JHR or "Herx" (possible + fill in yours)														
asthenia (no/low energy)														
bloating and/or gas														
breathing - dypsnea[1]														
chills														
conjunctivitis (eye infection)														
constipation														
cramps - muscle														
diarrhea														
dizziness														
facial palsy[2]														
fatigue (increased)														
fever - low grade														
flu-like syndrome														
headache - intermittent														
headache - migrane														
heart palpitations														
hypertension (high BP*)														
hypotension (low BP*)														
irritability														
mental confusion (fog)														
metallic taste in mouth														
nausea														
night sweats														
pain - bone														
pain - chest														
pain - flank/kidney														
pain - joints														
pain - muscle														
perspiration - heavy														
photosensitivity														
paresthesia[3]														
pruritus (itchy skin)														
skin - rash (or patches)														
skin - sores (may weep)														
sleep disturbances														
swelling - ankles														
swelling - other														
swelling - throat														
swollen glands														
tachycardia (rapid heart beat)														
tinnitus (ringing in ears)														
uncoordinated movement														

MINOCYCLINE DAYS. Example: write "25" for 25mg.

CALENDAR DAYS, Mo_____ Yr_____

MY DOSING INTERVAL IS:

- **___Phase1-Benicar only**
- **___Phase1-Benicar+25mg Mino**
- **___Phase1-Benicar+50mg Mino**
- **___Phase1-Benicar+75mg Mino**
- **___Phase1-Benicar+100mg Mino**

JHR or "Herx":

Tangible Evidence of Bacterial Elimination

Although the Jarisch-Herxheimer response (JHR, "Herx") is often unpredictable, patients report it can be managed with a judicious choice of antibiotic combinations, careful dosing schedule, tapered dosing and use of Benicar (an ARB) to establish an anti-inflammatory blockade.

The Marshall Protocol does not advocate eliciting a more severe JHR than a patient can tolerate in order to eliminate the bacteria and the antibiotic dosing is individualized to each Th1 patient.

JHR might linger for weeks, rather than hours, as expected from an allergic reaction.

Dr. Greg Blaney of Vancouver, Canada said this:

> I, too, '**caught a cold' about a week after starting Benicar**. I thought that because it was 'going around'. But since then, I have observed numerous patients who have the same reaction when starting Benicar.
>
> My interpretation is that the first Herx reactions tend to be in the respiratory & gut linings initially, followed by connective tissues with muscle skeletal pain and fatigue and then later, the cartilage (joint pain) and nervous system.
>
> ... As the body detoxifies, it creates a mild inflammatory response to assist in elimination of the toxins. You may feel worse initially but long term, your progress will become easier.
>
> **Congrats as your body is responding and while uncomfortable, heralds a return to health.**

1. dyspnea. Shortness of breath or difficulty catching one's breath.
2. facial palsy: sudden but short term facial drooping & decreased ability to move face (Bell's).
3. parasthesia: Loss of feeling or pins/needles.

* BP: Blood Pressure