

## Dissipation of BII Symptoms

Symptom	1 Day	1 Week	2 Week	4 Weeks	6 Weeks	2 Months	3 Months
Fatigue or chronic fatigue							
Cognitive dysfunction (brain fog, difficulty concentrating, word retrieval, memory loss)							
Muscle aches, pain and weakness							
Joint pain and soreness							
Hair loss							
Dry skin, eyes, mouth, hair							
Weight gain or weight loss							
Easy bruising and slow healing of wounds							
Temperature intolerance							
Low libido							
Ringing in the ears							
Heart palpitations							
Shortness of breath							
Metallic taste in the mouth							
Oral thrush (white tongue)							
Night sweats							
Skin rashes							
Insomnia							
Estrogen/progesterone imbalance, diminishing hormones, or early menopause							
Swollen and tender lymph nodes in the breast area, underarms, throat, neck, or groin							
Tingling or numbness in the arms and legs							
Burning pain around the chest wall or breasts							
Cold and discolored hands and feet							
Foul body odor							
Muscle twitching							
Vertigo							
Fevers							
Dehydration							
Frequent urination							
Chronic neck and back pain							
Photosensitivity							
Edema (swelling) around eyes							

