**Update**

Hi all, Just a brief update before my drivers eye test on Nov. 15th. PLEASE pray for me regarding that. THANK YOU!!1 Imagine if you could no longer drive and ran a business, getting mail, shopping, etc., etc. I will send another update after the test. I’ve been doing some natural things for the macular Degeneration and it does seem to be helping just a bit. Last eye appointment, I did not need an injection. If you or someone you know is suffering with this awful condition, email me and I will send you a detailed list of what I am doing for it. I have some atrophy in the right eye and have been doing eye exercises. I passed the exercises along to a friend who has Blepherospasm. She began doing them daily and said it ism definitely helping calm the spasms around her eyes. Again, if you have Blepherospasm and are interested, email me and I will email you the exercises.

As you know I have recommended using Joint Formula 88 Max Cream for pain - only available from QVC.com. Here is a testimony from a client “ I’ve been using the Joint 88 cream and that along with only one Advil I have been out of pain for the first time in eight months for the last day and a half even after dancing tonight! I can’t believe what a wonderful product this is. THANK YOU, THANK YOU THANK YOU.”  Personally when I had severe Spinal Stenosis (which by God’s grace is now gone) and was in terrible pain, the Dr. prescribed Tramadol, which did nothing, so I began using the Max 88 cream and it worked wonders. It is natural so you can use it off and on all day. Remember that for your neck, cold packs are best and heat for your back. A cold pack right after Botox can also be helpful but check with your doctor.

As winter approaches, you might want to consider getting a heated mattress pad. This is the one I recommend and the one I use. It removes cold spots from your mattress and helps you to stay on your back. https://smile.amazon.com/Beautyrest-Mattress-Technology-5-Setting-Controllers/dp/B0068DKXWS/ref=sr\_1\_4?keywords=beautyrest+heated+mattress+pad&qid=1572892976&sr=8-4

**Here are a couple of edits:**

For those of you who have the Come & Dine Cookbook, on page 130, to the list of ingredients, add one bunch of cilantro.

In the new Guidebook on page119 the title at the top should read Toe Tucks - not Tuckus.

Remember that, because S.T. begins in the head, in the Basil Ganglia, those muscles in the back of the skull are too short and tight and of course all along the EOP ridge. So it’s helpful to scrub the EOP area and then all around the back of your head with your knuckles - as if having a brisk shampoo. This will help to relieve some of that tightness. to do the EOP and back of the head knuckle scrub. EOP scrub

Always check your No-No medication list for side effects of any meds you are on. If you are prescribed a med that is not on that list, look up side effects at [www.drugs.com](http://www.drugs.com) If you see muscle alerts, like twitching, jerking, cramping, pain etc. etc. it may be wise to avoid that drug. Check with your doctor. Also remember that Carbon monoxide is on no-no list; consequently, it’s a good idea to keep your car vent on re-cycle all the time rather that fresh air intake. Some toxins we can’t avoid, but we need to avoid all the toxins we can - toxic air, toxic food and, where possible, toxic relationships.

On a personal note, the house/clinic is at last done with landscaping and a garage, just in time for winter. My son and his family have bought the home right across the road and are moving on Saturday. Such a big blessing! Be good to yourselves. Pamper, work the program daily but don’t over-do it. God bless you all, Abbie