

# **How Do I Manage My Periodic Paralysis Symptoms: Partial and Total Paralysis ? “WALKING THE TIGHTROPE”**

**By Susan Q. Knittle-Hunter**

**The following list/plan was put together after trial and error in my own quest for treatment and management. I had no doctor assisting me and gleaned as much as possible on the internet and in discussion with other people who live with Periodic Paralysis and Andersen-Tawil Syndrome.**

**There are many triggers that set the partial and total paralysis into motion:**

**simple carbohydrates,  
complex carbohydrates,  
most meat,  
salt,  
sugar,  
caffeine,  
medications including over-the-counter medications ,  
exercise,  
rest after exercise,  
sleep, all aspects: falling asleep, during sleep, waking up and napping.  
stress (good or bad),  
dehydration  
msg  
food in general  
large meals  
fatigue  
fasting  
and ?**

**I still have not discovered all of my triggers. No matter how careful I am, I can still go into paralysis without knowing why.**

**Things that I do to relieve my symptoms:**

**avoid triggers  
following a proper ph balanced diet, eating from the farm; not the factory,  
take no medications including over-the-counter medications,  
avoid stress,  
no exercise,  
no exertion  
get plenty of rest  
stay well hydrated  
monitor vitals  
take potassium when needed (if low potassium)  
take sugar as needed (if high potassium)  
24/7 oxygen**

**Diligently monitoring my vitals assists me in keeping PP in check. I use several pieces of medical equipment for measuring your vitals:**

**cardy meter,  
finger pulse oximeter,  
blood sugar monitor,  
stethoscope,  
wrist blood pressure monitor,  
a thermometer and a digital  
ph balance reader**

**litmus paper.**

**These items are necessary for Calvin, my caregiver, to monitor me while in paralysis or for us to know which direction my potassium shifts for proper treatment.**