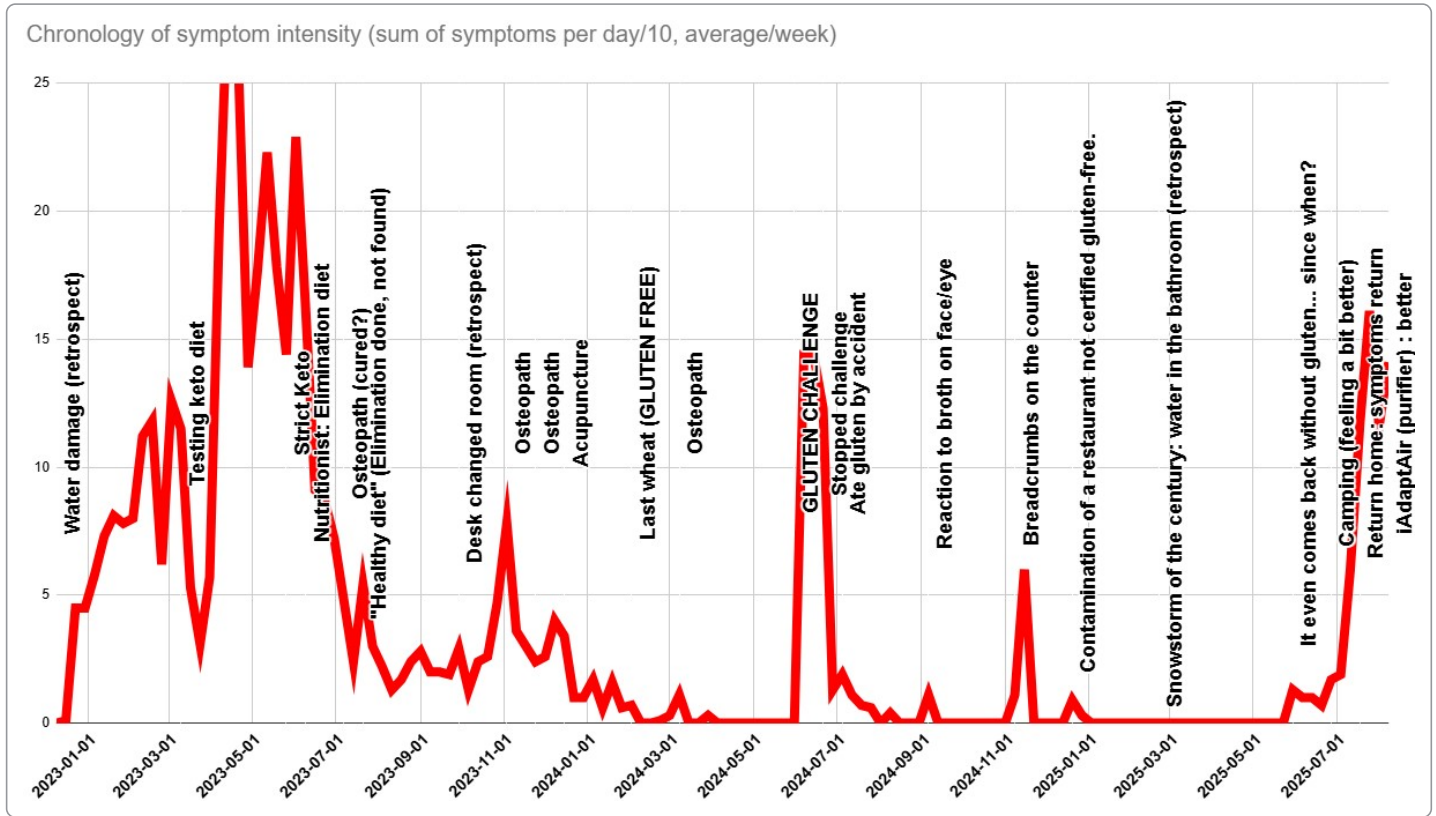
Medical Report and Chronology of Symptoms - Martin Gamsby

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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."
Jul 2025	GENIE (for CIRS)	Clinic in Alberta recommends it. Pending confirmation.

Symptoms (27)

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

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

Symptoms - Wave 1

- Difficulty breathing / Rapid shortness of breath
- 'Pressure' in throat, temples, ears
- Heart Palpitations

- Dizziness / Loss of balance
- General weakness / up to difficulty walking
- Stomach ache

Symptoms - Wave 2

- Numbness (whole body)
- Loss of thirst/hunger sensation
- Clumsy
- Nausea
- Fatigue
- Body aches
- Irritability
- Unusual pain
- Difficulty concentrating / learning
- Insomnia
- Blocked nose
- Ears feel plugged
- Tinnitus
- Morning stiffness/body pain
- Loss of sensation of hot/cold
- 'Always Thirsty' (sometimes)
- Loss of urge to go to the toilet
- Frequent urge to go to the toilet

Symptoms - Wave 3

- Headache
- (And some symptoms from wave 2)

Detailed Symptom Table - Chronological

Symptom	First time noticed	Better after pinched nerve	Notes
Numbness (whole body)	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.
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 / up to difficulty walking	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	✓	

Symptom	First time noticed	Better after pinched nerve	Notes
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.
Headache	Mar 06 2023		
'Always Thirsty' (sometimes)	Mar 06 2023		It only happened once or twice.
Frequent urge to go to the toilet	Mar 06 2023		Idem.
Body aches	Mar 28 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.
Loss of urge to go to the toilet	Apr 17 2023		
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		
Nausea	Jul 02 2023		
Blocked nose	Jun 04 2024		I noticed it late, but looking back, it happened often, especially at night and in the morning, without having a cold. It didn't happen before.
Ears feel plugged	Jun 04 2024		Idem
Tinnitus	Jun 04 2024		Idem
Morning stiffness/body pain	Jun 04 2024		Idem

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

