Day 53 - Incoherent with Red Raw Skin

April 4, 2013 By Gemma Peppe

Since visiting the family I've been a bit worn out. I have to work hard to feel normal at the best of times. On this treatment it means being even more vigilant. A change to my routine or different food for a few days can knock me sideways.

I took Tuesday off to recover but had such an intense headache I could hardly lift my head. I put this down to eating chocolate over Easter. On Wednesday I went into Soho for a meeting with the Reshape lot. I felt spaced out and blunted. Each time I went to make a point I couldn't articulate it. It's embarrassing. I know what I want to say and it doesn't come out. I walked back home through St James Park through snow flurries.

I've noticed my skin looks angry, it's red, blotchy and spotty. I'm wearing foundation to cover it up.

It's a good thing this isn't an on-line dating profile. I'm not painting a very attractive picture of myself. Hi I'm incoherent with red raw skin, spots and a penchant for swiping at people on escalators (see day 41). Date me!
The pic is what caused my headache.

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