

A FURTHER UPDATE ON SOLAR MINIMUM SICKNESS

by Miles Mathis

First published February 19, 2020

Congratulate me, because I just figured out this morning what is causing my symptoms—which I have been reporting for a long time now. Yes, it took me about two years to correctly self-diagnose. I am very excited. Turns out I was right, but was missing the primary factors. Everything I thought might be a cause—including Solar Minimum Sickness—has instead turned out to be a contributing factor. But the primary cause is. . . are you ready? . . . **altitude sickness**. Also called hypoxia.

Yes, I know, anti-climatic. I feel stupid for not figuring it out sooner. I have been living at 7000 feet now for 13 years, so it never occurred to me to think of altitude sickness. I have never had the least symptom of altitude sickness before this, so this caught me by surprise. I didn't even know what the symptoms were until today. I had always been able to hike above 11,000 feet with no problem. But, then again, I had never had the combination of factors I have had in the past two years, which we are about to unwind.

To start with, I have never been in my 50s before. I think that is a minor factor, but we certainly have to include it, since things that don't affect you in your 20s may start affecting you in your 50s, or earlier.

I have never lived through a Solar Minimum like this one. None of us have, since this is the worst since about 1810. Solar Minimum impacts this question in two big places. One, there is a link between oxygen levels and planetary charge levels, though it hasn't been much studied, especially in cases like this. Lower charge levels lead to lower oxygen production levels and lower available oxygen in the lower atmosphere. But there is more to it than that, because the lower charge levels also inhibit the body's ability to process that oxygen in the lungs. The body requires charge to function efficiently, and in times like this is it like having a flashlight with low batteries in it. The bulb lights up, but not fully. Same with all functions in your body. All cellular functions are repressed right now, due to low charge levels in the entire system. This affects not only lung function, but heart function as well.

Which brings us to. . . bradycardia. I have always had a very slow heartrate, which is about 48 resting but which drops into the 30s at night. I have woken up in the middle of the night and quickly measured it at 35. Under normal conditions, that wasn't a problem for me, but once we load all these contributing factors on top of it, it becomes one more problem of many.

I sleep with the covers over my nose and mouth. I never did that until I moved to Taos, but the air here is so dry it helps keep my mouth moist. Allergies are very bad here, so I often have to breathe through my mouth, you see. I keep my house pretty cold as well (about 63F), so the covers keep my nose warm. Turns out that is a mistake, and I am going to stop doing it starting tonight. This is a very big contributing factor, since it means I am getting less oxygen and rebreathing more carbon dioxide. So I am poisoning myself at the same time I am depriving myself of oxygen. This explains why my main symptom, nausea, is worst when I first wake up.

Yet another contributing factor is the little space heater I use in my tiny computer room. It is the coldest room in the house, so I often have that heater on the winter to keep the temperature up. That is also a mistake, since the heater burns . . . oxygen. If I close the door to keep the cats out, that just adds to the problem.

This also explains my other symptoms, like tightness in the chest and torso—another big pointer to altitude sickness. Also general fatigue and malaise, as well as shortness of breath. The feeling like you are gasping for air. Also explains the anxiety, which is another symptom of hypoxia. Much of that anxiety just evaporated, since knowing the cause of my symptoms is a great relief. At times I had actually thought I was dying of some incurable disease. It also explains the numb spots that come and go in my feet and hands. Turns out this is yet another symptom of hypoxia, especially long-term low-grade hypoxia of the sort I have.

It also explains why my symptoms evaporated when I left town. It wasn't because I was with people more when traveling, it was because I was in Atlanta or Austin, much nearer sea-level, where the oxygen levels were higher. And because it was warmer and moister, I wasn't sleeping with the covers over my nose and mouth.

It also explains my slight hyperthyroid condition, since under hypoxia stress the thyroid tries to make up for lacks and depletions in other organs by overcompensating itself. The thyroid is like the drill sergeant trying to wake sleepy privates in the early morning, telling them to get going. But since the organs are depressed, not just sleepy, they can't respond to those orders. The organs need charge and the thyroid can't supply charge to them.

So, what to do? Well, get rid of the heater and quit breathing through the covers, to start with. I also plan to visit an oxygen bar tomorrow, to see if that helps. I will let you know. I know that oxygen bars have been pooh-pooed as an expensive fad, and although I think that is probably true in most cases, in cases like mine they might actually help. There is also a guy near here who offers hyperbaric oxygen, but it is very expensive--\$125 per visit. I haven't really got the funds for that sort of treatment. I am hoping that the charge levels will get back to normal by this summer, which should help a lot. I am amazed we are still at zero sunspots in mid-February 2020, but it looks like Pluto may still be interfering with our rise.

Of course I am also considering moving to a lower elevation, where it rains more.

Addendum March 4, 2020: After more brainstorming, I think I have figured out something else in regard to this question. I will tell you how it happened. I topped 170 pounds this winter for the first time since college. In college, this is called the freshman 15, though I only gained about 10 when I was eighteen, and that was due to working at Baskin Robbins over the holidays. I made myself far too many eggnog shakes. This time, it wasn't due to eggnog shakes, though I gained about the same amount. My target weight is 160-165, since I don't like any flab. So 170 is still far from fat in my case. Just a little tump on the belly, below the navel. Still, I am not eating any more than I was, so I couldn't figure it out. Then I looked around and noticed I wasn't alone. The young girls at yoga who are always dead skinny and live on salads also have a little layer of fat on them for the first time since I have been going there. They look like they have also gained about 10. So it can't be due to my age or to exercise patterns. These kids are active all the time. And they aren't eating at McDonalds, either.

My theory is that I have always been thin because I sleep a lot. And although this sounds mad, it has

been borne out by recent research. It has been found that lack of sleep is one cause of weight gain. Why would this be? Because after you have been asleep for, say, eight hours, you have burned all the calories from food that you have in your system. So now your body has to tap your fat stores. So if you are sleeping two more hours after that eight, you are burning fat all that time. That is known to be great time to burn fat. But my theory is that during Solar Minimum, your body's ability to burn fat in that way is negatively affected. To burn fat, your body has to use some sort of "fire", right? You can't burn without fire. We have already established that your body can't use energy from food to do that, so where does it get the energy to burn fat after many hours of fasting? I think under normal circumstances it uses charge to do it. It taps the charge field in various ways to kick off the process. But when the charge field is this anemic, the body has trouble burning fat. After eight hours of sleep, both your body and the charge field are anemic, so your body can't even find the energy to light the match, as it were.

This is exactly when my nausea hits. After eight hours of sleep, my cells are hungry, so the signal is sent to start burning fat stores. But because both my body and the charge field are so torpid, it can't do it. The fat stores are not successfully tapped, and my body starts to panic. The second my eyes open, my body sends signals to my brain saying, "Dude, something is seriously wrong! Get your ass up and eat a couple of eggs, or we are going to be in serious trouble!" That first signal is nausea: enough discomfort to be sure I don't go back to sleep. If I ignore that, secondary symptoms kick in that are even more discomforting, like chills. Chills are an obvious sign your fire is out, right?

I wanted to be sure to post these observations, since they may be helpful in treating Solar Minimum Sickness in the future. To my knowledge, SMS wasn't even a thing until I noticed it and named it, so if I have any good ideas about it, I should be sure to share them. If they are wrong, well, so what. But if they are right they could save people a lot of trouble in future.

This also ties into the hypoxia thing, since of course your body also uses oxygen to burn food and feed the cells. Hypoxia and what I will call hypo-chargia are closely linked, not only because lower charge levels in the lower atmosphere lead to lower oxygen levels, but because the lower oxygen levels also interfere with fat burning late at night or in the early morning.

Therefore, I assume higher oxygen levels in your bedroom would help. Not only do not sleep with your head under the covers, but don't sleep with the bedroom door closed. Crack a window, even if it is cold outside. I have mentioned this before, but eating before bedtime also helps, for obvious reasons. Not just a snack but a healthy meal. Keep a banana by the bed for emergencies. During Solar Max, you won't need to do this, but during Solar Min it may save you a lot of misery.

Just so you know, I have made a conscious effort not to cover my nose or mouth with the covers for the past couple of weeks, and I have *not* noticed a great difference. That by itself did not solve my problem. So although I am sure it is a contributing factor, I am pushed back to Solar Minimum as the main factor here. I expect all these symptoms to fade once charge levels go back up.

Unfortunately, that is still not happening. After a very minor reprieve around Christmas, we have now fallen back to zero sunspots and solar flux below 70. Something is stalling the rise that should have already started, though I can't tell you exactly what that is. Pluto square may be a factor, but more likely we are traveling through a weak patch of charge in the Galaxy. We can only hope for better times ahead.