JHR or "Herx" (possible + fill in yours)	MINOCYCLINE DAYS. Example: write "25" for 25mg. CALENDAR DAYS, Mo_____ Yr_____
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	

PH1 or MODPH1 or MODPH2

NOTES	xtra Benicar	xtra Mino

4 I • **Box notations w 3 easy marks:**

1-10 Pain level or "•" for painless presence
I for Intermittant, **C** for Constant
A for am only, **P** for pm or "•" for all day

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 JRH 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.**

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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