



I am the type of geek that keeps train tickets and other receipts as a souvenir, I got 2 walls full of random tickets that remind me of fun stuff, sadly the fastest way to make a ticket is to use a laser and heat sensitive paper, the downside is that they don't last long, and is strongly influenced by temperature, that is probably why the shop in Bali has a real dotmatrix ink printer for their receipts, because I am from a country where it rarely gets above 30 degrees celcius (30\*2 +20) is that 80 degrees fahrenheit? the pharmacy used the heat sensitive method to make the label of my 3month supply of keppra ( anti epileptic) and as a result it has become unreadable, in the photo you also see my cetirizine (anti allergy) that I brought in case my skin gets inflamed and itchy because of a liver failure by an allergy for depakine an other anti epileptic medicine. I will probably not use it but feel safer when I have some on me. there is my medicine passport that explains why I got so many pills

with me, just outside the photo is melatonin 0.1mg that I use depending on how much I sleep, when I have more pain I sleep less and I cannot function on 4hours of sleep, being hypersensitive to medication means I can use the supermarket low dosage type, my max is 0.3mg, if I take more I dream too much and am still not rested, I now realize I forgot to take them the last few nights but have been sleeping well.

There is also a paracetamol for regular headaches and halve a package of diarrhea stopper, it turned out it was not caused by bacteria but too spicy food, so I did not use the second set. It did made me start in my book.

And the main reason for this message is the clear candy box, I have to take my medication twice per day but it is not convenient to always have the 150 pills with me so I got some candy in a nice container and now I can carry some with me.

The unexpected side effect is that my medication now smells and at first tastes like blueberry which is very weird to me

some people mentioned that it is annoying to read my long texts on instagram so I will try to add a pdf version in the comments

PS. I got the thrombophob because I fell the second day and had quite some swelling and massive bruises, it took 2 weeks before it was fully healed, which is not the best start of a holiday, but I still felt a lot better than in my own cold country