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| **Symptom** | **Link** |  |
|  |  |  |
| Ataxia | <http://www.ataxia.org.uk/> |  |
| Numb toes |  |  |
| Numb Fingers |  |  |
| Numb hands |  |  |
| Numb feet |  | ! |
| Tingling toes |  |  |
| Tingling Fingers |  |  |
| Tingling hands |  |  |
| Tingling feet |  |  |
| Pins and needles in toes |  |  |
| Pins and needles in Fingers |  |  |
| Pins and needles in hands |  |  |
| Pins and needles in feet |  |  |
| Cold spots in extremities |  |  |
| Migraines |  |  |
| Polycystic Ovaries | <http://www.nhs.uk/conditions/Polycystic-ovarian-syndrome/Pages/Introduction.aspx> | ! |
| Lower back pain |  | ! |
| Upper back pain |  |  |
| Back spasms |  | ! |
| Back stiffness |  | ! |
| Neck pain |  | ! |
| Hip pain |  | ! |
| Hand tremors |  |  |
| Arm tremors |  |  |
| Leg tremors |  |  |
| General tremors |  |  |
| Depression |  | ! |
| Bladder problems – holding |  |  |
| Bladder problems - leaking |  | ! |
| Bladder problems – emptying |  | !! |
| Bowel problems – constipation |  |  |
| Bowel problems – bowel incontinence |  |  |
| Hungover feeling in the morning (NOT alcohol / drug related) |  |  |
| Fatigue (excessive compared to activity level) |  | ! |
| Doctors diagnosis – Plantars Faciitis | <http://www.patient.co.uk/health/Plantar-Fasciitis.htm> |  |
| Shortening Achilles tendon |  |  |
| Doctors diagnosis – Fibromyalgia | <http://www.ukfibromyalgia.com/> |  |
| Doctors diagnosis - MS | <http://www.mssociety.org.uk/what-is-ms> |  |
| Speech difficulties |  |  |
| Balance problems |  |  |
| Dizzyness |  |  |
| Regular temporary blurring of vision/double vision |  |  |
| Cognitive problems | Memory and thinking | ! |
| Swallowing difficulties |  |  |
| Unexplained pain |  | ! |
| Enlarged liver |  |  |
| Adrenal Insufficientcy |  |  |
| Positive brain MRI |  |  |
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