MY ATN EXPERIENCE by Winston J.C. Farquharson

Hi Everyone! I write this experience with no other agenda than hoping that even one (1) person will be helped by it; it'd be worth the time spent in prepping. I will try my best to be brief.

After going to a dentist and then referred to two specialists in the field I was sent to a Neurologist with the CT scan results and he diagnosed Atypical Trigeminal Neuralgia (ATN). That was in 2014. He told me it was a pretty rare disease.

I found out that it was a *Devastating, Excruciatingly Painful,* Rare Disease! During my ATN episode I twice "gave up"'. I just felt I couldn't take any more pain. Lying on my back, I straightened my arms and legs; my legs together, fully stretched out, looking at the ceiling and with a very sincere prayer, asked the LORD to please "put me to sleep"! [During 2017 – 2019 a number of other things occurred eg. a *nightmarish* ear ache - both ears! Worst I had ever experienced...and a strange huge bump suddenly appearing in the middle top of my head.]

My worst ATN night was sometime in 2019. It was like Satan's "last lick" and came shortly after I was sure I'd no longer be experiencing ATN!! Because, all the mercury fillings in my teeth were out!!

Very brief outline of history and experience with emphasis on solution(s)

After fruitless visits to a dentist who had no idea what I was telling him about regarding pains in my teeth – all two rows of teeth on the right side – because there was absolutely nothing he had seen when examining my teeth that could possibly cause the pains I was describing. So, he referred me to specialist doctor who referred me to another specialist that has CAT scan and other equipment and years' experience with respect to ascertaining and treating with teeth and nerve related diseases. He then referred me to a neurologist. The neurologist had me do an MRI scan and he then diagnosed that I had Atypical Trigeminal Neuralgia (ATN). │At the time I had known of Trigeminal Neuralgia (TN) because one of my siblings had it, but I didn't know that there was such a thing as ATN. │When I questioned the Neurologist he explained that typically the TN is caused by *physical trauma* of whatever nature to the nerve or, that somehow the nerve – for whatever physiological reason – was *rubbing against* another nerve. Hence, none of those being the case, it was atypical. He had no solution to the problem; just pain tablets.

Diligent Study and Research on TN & ATN

I researched the condition extensively (while doing much praying) and the gist of what I discovered was that the ***myelin sheath*** that coats or covers the nerves, in this case the 5th Cranial Nerve, (the Trigeminal Nerve, which is responsible for pain in the head, neck and a part of the shoulder) was depleted and this meant that possibly, sections of the nerves were exposed and hence ***malfunctioning*** or, sending pain signals in all areas covered by the nerve. Much like exposed (*chafed*) electrical wires in the walls etc of your house can lead to a fire and possibly destroy the house. It is important for me to point out that part of what I learnt also was that the myelin sheath was made by what are called ***oligodendrocyte cells*** that are in turn made by or built up of certain ***amino acids*** (particularly those in the ***essential amino acids***), because this speaks to one of the things I started to do with respect to a possible solution to the ATN problem.

Treatments / Possible Solutions Prescribed and Tried – Failures and Successes

The Prescribed Tablet

The Neurologist had prescribed ***tegretol*** for the condition. I later found out that the doctors had no real treatment or solution for TN / ATN other than to do a ***brain surgery*** (which by the way the neurologist mentioned as a possible solution; etc.) and that they / he were ***experimenting*** by prescribing that drug, which was actually used to combat ***epilepsy***. It is also claimed to be a strong nerve pain reliever. In my case it had very little to no effect on assuaging the pains I was experiencing – it was like throwing a small cup of water on a huge raging electrical fire. Sometimes the pains subsided momentarily but then returned with great ***vengeance***. The tablet mostly made me feel **groggy** and ***very* weak**. It certainly didn't help me, so I stopped taking them. What's the point? I am also thinking what would be the point doing brain surgery on a patient that has a confirmed atypical case of the disease? Hmm.

Diet Remedy

Armed with ***new knowledge*** I had obtained on the subject through some deep, hours long bouts of research, coupled with analytical, synthetical and deductive reasoning, while rolling and strolling and sometimes wincing through the medical and scientific jargon and a decent amount of anatomy and physiology, I decided to **increase the intake of almonds in my diet**. Yes. You may be aware that almond is called the "King of Nuts". One reason is that it contains ***arginine*** which is good for your heart (the organ which is *somewhat* shaped like an almond!). Another is that it is the nut that has the ***nine essential amino acids*** that the body needs. Referred to as *essential* because your body does not make them so you have to get them from **your diet**. When the body gets those, it uses them to manufacture the many other amino acids necessary. Amino acids are said to be the ***building blocks of protein***, and, protein is called ***the building block of life***. You may recall my mention of the role of the essential amino acids in making **myelin**. I noticed that when I ate almonds regularly the pains were **less frequent** and **less intense**. Wow! Conversely, when I was out of almonds for more than a few days I noticed that the severity and relentless nature of the **pain *attacks*** returned! Hmm mm.

Other Temporary–Effect "Remedy" Found

- When I was at work and the pain was so intense as to be unbearable and made me *weak*, I had to leave my desk and, more often than not, go onto the balcony (closed balustrade) and sit, stand and or walk around in the sunlight. I found out that the sunlight literally, *sometimes* in a few minutes, seem to ***soothe my nerves*** and gradually the pain lessened significantly and I'd be able to get back to work. However, sometimes I had to repeat the exercise because shortly after getting back into the enclosed and *very cold*, air conditioned work environment, I had to again seek refuge in the sunlight.

- After a while I discovered that if my head jerked suddenly it negatively impacted my pain experience i.e. it intensified it. So, I avoided doing that or, being in situations or activities where that'd be practically unavoidable.

Pain Experience Summary

Anyone who has had a real terrible toothache knows that that is a ***very excruciating*** experience. Right? And usually it's just the pain from one (1) tooth. Well, imagine your entire row of teeth on the left or right side of your mouth – ***top and bottom*** – hurting with high intensity with intermittent "*lightning*" jolts… while at the same time your eyes feel like they are literally being forcefully removed from their sockets! Etc. Please, don't believe this is any exaggeration or some joke. Please. It was as real as you are, reading what I am writing right now. It was by far the most **harrowing** experience I've had – and I am someone who had been through other terrible, intense kinds of pain (including toothaches, kidney stones – *twice*, boiling water chest burn and reinjury via falling and scraping off the scabs on a pretty rough wall. I'm thinking though that others have had much worse experiences.)

Comparative analysis:

When I was going through my kidney stones experience, first time case, the Urologist – a male – told me that the really intense, vice-clamp-like pains that I was experiencing were “worse than birth pains”. Hmm mm. I started to think and speak it that I wouldn’t want not even my enemy – if I had one – to feel such pain! You can only try to imagine how I felt when someone who was *much more than just an acquaintance* – a female who had had several children – had kidney stones and told me that what she was experiencing was “*much worse than any baby pain*” she had felt.

Well, I can tell you, when ATN stepped in it made kidney stone pains seem like much ado about *nothing* – like a child playing on the beach (maybe) and going into a tantrum because the waves levelled the sand castle. Hmm mm. (No wonder that it – TN / ATN – is called “the suicide disease”)

Disease Solution Summary

I must let you know that the dentists I went to for the removal of the mercury fillings resisted… and, I persisted, that they be taken out. They said – between them – basically, that nothing is wrong with the mercury fillings, it’s a lie that it causes problems; etc. Hmm.

The first filling wasn’t extracted by any dentist though – It just fell out suddenly one day. Wow! I was so grateful to God for that!

About early into the second week after the third - *and* last - filling was removed I felt some of the most intense pains I had ever experienced. It was like a raging firestorm relighted and taking revenge (it reminds me of “*last lick*” when I attended pre-secondary level school). Not joking. Needless to say I was shocked but felt assured it’d be gone after that episode – and it did! And ***it has never and I believe will never return***. Praise God!!!

****I will take questions if you have any****

[Concluding statement of fact: The “Evil Culprit” in my case was, without even a faint shadow of a doubt – The Amalgam or Mercury (“white”) Fillings that were in my mouth! Be warned; if you do have them in – Get them out of **your** mouth! **Now**!]

THANK GOD FOR DELIVERANCE!!
GOD - IS - AWESOMELY - GOOD - TO - ME!!