

General Symptoms

Chest:

- Tight chest, difficult breathing, seems like my body has forgotten how to breathe properly.
 - If combined with anxiety I almost feel like I'm having trouble breathing.

Neck:

- Typically the lower part of the neck becomes inflamed, sometimes after eating, sometimes randomly. Feels like something is stuck in my throat, like a glob of mucus. I can breath and swallow fine.
 - Sometimes at night my throat will feel very dry.

GI:

- Bowel movements are normal.

Overall:

- Unexplained weight loss and difficulty gaining weight.
- General feeling of being weak, tired, unwell.

Major Events

June 17

- Had to get up early for work, so I made ground turkey and eggs the night before.
- Woke up, ate breakfast. Noon started feeling nauseous and faint. Thought it was food poisoning.

June 20

- Still feeling the same, went to urgent care and got labs done, all normal. Was given Zofran.

June 25

- Still feeling nauseous, went on plane ride to Hawaii, took one Zofran tablet before plane ride.
- Had anxiety/panic attack on plane ride to Hawaii.
- Spent 6-hour plane ride trying not to throw up, and controlling breathing.
- After landing noticed chest tightness along with nausea/faintness.

June 27

- Tried to climb Kokohead trail, made it about 50 steps and felt like I was going to blackout, breathing was difficult.
- Went to ER in Hawaii, diagnosed with acid reflux, got Omeprazole, seemed to help nausea.
- Chest x-ray clear, labs normal.

July 31

- Went to ER again for second opinion, diagnosis didn't change.
- Doctor gave me one tab of Xanax for plane ride home, seemed to help a little but still had chest tightness/nausea.
- Chest x-ray clear, labs normal.

July 15

- Got home and saw PCP, she scheduled heart echo and heart stress test.
- PCP labs showed elevated D-Dimer (0.53), and I was told to go to the ER.
- Had CT scan of chest, scan was normal. Labs at ER normal.

July 30

- Heart echo and heart stress. Jogging on treadmill I felt fine, even good, felt nice to exercise.
- Results:

- “There is no echocardiographic evidence for stress-induced ischemia after maximal exercise.”

August 7

- Had an EGD, biopsies taken to check for h. pylori, EOE, and celiac disease.
- Results:
 - “The Z-line was irregular and was found 39 cm from the incisors. Biopsies were obtained from the proximal and distal esophagus with cold forceps for histology of suspected eosinophilic esophagitis. The exam of the esophagus was otherwise normal. The entire examined stomach was normal. Biopsies were taken with a cold forceps for Helicobacter pylori testing. The duodenal bulb and second portion of the duodenum were normal. Biopsies for histology were taken with a cold forceps for evaluation of celiac disease.”
- Impression:
 - “Z-line irregular, 39 cm from the incisors. Normal stomach. Biopsied. Normal duodenal bulb and second portion of the duodenum. Biopsied. Biopsies were taken with a cold forceps for evaluation of eosinophilic esophagitis.”
- Final Diagnosis:
 - “GASTRIC BIOPSY:
 - Gastric antral and oxyntic type mucosa with minimal chronic gastritis.
 - Negative for helicobacter pylori like organisms in the examined routine Hematoxylin and Eosin sections.
 - PROXIMAL ESOPHAGEAL BIOPSY:
 - Esophageal squamous mucosa with no specific histopathologic changes.
 - Negative for intraepithelial eosinophils and neutrophils
 - DISTAL ESOPHAGEAL BIOPSY:
 - Esophageal squamous mucosa with no specific histopathologic changes.
 - Negative for intraepithelial eosinophils and neutrophils
 - DUODENAL BIOPSY:
 - Duodenal mucosa with preserved villous architecture.
 - Negative for increased intraepithelial lymphocytes, granulomata, parasites or dysplasia.”
 - “...There is minimal inflammation detected in the stomach lining. There is no infection, allergic component, or cancer cells detected on any of the biopsy specimens. At this time I recommend using antacid medication such as Protonix 40 mg half an hour before breakfast for next 2 months and following symptoms. Please avoid all NSAID'S such as ibuprofen, Advil, Aleve, Motrin, naproxen, and high-dose aspirin along with excess alcohol.”

August 11

- Prescribed propranolol for anxiety.

August 13

- PCP recommended continuing omeprazole until beginning of September, then transitioning to H2 blocker instead.
- Prescribed albuterol inhaler to see if lung dilation is an issue.
 - Inhaler didn't seem to help
- Had the following labs, all normal:
 - ferritin, iron/tIBC, TSH reflex, Free T3, Free T4, glycated hemoglobin, BMP, c-reactive protein, CBC, thyroid peroxidase antibody, thyroglobulin antibody

August 21

- PFT to test lung capacity
 - Results:
 - Normal spirometry. No significant bronchodilator response. Normal diffusion capacity.
- Started using Backpod and stretching regularly

August 31

- Started half dosage of Omeprazole and gradually weaning off

September 3

- Started going to physical therapy for costochondritis symptoms

September 13

- Stopped Omeprazole, using H2 blocker as needed

September 14

- Started taking MSM, L-theanine, and Turmeric as supplements

October 8

- Started a short dose of Xanax to see if it helps with daily symptoms
- Started weekly massages to see if it helps upper body tension

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Medications and Supplements

Current Medications:

Medication	Dosage	Started
Finasteride	3mg/week	01/01/24
Propranolol	10mg/as needed	8/11/26
Diclofenac Sodium 1% Topical Gel (Voltaren Gel)	2g/as needed/daily	8/20/26
Famodadine	20mg/as needed	8/20/26

Current Supplements:

Supplement	Dosage	Started
L-Theanine	200mg/daily	9/14/26
Creatine	5mg/daily	01/01/20
Psyllium fiber	2tsp/daily	01/01/20

Previous Medications and Supplements:

Medication	Dosage	Started	Ended	Ending Reason
Cetirizine (Zrytec)	10mg/daily	8/8/26	8/12/26	Didn't help
Albuterol inhaler	90mcg/as needed	8/14/26	8/20/26	Didn't help
Ondansetron (Zofran)	10mg/as needed	6/25/26	6/25/26	Heart racing side effect
Omeprazol (Prilosec)	20mg/daily	6/27/26	9/12/26	Replaced with H2 blocker
Nortriptyline	10mg/nightly	9/18/26	9/20/26	Prescription didn't seem appropriate

Turmeric	2,300mg/daily	9/14/26	9/28/26	No obvious benefits
MSM	2,000mg/daily	9/14/26	9/28/26	No obvious benefits
Xanax	.75mg/daily	10/8/26	10/17/26	Seemed to help a little

Findings and Questions

Findings:

- Stress or anxiety exacerbate chest and neck symptoms.
- Dairy or gluten don't seem to make anything worse.
 - Didn't test this extensively, only a couple days.
- Stretching my neck sometimes agitates chest symptoms.
- My chest symptoms get a little worse, or more noticeable during exercise.
- Burping or passing gas seems to relieve chest symptoms a bit.
- When laying down and relaxing I won't notice any symptoms until I sit up or stand up, then chest symptoms will return.
- Small meals seem to help reduce symptoms.

Questions:

- Could it be bloating?
- Is it a lung issue (unlikely), a musculoskeletal chest issue (costochondritis), or a stomach issue?
- Is the balloon feeling trapped air in the stomach from shallow breathing?
 - Focused breathing seems to relieve balloon a little bit

Possible Causes

Ruled Out:

- Heart Issue
 - Ruled out by CT scan, X-Ray, Heart Echo
- Lung Issue
 - Ruled out by CT scan, X-Ray, PFT
- Celiac
 - Ruled out by EGD?
- EOE
 - Ruled out by EGD?
- H. pylori
 - Ruled out by EGD?
- Hiatal Hernia
 - Ruled out by EGD?

Not Ruled Out:

- Gastroparesis
- Costochondritis
 - Seems likely
- GERD
 - Seems likely

Random Thoughts

- It's like the traumatic experience from Hawaii made my body forget how to breathe properly, and that has led to GI (GERD) issues and anxiety.
- When lying down or near prone I can breath mostly fine, then when standing up my body/brain freak out and I have to breathe manually, which causes anxiety.
- I've gone on a couple walks where I start thinking about my breathing and then I start getting anxious about it, which causes a shot of adrenaline to hit me, which causes more anxiety, and I have to start manually breathing to calm down.
- I'm like 85% I have costochondritis, but am unsure if that is causing GI (GERD) issues, or if those are separate from costco.

Daily Food and Symptom Tracker

Use Control + Find (ctrl+f) to search for or go to a specific date.

Date: 08/09/26

Food:

- AM
 - Eggs, apple, honey, milk
- Mid
 - Whipped cream, potatoes, ketchup, Zyrtec, multivitamin, chai latte
- PM
 - Turkey pot pie

Symptoms:

- AM
 - Chest - stomach felt empty, balloon present but not bad
 - Neck - back of neck tight, stuck feeling present but not bad
 - Mid
 - Chest - Low
 - Neck - a little more than morning but not bad
 - PM
 - Chest - I had a lot of pot pie to eat. Felt bad after dinner, was really gassy after dinner, passing gas seemed to provide some relief, got better as night progressed
 - Neck - neck stiff but not bad. Stretching neck to left seems to agitate chest symptoms.
-

Date: 8/10/26

Food:

- AM
 - Pancakes, milk, egg
- Mid
 - Beef burger, hamburger bun, cheese, ketchup, mustard
- PM
 - Hamburger helper, milk

Symptoms:

- AM
 - Chest - upper chest tight/inflamed. Got anxiety about chest and it got a lot worse, almost felt like going to ER. Shortness of breath, tight chest. Did breathing exercising and got it under control. Didn't seem like anything triggered it, took Zyrtec and Omeprazol 30 min before it happened. Ate after I calmed down.

- Neck - stiff but not bad, stuck feeling low
 - Other - upper back stiff
 - Mid
 - Chest - tight after morning episode
 - Neck - slight stuck feeling after eating, not bad
 - Other -
 - PM
 - Chest - food made me burpy, went for a small walk, got a little anxious so went home, regurgitated some food I think after walk
 - Neck - lower right neck feels a little inflamed
 - Other -
-

Date: 8/11/26

Food:

- AM
 - Instant mashed potatoes
- Mid
 - Pop tarts, milk, eggo waffles, honey
- PM
 - Stir fry (broccoli peas, green beans, carrots, mushrooms, peppers, water chestnut onion)
 - Chicken, teriyaki sauce, garlic, soy sauce, avocado oil

Symptoms:

- AM
 - Chest - tight this morning, same as yesterday
 - Neck - not bad, little bit of stuck mucus feeling
 - Other -
 - Mid
 - Chest - went to pharmacy and I got a little anxiety but I could control it, chest same as morning
 - Neck - lower right got a little more inflamed after pharmacy
 - Other -
 - PM
 - Chest - same as afternoon, took propranolol and went for a walk. Prop kept anxiety at bay, was nice. I did some drumming too. Woke up at 3am during thunderstorm and felt kinda weird, but was able to go back to sleep
 - Neck - not bad
 - Other -
-

Date: 8/12/26

Food:

- AM
 - Eggo waffles, syrup
- Mid
 - Pop tarts, milk
- PM
 - Chicken pot pie, apple/rhubarb crisp (flour, sugar, apples, rhubarb, oats, cinnamon), milk

Symptoms:

- AM
 - Chest - can feel tightness but it's not bad
 - Neck - can feel small glob of mucus stuck in throat, not bad. Stopping daily Zrytec today to see if that's effecting throat feeling.
 - Other - slept from midnight to 3am, then from 8am to 11am, still feel tired. Gained some weight which is nice.
 - Mid
 - Chest - feels fine, still a little tight but not bad
 - Neck - no change
 - Other -
 - PM
 - Chest - seems a little worse after eating, not sure why
 - Neck - no change
 - Other -
-

Date: 8/13/26

Food:

- AM
 - Eggos, syrup
- Mid
 - Fries, DQ cheeseburger, m&m blizzard
- PM
 - Brisket, banana

Symptoms:

- AM
 - Chest - feels a little better on wakeup then last night
 - Neck - same as yesterday, not bad
 - Other -
- Mid

- Chest - tight but not bad, took some prop before going to doctor, that helped
 - Neck - not bad
 - Other -
 - PM
 - Chest - gets a little worse when doing anything social, then gets better
 - Neck - same as yesterday
 - Other -
-

Date: 8/14/26

Food:

- AM
 - Eggos, poptart, milk
- Mid
 - Mac and cheese
- PM
 - Eggs, chicken and black beans burrito, franks red hot, salsa, Greek yogurt

Symptoms:

- AM
 - Chest - not bad, can still feel it
 - Neck - not bad
 - Other - have been off Zrytec for a couple days with no noticeable effect
 - Mid
 - Chest - feeling okay, not bad
 - Neck - not bad
 - Other -
 - PM
 - Chest - a little worse after eating but not bad
 - Neck - not bad
 - Other -
-

Date: 8/15/26

Food:

- AM
 - Pizza at 2am. Felt bad pressure upon wakeup. Morning - eggs, toast, banana, butter
- Mid
 - Apple
- PM

- Chicken, stir fry veggies, teriyaki sauce, garlic, cool whip, pumpkin pie, 2% milk
 - Symptoms:**
 - AM
 - Chest - kinda bad pressure/bloating/balloon feeling on wakeup
 - Neck - not bad
 - Other -
 - Mid
 - Chest - no change
 - Neck - no change
 - Other -
 - PM
 - Chest - got up from gaming for a few hours and chest balloon was present, not terrible but definitely there. Ate pumpkin pie late at midnight and balloon feeling got a little worse but not bad
 - Neck - not bad
 - Other -
-

Date: 8/16/26

Food:

- AM
 - none
- Mid
 - Chicken stir fry leftovers
- PM
 - Chicken pot pie, pumpkin pie, milk

Symptoms:

- AM
 - Chest - balloon feeling, not bad
 - Neck - bottom right is a little inflamed
 - Other -
 - Mid
 - Chest - no change
 - Neck - no change
 - Other -
 - PM
 - Chest - eating smaller meals seems to help?
 - Neck - no change
 - Other -
-

Date: 8/17/26

Food:

- AM
 - Special k cereal, banana
- Mid
 - Pumpkin pie, cool whip, milk, lemon/blueberry cake
- PM
 - Ribs, corn, cinnamon toast crunch, milk

Symptoms:

- AM
 - Chest - Balloon present on wakeup, pumpkin pie from last night might have something to do with it
 - Neck - bottom right a little inflamed, not bad
 - Other -
 - Mid
 - Chest - not bad, lemon cake made chest a little inflamed
 - Neck - no change
 - Other -
 - PM
 - Chest - helped move furniture, didn't feel too bad, took prop so that helped
 - Neck - no change
 - Other -
-

Date: 8/18/26

Food:

- AM
 - Special k cereal, milk, banana
- Mid
 - Chicken pot pie, milk, raspberries, cool whip
- PM
 - P

Symptoms:

- AM
 - Chest - not bad on wakeup, balloon present
 - Neck - not bad
 - Other -
- Mid
 - Chest - about the same
 - Neck - not bad

- Other -
 - PM
 - Chest - went for a walk, had weird feeling of when I took a deep breath in balloon was inflating in chest, didn't feel too bad when I got done with walk
 - Neck - no change
 - Other -
-

Date: 8/19/26

Food:

- AM
 - Special k cereal, milk
- Mid
 - Egg rolls, ribs
- PM
 - Cinnamon toast crunch, milk

Symptoms:

- AM
 - Chest - balloon present, not bad
 - Neck - not bad on wakeup
 - Other -
 - Mid
 - Chest - badish, don't have balloon feeling but chest is kinda tight
 - Neck - not bad
 - Other -
 - PM
 - Chest - stomach bloating, put hot pad on stomach and passed gas, felt better
 - Neck - not bad
 - Other -
-

Date: 8/20/26

Food:

- AM
 - Cinnamon toast crunch, milk
- Mid
 - Mac and cheese
- PM

- Cereal, milk
 - Symptoms:**
 - AM
 - Chest - tight but not too bad
 - Neck - not bad
 - Other -
 - Mid
 - Chest - chest tight, not sure if food made it worse
 - Neck - not bad
 - Other -
 - PM
 - Chest - not bad, didn't really eat much
 - Neck - not bad
 - Other -
-

Date: 8/21/26

- Food:**
- AM
 - Cereal, milk
 - Mid
 - Cereal, milk
 - PM
 - Steak, potatoes, ice cream, late night potatoes and ice cream
- Symptoms:**
- AM
 - Chest - not bad this morning
 - Neck - not bad
 - Other -
 - Mid
 - Chest - not too bad, stretching seems to help a little
 - Neck - could feel some cereal stuck in throat, or regurgitated
 - Other -
 - PM
 - Chest - felt pretty good, went for a walk and felt okay
 - Neck - not bad
 - Other -
-

Date: 8/22/26

Food:

- AM
 - Potatoes and ice cream 2:30am
- Mid
 - Microwave meal, milk, ice cream
- PM
 - Fruit smoothie

Symptoms:

- AM
 - Chest - chest a little inflamed, could be from late night food
 - Neck - not bad
 - Other -
 - Mid
 - Chest - not bad
 - Neck - got something stuck (gel fiber capsule I think) and neck felt inflamed
 - Other -
 - PM
 - Chest - felt kinda bad after the smoothie
 - Neck - got better
 - Other -
-

Date: 8/23/26

Food:

- AM
 - A
- Mid
 - Beef, stir fry, veggies
- PM
 - Pasta, chicken, red sauce

Symptoms:

- AM
 - Chest - kinda tight
 - Neck -
 - Other -
- Mid
 - Chest - same, felt a little better after backpod and stretching
 - Neck - not bad

- Other -
 - PM
 - Chest - not bad, went for a walk after eating for 10 minutes, felt okay
 - Neck - not bad
 - Other -
-

Date: 8/24/26

Food:

- AM
 - Cereal, milk
- Mid
 - Ice cream, chicken pot pie
- PM
 - Cheese pizza with Canadian bacon, milk

Symptoms:

- AM
 - Chest - felt pretty good on wakeup, chest/balloon present but not bad
 - Neck - a bit inflamed but not bad
 - Other -
 - Mid
 - Chest - balloon present, kinda bad before eating dinner
 - Neck - not bad
 - Other -
 - PM
 - Chest - felt kinda bad after eating ½ pizza, went on a walk for 30 minutes and felt a lot better, weird. Had other ½ pizza with Franks red hot, we'll see if anything happens. Didn't feel too bad before bed
 - Neck - not bad
 - Other -
-

Date: 8/25/26

Food:

- AM
 - Cereal, milk
- Mid
 - Tomato soup, grilled cheese, milk

- PM
 - Chicken strips, pasta salad, chocolate cupcake, milk

Symptoms:

- AM
 - Chest - a little tight but not too bad
 - Neck - lower right is a bit inflamed but not bad
 - Other -
 - Mid
 - Chest - not bad
 - Neck - not bad
 - Other -
 - PM
 - Chest - felt pretty good, a little inflamed at times but not bad
 - Neck - not bad
 - Other -
-

Date: 8/26/26

Food:

- AM
 - Cereal, milk
- Mid
 - Fish fillet, spring rolls, sweet sour sauce, milk
- PM
 - Cheeseburger, fries, ketchup, late night cereal

Symptoms:

- AM
 - Chest - kinda tight but not bad, chest a little tight and getting feeling of stomach inflating when taking a breath in
 - Neck - not bad
 - Other -
- Mid
 - Chest - balloon feeling after eating
 - Neck - not bad, noticed after eating ice cream throat felt kinda weird, maybe dairy does have an effect?
 - Other - upper back/lower neck sore
- PM
 - Chest - tight, about the same as usual
 - Neck - not bad
 - Other - took 5mg of prop before going to friends house to watch movie, got a little anxious (no idea why) but got over it and felt fine

Date: 8/27/26 - no dairy experiment

Food:

- AM
 - Toast, butter, egg
- Mid
 - Steak, ramen
- PM
 - Steak, mashed potatoes

Symptoms:

- AM
 - Chest - felt kinda weird, not necessarily tight chest but different, could be result of late night cereal and bad sleep?
 - Neck - not bad
 - Other - no dairy experiment for 1 week starting today
 - Mid
 - Chest - tight, not sure why
 - Neck - not bad
 - Other -
 - PM
 - Chest - chest still tight from this morning, also have balloon feeling, arthritis cream didn't seem to help much. Hasn't been this bad in a few days
 - Neck - not bad
 - Other -
-

Date: 8/28/26 - no dairy experiment

Food:

- AM
 - Oatmeal, honey
- Mid
 - Spring rolls, sweet/sour sauce
- PM
 - Fish, spring rolls

Symptoms:

- AM
 - Chest - not too bad, better than yesterday

- Neck - not bad
 - Other - gonna skip Backpod stretches today and resume tomorrow
 - Mid
 - Chest - about the same
 - Neck - about the same
 - Other -
 - PM
 - Chest - about the same
 - Neck - about the same
 - Other - went out and had some drinks, didn't feel too bad, had random moments of anxiety but was able to control it
-

Date: 8/29/26

Food:

- AM
 - Oatmeal, honey
- Mid
 - Cheese pizza
- PM
 - P

Symptoms:

- AM
 - Chest - not bad considering the alcohol last night
 - Neck - not bad
 - Other -
 - Mid
 - Chest - about the same
 - Neck - same
 - Other - stopped no dairy experiment, dairy doesn't seem to have any negative effects
 - PM
 - Chest - about the same
 - Neck - about the same
 - Other -
-

Date: 8/30/26

Food:

- AM
 - A
- Mid
 - Waffles, granola bars
- PM
 - Granola bars

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other - heavy drinking at lake, chest was tight af
 - Mid
 - Chest -
 - Neck - not bad
 - Other - had anxiety attack or something driving back home
 - PM
 - Chest - laid down and relaxed and felt better after a bit
 - Neck - not bad
 - Other -
-

Date: 8/31/26

Food:

- AM
 - Waffles, honey
- Mid
 - Ramen with chili crunch, eggs
- PM
 - Fries, burger, dr pepper shake

Symptoms:

- AM
 - Chest - tight but not too bad on wakeup, could be carryover from drinking, no more drinking
 - Neck - not bad
 - Other - started half dosage of omeprazole
- Mid
 - Chest - about the same
 - Neck - about the same
 - Other -
- PM
 - Chest - about the same

- Neck - lower right shoulder/neck inflamed
 - Other -
-

Date: 9/1/26

Food:

- AM
 - Waffles, honey
- Mid
 - 4 chicken drumsticks, fries, chai latte, I ate a lot
- PM
 - Couple granola bars, dr pepper, whipped cream, lime juice

Symptoms:

- AM
 - Chest - not too bad on wakeup, about the same as when I went to bed
 - Neck - lower right neck/shoulder is tight
 - Other -
 - Mid
 - Chest - not bad
 - Neck - not bad
 - Other - I definitely felt full after eating the big meal, but didn't feel balloon feeling or really any stomach symptoms at all, weird
 - PM
 - Chest - about the same
 - Neck - lower right neck/shoulder still inflamed
 - Other -
-

Date: 9/2/26

Food:

- AM
 - Waffles, syrup
- Mid
 - Ramen, beef
- PM
 - Beef, fajia veggies

Symptoms:

- AM
 - Chest - not too bad but noticeable
 - Neck -lower right neck/shoulder inflamed

- Other -
 - Mid
 - Chest - about the same
 - Neck - about the same
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: 9/3/26

Food:

- AM
 - waffles
- Mid
 - Pizza, chocolate candy
- PM
 - pizza

Symptoms:

- AM
 - Chest - not bad
 - Neck - not bad
 - Other - started doing stretches with a racket ball and breathing exercise, noticeable improvement?
 - Mid
 - Chest - not bad
 - Neck - not bad
 - Other -
 - PM
 - Chest - felt better?
 - Neck - not bad
 - Other -
-

Date: 9/4/26

Food:

- AM

- Cereal, milk
- Mid
 - m&m ice cream blizzard
- PM
 - P

Symptoms:

- AM
 - Chest - felt about the same as usual on wakeup
 - Neck - about the same
 - Other -
 - Mid
 - Chest - about the same-ish
 - Neck - about the same?
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: 9/5/26

Food:

- AM
 - A
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other - went to lake, didn't feel too bad the whole day
- Mid
 - Chest -
 - Neck -
 - Other -
- PM
 - Chest -
 - Neck -
 - Other -

Date: 9/6/26

Food:

- AM
 - A
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
- Mid
 - Chest -
 - Neck -
 - Other -
- PM
 - Chest -
 - Neck -
 - Other - I had been having a decent few days symptom-wise, didn't feel too bad most of the day. Later in the evening my throat was dry and felt inflamed, this led into an anxiety attack and I ended up sleeping downstairs watching TV to calm down

Date: 9/7/26

Food:

- AM
 - Eggs, apple
- Mid
 - Chocolate candy, milk, cheesecake
- PM
 - Chicken, onion, sweet potato, greek yogurt, black beans

Symptoms:

- AM

- Chest - felt tight after last night
 - Neck - not too bad
 - Other - had some carryover effects from anxiety last night I think
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other - went for a walk after dinner, didn't feel too bad, a little tight maybe
-

Date: 9/8/26

Food:

- AM
 - Chai tea mix, milk, cereal, pop tart
- Mid
 - Chicken-n-biscuit crackers, chai latte, apple
- PM
 - Fish, fajita veggies

Symptoms:

- AM
 - Chest - tight this morning
 - Neck - not bad
 - Other -
 - Mid
 - Chest - about the same, a little worse after eating snacks
 - Neck - about the same
 - Other -
 - PM
 - Chest - went on a walk after eating and had a couple adrenaline shots because I was thinking about my breathing. Got home and did some breathing work and took propranolol and felt better
 - Neck - not bad
 - Other -
-

Date: 9/9/26

Food:

- AM
 - Milk, chai latte mix
- Mid
 - Eggs, toast
- PM
 - Granola bar, fig Newton, Salmon, spring rolls, mixed veggie

Symptoms:

- AM
 - Chest - not too bad this morning, laid in bed until 10 am though
 - Neck - not bad
 - Other -
 - Mid
 - Chest - not too bad
 - Neck - after eating eggs and toast it feels like a bit got stuck or something
 - Other -
 - PM
 - Chest - about the same
 - Neck - about the same
 - Other -
-

Date: 9/10/26

Food:

- AM
 - Chai, milk, egg, toast
- Mid
 - Tempura shrimp sushi, ginger, soy sauce
- PM
 - P

Symptoms:

- AM
 - Chest - average this morning
 - Neck - after eating breakfast it feels like food got stuck again, could it be the toast??
 - Other - while doing yoga and a bit after I felt nauseous
- Mid
 - Chest - about the same

- Neck - throat a little inflamed
 - Other -
 - PM
 - Chest - not bad
 - Neck - a little inflamed after eating some fig newtons
 - Other -
-

Date: 9/11/26

Food:

- AM
 - A
- Mid
 - Pizza
- PM
 - Pizza, ramen, milk, fig Newton

Symptoms:

- AM
 - Chest - tight on wakeup
 - Neck - not bad
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other - not to bad all day, mowed the lawn and chest didn't get any worse or better
-

Date: 9/12/26

Food:

- AM
 - Eggo, eggs, fig Newton
- Mid
 - Spring rolls, cinnamon roll

- PM
 - P

Symptoms:

- AM
 - Chest - not terrible, the usual
 - Neck - after eating food feels stuck in throat
 - Other -
 - Mid
 - Chest - pretty tight after eating
 - Neck - better than this morning
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: 9/13/26 - Omeprazole end

Food:

- AM
 - A
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other - pizza
 - Mid
 - Chest -
 - Neck -
 - Other - pizza
 - PM
 - Chest -
 - Neck -
 - Other - didn't feel too bad most of the day
-

Date: 9/14/26 - started supplements

Food:

- AM
 - Eggs, hot dog, onion
- Mid
 - poptarts
- PM
 - Beef stirfry

Symptoms:

- AM
 - Chest - not bad
 - Neck - not bad
 - Other - symptoms have been a bit better yesterday and today?
 - Mid
 - Chest - not bad
 - Neck - same
 - Other -
 - PM
 - Chest - worked on car laying down was a little worse
 - Neck - same
 - Other -
-

Date: 9/15/26

Food:

- AM
 - Eggs, hot dog, hot sauce
- Mid
 - Pop tarts
- PM
 - Pasta salad, chicken

Symptoms:

- AM
 - Chest - not too bad
 - Neck - not bad
 - Other -
- Mid
 - Chest - about the same
 - Neck - about the same

- Other - breathing has gotten a little easier, could be supplements, or general improvement, hard to say
 - PM
 - Chest - not bad
 - Neck - not bad
 - Other - exercised for 30 min, didn't feel too bad. Got short of breath once maybe
-

Date: 9/16/26

Food:

- AM
 - Banana, pop tart
- Mid
 - Pasta salad, chicken, dijon mustard, strawberry shortcake
- PM
 - P

Symptoms:

- AM
 - Chest - felt a little bad this morning, not terrible
 - Neck - not bad
 - Other -
 - Mid
 - Chest - a little short of breath after PT, not too bad
 - Neck - inflammation after eating strawberry shortcake
 - Other -
 - PM
 - Chest - not bad
 - Neck - not bad
 - Other -
-

Date: 9/17/26

Food:

- AM
 - Pop tart
- Mid
 - Fries, fish, ketchup, lemon juice, tarter sauce
- PM

- Chicken pot pie

Symptoms:

- AM
 - Chest - really sore from PT/exercising, kinda tight
 - Neck - not bad, feels like a little something is stuck
 - Other -
 - Mid
 - Chest - tight
 - Neck - not bad
 - Other - chest heavy today, could be from PT, sore
 - PM
 - Chest - went to birthday party and concert, balloon feeling was really bad, had to sit down and rest for a bit, flexing abs and walking around seemed to help
 - Neck - food stuck feeling after eating
 - Other -
-

Date: 9/18/26

Food:

- AM
 - A
- Mid
 - Pizza
- PM
 - Fries, fish

Symptoms:

- AM
 - Chest - balloon feeling still present, slouching forward while sitting helps, laying down helps, standing or sitting upright makes it worse
 - Neck - not bad
 - Other -
 - Mid
 - Chest - not too bad
 - Neck - same
 - Other -
 - PM
 - Chest - not too bad, balloon mostly gone, top right chest is sore
 - Neck - same
 - Other -
-

Date: 9/19

Food:

- AM
 - Granola bar, eggo waffles
- Mid
 - Cheeseburger, fries, ice cream
- PM
 - P

Symptoms:

- AM
 - Chest - not too bad on wakeup
 - Neck - not bad
 - Other -
 - Mid
 - Chest - got a little worse when cooking stew for lunch
 - Neck - not bad
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: 9/20

Food:

- AM
 - A
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
- Mid
 - Chest -

- Neck -
 - Other -
 - PM
 - Chest - felt pretty okay most of the day
 - Neck -
 - Other -
-

Date: 9/21

Food:

- AM
 - Granola bar, eggo waffle
- Mid
 - Beef, potatoes, carrots
- PM
 - Beer, potatoes, carrots

Symptoms:

- AM
 - Chest - balloon present but not too bad
 - Neck -
 - Other -
 - Mid
 - Chest - about the same
 - Neck - a little inflamed
 - Other -
 - PM
 - Chest - not bad
 - Neck - not bad
 - Other - went for a couple walks and really focused on breathing
-

Date: 9/22

Food:

- AM
 - Eggos, granola bar
- Mid
 - M
- PM

- Tilapia, fries
 - Symptoms:**
 - AM
 - Chest - about the same as usual
 - Neck - about the same
 - Other -
 - Mid
 - Chest - same
 - Neck - same
 - Other - went for walk, focused on breathing, did a short jog and after I stopped my body kinda freaked out like I forgot how to breath
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: 9/23

Food:

- AM
 - Banana, eggo waffle
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest - not bad
 - Neck - not bad
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other - felt lightheaded after PT, could be propranolol
 - PM
 - Chest - felt bad after PT, got better as night went on
 - Neck - not bad
 - Other -
-

Date: 9/24

Food:

- AM
 - A
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D

Food:

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
- Mid
 - Chest -
 - Neck -

- ☐ Other -
 - PM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
-

Date: D

Food:

- AM
 - ☐
- Mid
 - ☐ M
- PM
 - ☐ P

Symptoms:

- AM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
 - Mid
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
 - PM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
-

Date: D

Food:

- AM
 - ☐
- Mid
 - ☐ M
- PM
 - ☐ P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D**Food:**

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D

Food:

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D

Food:

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
- Mid
 - Chest -
 - Neck -

- ☐ Other -
 - PM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
-

Date: D

Food:

- AM
 - ☐
- Mid
 - ☐ M
- PM
 - ☐ P

Symptoms:

- AM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
 - Mid
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
 - PM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
-

Date: D

Food:

- AM
 - ☐
- Mid
 - ☐ M
- PM
 - ☐ P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D**Food:**

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D

Food:

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-

Date: D

Food:

- AM
 -
- Mid
 - M
- PM
 - P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
- Mid
 - Chest -
 - Neck -

- ☐ Other -
 - PM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
-

Date: D

Food:

- AM
 - ☐
- Mid
 - ☐ M
- PM
 - ☐ P

Symptoms:

- AM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
 - Mid
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
 - PM
 - ☐ Chest -
 - ☐ Neck -
 - ☐ Other -
-

Date: D

Food:

- AM
 - ☐
- Mid
 - ☐ M
- PM
 - ☐ P

Symptoms:

- AM
 - Chest -
 - Neck -
 - Other -
 - Mid
 - Chest -
 - Neck -
 - Other -
 - PM
 - Chest -
 - Neck -
 - Other -
-