

**Update**

Hi all, First I’m including here a long report from a client who got involved with the Paleo diet. This is FYI and I thought interesting enough to share. It’s tempting to get caught up on some of the latest diet fads, and we just need to do research and be careful. Unless you know you are definitely sensitive to something - for example gluten - my feeling and personal direction is just to keep it simple - good quality food and a balanced diet. I stay away from preservatives, hormones and toxins in food and then just enjoy eating. I keep sweets to a minimum and don’t use table sugar or any diet sugars like nutra-sweet or splenda (which contains bleach!) - but instead use Xylitol which is good for you (granulated from any health food store) or coconut sugar that I get at Krogers. I love the flavor and it’s less offensive than white sugar. Here is the Paleo commentary. After that I will update you on our move and new address, etc.

“I've discovered through reading that part of my feeling anxious is the paleo diet that I've been on. Many others have experienced anxiety on a low carb diet. I wasn;t getting enough calories or carbs and the body responds by increasing cortisol among other things. For the first time in a long time; last night I had some brown rice pasta along with some broccoli and I slept through the night without waking in a panic, and felt pretty good when waking this morning. I also read that a high protein diet can rev up the body and increase adrenaline too. So, I am going to have to adjust my diet accordingly, and increase my carbs and decrease the amount of meat and protein foods. This might be something to alert your clients to. There are a lot of people on the internet that are having this problem with paleo diet. I felt great on paleo for awhile, but it caught up to me. I was missing the serotonin in my brain that comes with eating carbs. Boy, it makes a huge difference! About the paleo again...............basically, a lot of the time, I was actually in a ketogenic state. I can tell you, it doesn't do anything positive for dystonia. The recommendation for a healthy level of carbs from my reading is about 150gms daily. I hope this might help you or some of your clients. Good also to make sure you're eating enough. If you're not getting enough calories, your body goes into starvation mode, and revs up the hormones and chemicals that you don't want revved up. I learned the hard way! I felt like I was drinking a pot of coffee everyday, and all that it was, was that I wasn't getting enough carbs or calories.

Good things to keep in mind if any of your clients are on paleo.

Please do inform people about this. In just two days time adding carbs back in, I'm sleeping better and am not waking with panic attacks. It was probably an error on my part for not making sure that I was getting enough of the "safe" carbs, which are sweet potatoes, squash, taro and plantains. But, really, how much of these foods can you eat without getting sick of them? I like sweet potatoes in moderation, but to get the amount of carbs necessary for feeling good, you have to eat 3 cups per day. I just cannot eat that much sweet potato! I did fine on the diet for awhile, but I guess it caught up with me. My carb level was only in the 0-50 gm per day category, which is a keto diet. It was wrecking me! I just felt wired all of the time, butterflys, sweating, and the hideous panic attacks at night. It took me awhile to figure it out.

Now, after adding carbs, I have those good mood chemicals in my brain, like serotonin, which are keeping me relaxed. It only took 24 hours to turn it around. I added in brown rice pasta, and today have had some sprouted grain gluten free bread and made a tuna sandwich. I was craving this! It was one packed tuna salad..................with red onion, tomato, celery, parsley, avocado, and cucumber, with an avocado mayo.

Long e-mail to say that people should beware of the low carb diets. They can be excellent for a time, but maybe long term, not so good.”

**The MOVE:**

Moving day is Sept. 27th to Taos, NM, 90 minutes north of Santa Fe. This has been one of the move difficult things I’ve ever done in my life and fraught with one crises after another - in addition to packing up a 12 room house by myself - into 2 storage sheds, a 400 sq. ft. apartment and the rest to Salvation Army, consignment or the trash. I do strongly sense this is the Lord’s direction for me to be close to family, but, even when we are right in the midst of God’s will, we can go through a tough wilderness time, and that’s where I’ve been. I’m grateful my home sold though it’s been my dream home and painful to leave - and very grateful for the little guesthouse where I’ll be living for possibly a few months. It will be basically my office with a small bedroom and bath. Home prices there are way too high, and I love and prefer manufactured homes, so I contracted for a beautiful acre of land, and ordered a doublewide, perfect for me and the clinic. I hired a lawyer before getting the land (it was for sale by owner) to be sure everything was OK and received a thumbs-up from him, so bought the land. After that I had to go to 6 Taos county offices to get signatures - just busy work required when you buy land there. At one of the offices an employee pulled out a sheet of paper and said “Have you seen this?” - it was a satellite photo of my land and there running diagonally through the middle of the land is an arroyo (river bed) dividing the land into 2 sharp triangles, and renders the land useless as a building site. None of this was disclosed on the tract or any of the paperwork - and had been, I believe, purposefully hidden to facilitate a sale. The seller committed fraud against me, and I have a useless piece of land, so I’ve had to hire a lawyer to get the sale voided and my money returned. It’s been the death of a dream and a nightmare for me. I know many of you pray and I know that is the only thing that will help right now. So I now have no home and have to start all over. Thanks so much for your prayers!! Two other smaller crises preceded this - the new buyers of my home illegally brought a well team in here with a big crane and pulled up my well (which was rebuilt last year at great expense and they knew that) - they then demanded I pay them 4K for the work! I refused and they accepted that. Then, when you sell a home with a septic, law requires you drain and have the septic inspected. I did that for nearly $600 and they discovered than when it was built 11 years ago, major mistakes were made. That will repaired yesterday for another thousand dollars. All of this has been SO stressful and overwhelming. Over the years the Lord has done miracles for me and been so faithful and gracious, and I’m leaning on Him during this difficult time to direct and provide and give me peace. From the 26th until I can get back online, I will not be able to answer any emails. It could be a week or two.

**Here is our new mailing address:**

1335 Paseo del Pueblo Sur #259

Taos, NM 87571

For awhile until I get a new home phone through Ooma, I will only have my cell - but ask you not call unless it’s an emergency, as getting settled there is going to be so time consuming and I’m honestly beyond exhausted right now - emotionally, physically and financially. Thanks for your understanding! The cell is 505-930-9003 Some very good news is that the Spinal Stenosis which was diagnosed as severe about 3 years ago is so much better, with almost no pain. I can give only God thanks for that!!

Just a reminder that my 1-900 Miracle book is available in Kindle format on amazon: (I think I need to re-read it!!)

<https://smile.amazon.com/1-900-Miracle-odyssey-amazing-broken-ebook/dp/B01NH9LIZ7/ref=sr_1_1?s=books&ie=UTF8&qid=1536942916&sr=1-1&keywords=1-900+miracle>

God bless each one of you and thanks again for your support and prayers. Abbie