

# Medical Mystery

## Body Phenomenon – Bizarre

Note:

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Knocking on my head (wood) as I speak, as yet, I have no life threatening health issues. Every time I have a VA appointment with my doctor, I'm a little apprehensive about this but, so far, so good.

However, I do have various geriatric problems that just come with growing old:

1. **GERD**: Gastroesophageal reflux disease. Simply put-controllable heartburn.
2. Back & Neck Pain
3. Headaches
4. **Enlarged Prostrate**: Have to pee often.
5. **COPD**: Diagnosis not yet confirmed, I may have it. I cough up phlegm 2-3 times a day.

I have pills for this stuff, some of which work well; others just barely; some not at all.

Back in Texas now, I just returned from a four week stay in Europe. Now here's the supper weird phenomenon that occurred during that time.

I peed once during the nine hour flight. I got off the airplane in Frankfurt, Germany and, always alerting myself about restroom locations, I watched for them while clearing customs and walking to baggage claim etc. To my surprise, I didn't need them. My German friend picked us up and we spent a couple nights at his home before continuing our trip to various cities in Germany and Poland and ultimately back to my friend's home and back to Texas. I often had to carry luggage during the trip and this should have made my back hurt. But it didn't! I wasn't bothered with headaches or neck pain. During morning showers, I made myself cough up a little phlegm (I routinely do), but not much came up. Often, I take [Guaifenesin/Dextromethorphan](#) to force the phlegm to loosen and be easy to cough up and also to make the need to cough it up less frequent. Only a few times during the entire trip, did I cough up a little phlegm during the day and then, not much.

The strangest of all was the prostrate problem: I didn't have it! As in youth, I only had to pee about once a day or after several beers.....normal.

I began to notice all this during the first week of the trip and started wondering about it. I expected it to all begin to come back any day. It never did! By the end of the trip, I was acutely aware of it, completely baffled and started trying to figure it out. I came up with some ideas but they're all equally weird and improbable.

Maybe our brain plays tricks that we're unaware of. Brain says to body, you're about to be in unfamiliar circumstances, you can't do what you normally do and you're going to have to behave yourself. This might explain the phlegm thing a little but the prostrate would be a lot for the body to have to compensate for.

Arriving at the airport back in Dallas, all the problems took up where they left off. I had to head for the restroom as soon as we cleared customs, pee and cough up some phlegm. I grabbed our luggage at baggage claim and my back started bothering me.

Yesterday, I had an appointment with my VA chiropractor and told him about this. He was equally mystified but suggested that the pain thing might have something to do with [endorphins](#).....I hadn't thought of that. Normally [endorphins](#) are produced by the brain to compensate for extreme stress or pain e.g. childbirth, traumatic injury etc. They may also be produced in response to exercise or excitement. We were constantly walking (sightseeing, museums etc.) and, naturally, I was excited by all the adventure. This could explain the absence of back/neck pain and headaches. But how could the brain deal with lung

damage (COPD if I have it) and something as abnormal as an enlarged prostate?

I'm a native Texan (not born but grew up) but never in my life have I felt completely comfortable here. I've always felt a little displaced. For the last 20+ years, we live at 9000 ft. in the [Jemez Mountains](#) during summer. This is because I had severe heat strokes in my youth and Texas summer heat is life threatening to me. At different times in my life, I have lived/worked, or traveled, in mountain areas. Invariably, when in mountains, I have a sense of belonging (peace-ease). I've come to believe that this may have something to do with ancestral, [genetic memory](#). Most of my ancestors were probably mountain people.

Could it be that, because my ancestors evolved in Europe over thousands of years, my body is simply more comfortable there (altitude/atmosphere etc.), than in the Texas (500 ft.) flatlands? Not likely but who knows and that's what I want to find out. I'm hopping to get an appointment with the neurology department at the VA to see if there has been any research about stuff like this and if they have any suggestions/speculation.

These explanations are, at best, just guesses but what happened was real (coughing up the morning mucus as I write).....it really did happen.

