

As Promised,: My Acupuncture "Diary"

My First visit April 19th very pleasant consultation and then off to be pictured
(was I surprised)

April 21st : Good BM and later on some pellets in the mid-morning.

April 23rd: Large BM normal in shape and size and color. Early afternoon

April 26th Visit – mild cramping until late afternoon

April 27th Large and normal in shape size and color. Early morning

April 30th Large. And normal. Mid morning

May 1st My best day – everying normal – early morning – and then an excursion with my family:(no cramps) even mild ones.

May 3rd Visit – mild cramps that were gone after the procedure and my nap!
(no BM)

May 4th Three times – good thing it was raining and I need not go out. All were normal
with urges rather than cramps

I still squeeze sometimes and when I do, I have mild pain that goes away in a short time.

The problem is that I still have cramps on days when I don't have a movement although they are nothing like they were before. Also, I was, before this set in – able to go out at the same time every day on awakening. (otherwise I would always be getting to work over 36 years, at all times of the day). This is to say that it is still erratic which makes it hard to make plans. However, I will say that it is at least 85% better than it was thanks to you and your knowledge. I hope when I go on the once a week plan that will help a little more. I am grateful for what it is.

May 5th Visit – Normal movement in the morning – good day

May 6th Normal movement on awakening. As the morning progressed mild cramps set in I thought it would go away – another Movement at about 12:15 was accompanied by gas that lasted off and on all day until evening. Although I went out to shop, etc. I was very uncomfortable. (Had broccoli & brown rice for dinner the night before)

Nxw }