

Note: my whole way of driving is affected by my working at avoiding what I can while on the road.... I leave space around car, and plan way ahead so that with slowdowns in traffic, whether on streets or highways or in parking lots, I try to avoid being right by other cars, or tailpipes, am constantly opening windows for airflow, but then closing them if I see spray trucks... just constant readjusting to the situations at hand, just like trying to dodge cars as I walk around the mobile home park. Thing is here, I don't have the advantage of much airflow... it's all paved and the aisles are narrow so exhaust gets caught along the aisles. One reason I chose the mobilehome I did in this park is that it is in a back corner, so we don't get loads of traffic right here... mostly only people who live in this corner of the park. That makes a big difference compared to what we'd face if we lived on the middle aisle, or up toward the front of the park.

Another important observation is that during the below-freezing cold snap a couple months ago I continued my early morning walking and had no problems with temperature crashes on the coldest days. In considering why this might be, I remembered that those days fewer people were driving. My impression was that people who didn't have to go out, say to their jobs, were not doing any unnecessary driving so there simply was less exhaust in my midst.

Yet another point to consider in this puzzle is that I have been carefully observant of drinking a glass of water before going out walking, as well as when I've returned, and I have had a routine of eating something, often a spoonful of peanut butter before and after, as well as often adding a bite of banana before walking, to try to avoid any electrolyte imbalance. When I have monitored blood sugar around exercise, sometimes it is slightly higher than before but then comes down again. I haven't been aware of any wild swing one way or the other when monitoring at these times, so though my acupuncturist suggested the symptom sounds like diabetic shock, he agreed that it might well not be that but that it does sound like the low thyroid symptoms could be being triggered in these episodes.
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Saturday, 4/14/07 after a series of exposures, but right after a particularly bad hit in a copy shop right next to a nail shop about 12:15. Went to another copy shop with better ventilation but between the other stuff and someone spraying some lubricant right near me (done before I could do more than head outside for awhile after it had been sprayed), nausea and headache, and when I thought of it while trying to rest after that at a friend's, checked temperature:

-1:10 p.m. 96.4 spent afternoon resting and felt like my temperature had moved back up. Walked 6-6:45p.m. trying hard to dodge cars but again got hit by some I wasn't able to dodge

-7:30 p.m. down to 96.0

-10:08 p.m. ½ hour after a big bowl of hot soup 97.3

Monday, 4/16/07

-9:30 a.m. 96.0

-11:00 a.m. 95.8 someone was running a car a bit ago, and I was too slow in closing the window