

January 23, 2002

Deb,

Carol has been in therapy off and on throughout our marriage, but I think she is done now. She saw her last therapist for about 3 years. That therapist started with talk therapy, then later did EMDR, which theorizes that rapid, repetitive eye movement stirs up repressed memories. Most recently, she did biofeedback. She still has a lot of physical problems, some of which may be psychosomatic. She has a lot of stomach trouble, which often seems to come from stress. She said the other day that she thought the stomach problems would go away if she didn't have to go to work. The stomach problems cause acid reflux, which makes her cough. The stomach problems seem to run in her family.

Her blood pressure and cholesterol and bone density are good. She has been losing sensitivity in her fingers and lower legs, and she has balance problems and no energy. They've done a bunch of tests and can't find anything wrong. She is going to see the neurologist again today. She has trouble sleeping, which could be the cause of some of her other problems. I suggest to her that she go to bed early instead of staying up until 10:30 every night, but she says then she really would not be able to sleep all night.