

## MY HEALTH RECORD

From January 12th ( when I arrived in Poland) until April 12th- I had visited five different doctors trying to cure various illnesses ranging from shoulder pains to athletes foot.

From the second week of February until this writing ( April 14th) I have not been feeling entirely too well. My stomach is the main problem. I often belch- not bitter or sour. And I consistently feel stuffed- although in weighing myself today in the doctors office I weighed by 63 kilos. One kilo is two pounds. That places my present weight at a 126 pounds! I left Elmhurst weighing 144- that is an eighteen pound loss in three months. My doctor assures me the following is the reason:

1. Change of food habits.
2. Excessive physical activity the first two months here. ( He thinks I lost most of the weight during the exercise sessions and having been eating well enough to counteract the loss.)
3. Not eating regularly.
4. Yearning for my loved ones.

Three days ago I went to get a reading of the juices from my stomach. It was an unpleasant test. One has to swallow a long rubber tube. Then juices are extracted by means of a drawn syringe at the end of the tube. The gagging is awful. The tube is swallow twice. Once on an empty stomach. And then forty minutes later after you have eaten a half of a bulka and drank a glass of water. My readings, the results, are that there is a little too much acid in my stomach. But nothing really negative. My doctor said my eating habits must improve- I must eat more so that the acids can work on more food!...He is certain there is nothing wrong with me but the 4 points listed above. The weight loss bothers me. But I can understand it after the exercises. Tomorrow I have a complete x-ray of my stomach. The doctor says it doesn't sound like anything nor look like anything complicated to him. We shall see tomorrow. There can be an ulcer he said but nothing point to it. Ulcers produce hard stools. And that is not MY problem. We shall see whether he is right or not. You must fatten yourself up so that your wife wont be shocked when she sees you in MAY. The following are some of the pills and liquids I have been taking : charcoal, idalbano, elenium, inoziemcowa drops, sulfaguanidinum, gelatum aluminii phosphorici plus vitamin c tablets.

I have been massaged, electric shocks on the shoulder, hands and feet in water which is charged, carbonated water baths and hot and cold water pressured sprayed! Anything left ?

On April 15th I had the flouroscope reading of my stomach and the report is all is in excellent condition. Took it to the Dyrektor at the Olympic Stadium and he said he wishes he had a stomach like mine. Its in good shape..But I still feel the fullness and belch often. However I must admit I have twice as much energy since I took the Doctors advice ( the one at the baths) about eating more and more often. I ate four times today and feel twice as energetic as I have in weeks. I will continue this and will probably re-gain much of the weight before Patricia, Ken and Peter arrive.