SUPPLEMENTAL TEXT

Cure Blog

While the author was finding her way to cure, she maintained a blog and so documented the discovery of her chemical food poisoning. That poisoning was reversed by eating organic foods, which eliminated daily neuritis in lower legs, round-the-clock brain fog, and ongoing gastrointestinal symptoms, and led to a several-year remission before asthma and neurotoxicity recurred. That recurrence was followed by discovery of her non-ionizing radiation poisoning. See *Chronic Ambient Poisoning: a new diagnosis and a first step toward curing chronic illness* for a record of the second phase of discovery.

Cure Blog: https://mysearchforcure.wordpress.com/

Extended Figure Legends

Key to Figure 1:

Ingestion of food, drink, and substances contaminated by man-made chemicals from sources such as: agricultural herbicides, pesticides, or genetically engineered toxin-producing organisms; animals husbanded with antibiotics, hormones or chemicals in their feed, dips, sprays, pastures, or structures; foods preserved or processed with chemicals; and foods contaminated in cooking, as through use of high temperature oils.

Inhalation of air contaminants due to spontaneous or human-produced chemicals such as volcanic ash, smoky fires, or sulfur dioxide.

Penetration by non-ionizing radiation that may damage any or all biological processes, each likely in proportion to: cumulative does at each wavelength summed across a specific range of wavelengths; peak exposures; and susceptibility factors such as prior poisoning by “sick buildings”.

Release of stored fat-soluble poisons with catabolism (e.g. between meals, overnight, prolonged physical activity, fasting, starvation, hyperthyroidism, etc.).

Circulation in blood and bodily fluids of levels that depend on intrinsic and extrinsic factors such as: genes and gene regulation; nutritional status; circulatory fitness; efficiency of excretion; recent exposure to inducers of gene expression such as alcohol, cigarettes, etc.; and past medical history (including intrauterine experiences).

Key to Figure 2:

Examples of consequences (signs, symptoms, and labels) in variants of Alderman syndrome:

Nervous System

Central: Confusion; loss of focus and ability to multi-task (brain fog); disorientation to time and place; failure to form new memories; periodic anomia with word substitution and loss of language fluency; circumlocution and tangential and garrulous speech; spatial confusion with loss of map-reading ability and facial recognition; tremors; tipping or falling to one side; inability to walk straight with eyes closed; loss of automatic adjustment to flow of traffic; disruption of thirst, hunger, and/or satiety with dehydration and/or weight change; pseudo-herpetic mouth ulcers, exaggerated sense of smell (hyperosmia); fumbles; falls; wide-based gait.

Peripheral: Dysesthesias; pain; fasciculations; hyperreflexia; hypersensitivity.

Autonomic: Adrenal exhaustion; elevated corticosteroid levels; lid lag; decreased blood pressure; poor response to postural change; difficulty swallowing; intestinal stasis; incomplete voiding on urination.

May carry labels such as peripheral (and/or cranial) neuritis or neuropathy; degenerative neurological diseases like MS, ALs, ADHD; Parkinson's disease; dementia; thought or mood disorders; or suicide.

Gastrointestinal

Loss of symbionts that aid digestion, produce nutrients, and protect the gut from toxins, allergens, and pathogens; overgrowth of organisms that produce toxins, bloating, food cravings, and alternating constipation and diarrhea; aggravation by antibiotic use, poor inoculation in infancy, and poor replenishment by soils; inflammation of gut lining.

May carry labels such as gastritis, reflux (GERD), functional/irritable bowel syndrome, food intolerances; nutrient deficiencies, food or systemic allergies with rash and asthma, yeast overgrowth, or leaky bowel syndrome.

Immune System and Allergy

Asthma: food allergies; leaky bowel with circulating immune complexes—pruritic rash, bronchospasm, changes in T-cell fractions; low WBC count.

May carry labels such as asthma, allergies, or immune dysfunction.

Musculoskeletal System

Myalgias, arthralgias, myofascial tenderness (trigger points); exercise intolerance due to poisons blocking electrotransport chain, with increased fat mobilization that increases poisons.

May carry labels such as mitochondrial dysfunction (mito).

Other

Night sweats; "flu"; nausea; headache; loss of alertness; sleep disturbances; episodic and diurnal flares; recurrent vaginitis due to GI yeast overgrowth; urinary tract infections secondary to microbiome degradation or poor voiding; mild hypothyroidism; hypoglycemic episodes; obesity due to avoidance of catabolism and toxin release; mouth ulcers; rhinitis; sinus headaches; gingivitis; and gingival recession.

May carry labels such as ME, CFS, CFIDS, FM, MCS, EHS, mental illness, or neurotoxicity.