

Another Case of Physical Abuse In Childhood Between Age 7-11 and Alice In Wonderland-Like Seizures Retrospectively Described By A 45 Years-Old Man In Detail

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Abstract

The phenomenon of Alice in Wonderland Syndrome is not considered a disease in its own right, but usually occurs as an accompanying symptom of a migraine attack or as a precursor of an epileptic seizure in the form of an aura with pronounced visual perceptual disturbances [1]. However, an Alice in Wonderland syndrome can also be caused by the Epstein-Barr virus, influenza virus [18], drugs [3] or encephalitis [2]. The term "Alice in Wonderland syndrome" was named after the children's book Alice in Wonderland by Lewis Carroll and coined by John Todd as a possible, but not essential, concomitant of migraine and epilepsy [1]. Carroll suffered from migraine himself; it is believed that his experiences with the condition served as inspiration for the hallucination-like effects described in his work [1]. In addition, Carroll's narrative has been discussed as a description of a trip following consumption of mind-altering drugs. In one of the most famous sequences in the book, Alice changes size by biting off pieces from different sides of a mushroom. However, there is no evidence of drug use by Lewis Carroll. Alice in Wonderland syndrome results in changes in the perception of one's surroundings [6,7]. These changes include both micropsia and macropsia (everything appears reduced or enlarged), as well as altered auditory perception, altered tactile perception, and altered sense of time. The syndrome is particularly common in children. Attacks are often shorter and may also be completely painless, although accompanying symptoms such as nausea, vomiting, and sensitivity to light and sound are more pronounced. Neurological deficits may occur, so that the affected child begins to hallucinate. He or she perceives his or her body as larger or smaller and/or begins to see "fantastic images". The changes in perception can severely affect affected individuals, causing them to become disoriented and "unable to find their way around." In extreme cases, falls and other accidents may occur. The perceptual disturbances can lead to Alice in Wonderland syndrome being confused with other mental disorders or misinterpreted as "craziness". The primary focus is treatment of the underlying condition, such as symptomatic treatment of migraine. Recent publications shed light on sexual abuse in childhood as the origin of AIWS-like visual disturbances [4,5].

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Keywords

Alice in Wonderland Syndrome; Migraine Attack; Epstein-Barr Virus; Influenza Virus; Encephalitis; Epilepsy; Mind-altering Drugs;

Case Report/Personal description

A 45-years old man presented with his story in early childhood and described a period of 5 years in which he had been sexually abused. He described his bizarre experiences as follows:

“From the age of 7 to 11 I had been sexually abused, hunted like an animal. My mother noticed that she would sometimes talk to me and I wouldn't hear her or she would sound so faint as to be almost imperceptible and unnoticeable. My mother noticed when I was at 10/11 years of age. Mum took me to see a Pediatrician and I was eventually, after many EEG's and appointments, diagnosed as having Epilepsy and prescribed Epilim 500mg, Sanomigran 0.5 mg and another whose name I forget but I recall it looked just like a Cod Liver Oil capsule but was not Cod Liver Oil. My parents knew nothing of the abuse until I was around 32 years of age. I should also add that at the time of the sexual abuse I had also banged my head severely on a number of occasions, twice, one time causing me to wake in a pool of my own blood and on a separate occasion almost ended up on the back seat of a Mini after being knocked off of my bicycle but luckily I bounced off of the windscreen merely shattering the glass and scaring the life out of the driver, this certainly was one eventful wet rainy Sunday afternoon, 4:40p.m. Sorry to digress. What I recently found is that a name exists to describe - Alice In Wonderland Syndrome. I think I discovered the term about two or maybe three years ago but am unsure exactly when as I now suffer with Chronic thromboembolic Pulmonary Hypertension so my memory can be 'patchy' with recent events and certain words that I can also forget. To clarify, CTEPH was brought on after I fell backwards out of a narrow opening upstairs (first floor so about 10 metres up) window then "bouncing" off a two metre high stone wall with

jagged rocks on its top-side onto the concrete floor after losing my door keys.

This left me no alternative but to try and climb in whilst intoxicated on alcohol in drizzling rain. I woke up on my bedroom floor some four days later with no memory at all of what had happened. My neighbors then explained to me what I had done about six weeks later when I finally managed to get out of bed and out of the house. The only way I could describe to the Pediatrician was that whilst sitting at home the room would pull away from me extending into the distance, very similar to when you see a specific type of camera shot used in Hollywood movies where the camera is close-focussed on, for example, a face and then they 'pull-zoom' keeping the face roughly the same size but now you can see the whole big background which has now come into view after 'pulling zoom' - does this make sense to you ? I hope so. This was the only way I could describe it until a year or two ago when I stumbled by chance on some 'evidence' pertaining to MKUltra experiments - "child trauma bonding" I think it was called in these documents on the 'net and also the term "Alice In Wonderland Syndrome" was introduced to myself in these documents. Also I suffer from major migraines either before or after the AIWS event that can often last up to two weeks (the longest I remember having migraine for) and are absolutely completely debilitating.

Nausea, light/colour hallucinations, the most intense head pain you cannot escape from and I also cannot deal with bright light sources or even being spoken to softly as it is too painful often making me vomit and the migraine more intense. The only way I could deal with it, what I learned to do over time, was to hang my head off of the edge of my bed so that the mattress edge would be laterally across my Jugular Vein

and it would quite quickly put me to sleep. This is something that I was recently told by Heart specialists in Royal Papworth Hospital is a very stupid thing to do. After having a Pulmonary Thromboendarterectomy operation last year at Royal Papworth hospital, Cambridge, a migraine started coming on after moving out of ICU back to a normal ward room and was seemingly due to the blue 'paper' curtains with intense midday/early afternoon sunlight coming through the hallucinations started combined with the feeling of migraine and as I was petrified of being stuck for some weeks in the hospital due to crippling migraine and also being acutely consciously aware of the need for beds and being told that the lift home/taxi that was arranged by the NHS wasn't due for "a few days" and so I felt that I had to catch the train home from Royal Papworth or add more pain to the recovery and potentially be stuck there for weeks. This I did do only five or six days after having a ten and a half hour cutting-edge open-heart and lung surgery.

The journey home to South Wales which is approximately a 250 mile/400kilometre journey from Cambridge on three different trains. The journey took me through both London Paddington and London Victoria at absolute peak commute time, five or six p.m., and were it not for the truly good nature of the commuters nearest me to whom my wife explained about the operation and they then ensured a safe zone was formed around me and fortunately I was Not crushed. This restored some faith in humanity for me, I must admit. I still suffer with both of these, migraines and AIWS, even now at 45 years old but they are fortunately not as frequent and nor are the migraines as bad. Thankfully as a result of a beautiful girl (I miss dearly) who really truly helped me realize that it was not my fault and that the adult was bad. Having a father who was previously a Royal Marine Commando, I could not tell him what happened to me at the time that it happened even though after the very first attack where I run home vaulting

fences and eventually my family home garden wall and landing so heavily in the garden Dad immediately came out the back door and asked "What the bloody hell are you doing ?" but in a split second decision I lied and denied because I thought I would lose my father to a life-sentence in prison splitting the family apart. If

I had told Dad I know he would have killed him outright, absolutely without a shadow of doubt. Now, today, in hindsight I should have told him as his past military training combined with mitigating circumstances possibly I still would have had Dad here and justice would have been served. I hope this in some way helps as I noticed at the start of the excerpt you said that first a lady from the US and a few months later an English lady emailed you to tell you of their experience and so now you have a male who has experienced AIWS and childhood sexual trauma. If I am completely honest this event, and another, has absolutely ruined my life. Undoubtedly; when I was 16 years old I took my first overdose of 112 x 500mg Paracetamol tablets downed with a sausage sandwich as I thought this would help absorb the Paracetamol quicker and guarantee death. Alas I woke up a few hours later vomiting tablets with a painful stomach and head, unfortunately.

I have tried 'reaching out' here to Police - the male officer laughed as he pushed his chair back with his knees as he escorted me out of the police station no less than five minutes after entering - Police and Justice? I only went there after a girl encouraged me to go and tell them thereby hopefully stopping further sexual abuse. I have also asked my (female) GP recently for help but again this was not even taken seriously, whatsoever. It seems so-called 'intelligent' people can be so ignorant they do not see heroin addiction as a result but merely as some conscious choice. Inversion at it's best! Negated my slightly restored faith in humanity from the train journey home after the op, unfortunately. Here is a brief outline of what

my existence has been. Not a life, merely an existence although I have had some really good times, truly, but have gone now. I wish I could see it another way but I can't. Now being alone and also having CTEPH I wait for Mum to die so I don't hurt her and she doesn't have to bury a black/purple/blue bloated youngest son.

I hope this helps give an insight into what can be caused and for obvious reasons, to me, will never change unless a whole new society is built and we are not heading in that direction. Groups like PIE and PAL affiliated with the government here have been seeking to reduce the age of sexual consent to 4 years of age since at least 1979". These descriptions were made in detail in May 2021 by email contact with me. A 45 years old man contacted me from Great Britain and analyzed in detail his bizarre experiences with sexual abuse from age 7-11 by a neighbor. All symptoms and visual disturbances as a child were present in close relation to these physical abuses.

Discussion

Alice in Wonderland syndrome results in changes in the perception of one's surroundings [11-17,20-25]. Recent publications shed light on genetic or hereditary origin [9]. Differential diagnosis includes Charles Bonnet syndrome [19]. In recent studies, 99mTc-HMPAO brain spect investigations were used to analyze the changes in seizures [26]. These changes include both micropsia and macropsia (everything appears reduced or enlarged), as well as altered auditory perception, altered tactile perception, and altered sense of time. Causes include migraine attacks, epilepsy, the Epstein-Barr virus and drugs.

The syndrome was named after the children's book *Alice in Wonderland* by Lewis Carroll; in one of the book's most famous sequences, Alice changes size by biting off pieces from different sides of a mushroom. Carroll suffered from migraines himself; the extent to which his experiences with the condition served as inspiration for this and similar scenes is

unclear. It is particularly common in children. A migraine attack usually progresses differently in children than in adults.

They then suddenly stop the activities they have just been doing, withdraw or express a desire to sleep, and exhibit symptoms such as nausea, vomiting, often bilateral headaches, and sensitivity to light, smell and sound, attacks of dizziness, pallor, confusion, fatigue, and severe abdominal pain, unlike adults. Attacks are often shorter and may also be completely painless, although accompanying symptoms such as nausea, vomiting, light & sound sensitivity are more pronounced. Neurological deficits may occur, so that the affected child begins to hallucinate.

He or she perceives his or her body as larger or smaller and/or starts to "see fantastic images". The changes in perception can severely affect the affected person, causing him or her to lose orientation and become "disoriented." In extreme cases, falls and other accidents may occur. The perceptual disturbances may cause Alice in Wonderland syndrome to be confused with other mental disorders or misinterpreted as "craziness," and the child may be ostracized or teased.

The focus is on treating the underlying condition, such as symptomatic treatment of migraine. Bittmann et al. published the first case of arbitrarily induced AIWS seizures by firm hand position in bed [27]. Alice in Wonderland like seizures seems to be reproducible [27]. Moreover, a recent publication shed light on reproducible AIWS like seizures in meditation settings [28], therefore inducible and reproducible in lying position or special body position [8]. Recent publications shed light on sexual abuse as a cause of Alice in Wonderland like seizures [4,5].

Bittmann et al. reported in 2018 the description of two elder patients, who had sexual abuse as a child and this entity was correlated to Alice in Wonderland like sensations in early childhood

[4,5]. This personal experience and their bizarre visual sensations were described in detail and published in the Journal of Perinatology and Clinical Pediatrics in 2018 [4].

It was just a short commentary with a bizarre message [4]. A message, counted to date, based on the personal descriptive experience of 3 patients, who had been sexually abused over years in childhood and had disturbed visual

disturbances clearly correlating to Alice in Wonderland Syndrome.

Conclusion

In conclusion, Alice in Wonderland seizures seems to be triggered, reproducible, and they could be induced by sexual abuse in childhood. Further research is of utmost importance in this serious condition in childhood.

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