

## FRANK'S PRIMARY COMPLAINTS

This was as of June 1998 and is excerpted from a statement written for a doctor.

### Painful Back/Neck

This began when I was weightlifting around the age of 19. I twisted doing a military press, my lower back "went out" and I had trouble walking for a week or so. Playing football in college (also lifting weights) where I sustained several blows to the head that hurt my neck. This is when I became particularly sensitive to someone hitting my head in play or to loud sounds.

### Painful Joints

During my sophomore year in college, I partially separated both shoulders and injured my left knee. These were the result of football. This is also when I also sustained most of the injuries to my ankles, twisting them several times. I had had this type of injury several times previously while involved in athletics. Typically, my ankle(s) would collapse inward resulting in swelling on the outside. This happened perhaps a dozen times to each ankle.

I have Carpal Tunnel from digging holes initially, then from using the computer. After I learned to alter positions while typing, my wrists just hurt after extensive use.

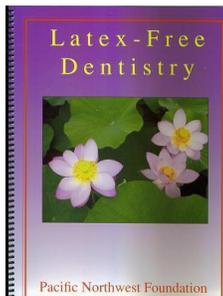
My hips slosh around. I first noticed this while lifting a wheelbarrow of concrete. The hip joints now "slip out" without any notice. This is particularly true since curtailing exercising.

My fingers, particularly thumbs, hurt for hours, sometimes days after using the computer for a few intense hours. This, again, is particularly the case when I am not exercising.

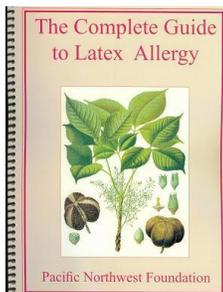
My shoulders were painful in virtually any position until earlier this year (1998) when I had three acupuncture



[Latex Allergy Resource Guide](#)



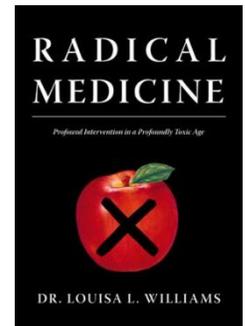
[Latex-Free Dentistry](#)



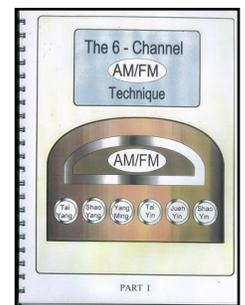
[Complete Guide to Latex Allergy](#)



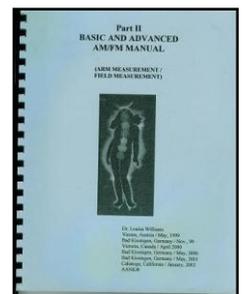
[Latex-Free First Aid Kit](#)



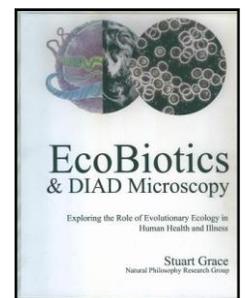
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treatments. Since then they are only painful when I lie on my side for a period of time.

## Ringing in Ears

I became aware of this within the past five years. Although it would surprise me if it has been with me for decades (since college football). After starting Microhydrin and Crystal Energy, the ringing has become much louder.

## Speech/Brain Disconnect

For at least 15 years, I have noticed that sometimes I can be talking and realize that I have no idea what I am talking about. This is not just a topical experience, i.e., lack of information; I literally have no idea of what I am talking about and where I am taking the conversation. This has diminished in the past 5-8 years.

## Foggy Brain

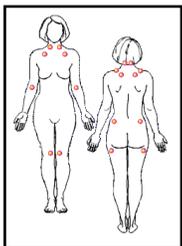
I have had a sense, even before I started smoking marijuana extensively for the three years 1986-88, that my brain was foggy. My ability to focus was significantly curtailed, I wasn't as creative, my insight and mental energy level were diminished -- and still are to some extent, but not as much in the past few years.

## Hot Feet

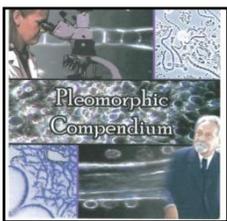
I can hardly remember a time in my post adolescent life that my feet have not been ``hot". I have gone barefoot whenever possible for at least four decades, wearing shoes as little as possible -- wearing them mostly for public consumption.



[Chelita: A Cancer Survivor' Story](#)



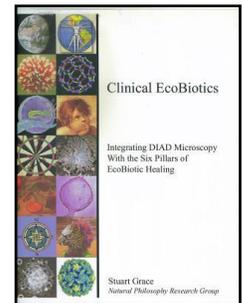
[Overcoming Fibromyalgia](#)



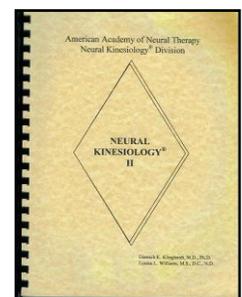
[Pleomorphic Compendium](#)



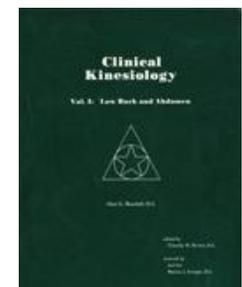
[T-shirt](#)



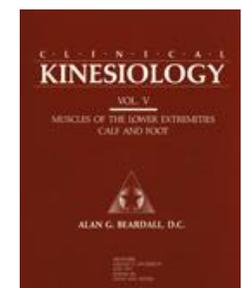
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