JHR or “Herx” (List yours)*	MINOCYCLINE DAYS. Example: write "25" for 25mg. CALENDAR DAYS, Mo_____ Yr_____

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.**

***Listing JHR or “Herx”**

It helps to list your herxes the same sequence from one sheet to the next. Alphabetical recommended but to allow for new herx symptoms, use top 2 of 3 rows, to allow some continuity leeway as new Herx symptoms come and old ones go away. (They do go away!)