

Autoimmune Insomnia to my Troll



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I can't sleep. It has been a year since I have had a normal sleep pattern. My body feels like it's been jolted with caffeine but I don't consume any, except the occasional cacao.

My doctors said I have Hashimoto's. It is an autoimmune disorder. But they gave me no avenues of treatment and I got tired of bills and tests with no answers.

My heart feels calm but I kind of wonder if it is racing. But I was a runner. I should feel my heart if it is going to fast. So I do not understand why I am awake at almost 3 a.m.

The trouble with this illness is the symptoms make no sense. There is no one set of rules. I can't sleep but I don't feel my body reacting. It is just a sense I can't relax. The adrenaline rush when you have just experienced a surprise.

I often wonder if it is my adrenal system that is really the problem. I have found holistic detox herbs for adrenal fatigue by Gaia that seemed to help, but they are expensive. There is no easy one pill or one solution answer.

I am up and I want to sleep. I want to start my day early and not at noon. If I had a job I'd be fired.

In my dreams I had an exciting life. Maybe that is why I can't sleep. My dreams are gone. I had plans. I took all the actions to start my own business. I was going to freelance. I realize now that is what many men do in the industry. They write. Work crew. But we women we get

attacked for not having a day job. I am sick. Because I was stopped from having a freelance job, I will not survive.

I wish people understood I am sick. I am not anorexic. I probably do have cancer. What I know is when I'm gone they will say I was crazy and not the victim of narcissism. They will say I was lazy when I just could not give up everything I had worked for to live my life for the people upset I did not live they way they do.

We women are our own worst enemy. We really are. I still do not get why anyone would care I was working as an extra and not in an office. I would not have survived cancer if I had not been on sets. It is not like I have a Beverly hills mansion or a trust fund and a Tesla.

I am an educated woman and somehow having that education means I'm privileged. Yet I've lived in rent control old apartments and shared houses. I gave up a life time membership at Golds that only cost me \$100 a year. I have learned people are jealous. Without that membership I no longer have access to saunas that may have been helping me so I could sleep and did help when I got sick.

I sold my car in 2009. I did not want to mess up my finances with car insurance that cost over a grand a year. I paid my bills troll. I paid one to two thousand dollars in car insurance out of my pay from sets from 2003 to 2009. You ignorant fool.

I was not born into wealth. I was born into a family of narcissist. I was teased at school for dressing up in clothes from sears. In the 80s Sears was not considered cool. It was not like Targe. You think I deserve this troll. Do you? You are a narcissistic selfish fool.

