

Next Update:

**Thank you for your generous donations** this month. December is always slow with no In-House clients; so the donations help to keep us going, and I SO deeply appreciate it!!!

**Kneading Fingers for sale - barely used:** Contact Irma Allison Kneading Fingers machine $80 total within the U.S. including shipping. [irmfnp@gmail.c](mailto:irmfnp@gmail.c)

**A tip:** it’s a good idea to tug on your hair (if you have enough hair to do this) to straighten the head. Pushing on the face or chin should not be done because that becomes an isometric and can increase the spasms, but using your hair is a good trick :)))

**Thank you again for praying for my eyesight!** As you know I’ve been getting eye injections for over a year in the right eye and now that eye has atrophy - a more serious form of macular degeneration. The Dr. never told me of that risk, but then after a client alerted me to this, I found this article and asked the Dr. about it. At that point she admitted it is true.Based on that, I’m not going to have any more injections and am wholly depending on prayer and God’s mercy through all this. If you are interested or have a friend with MD, here is the article: [**https://www.healingtheeye.com/danger-of-retinal-atrophy-with-vegf-injections/**](https://www.healingtheeye.com/danger-of-retinal-atrophy-with-vegf-injections/)

**From a client re. Head Harness:** “In our last conversation you asked me if I was using the harness and I said that is 1 thing I hadn't done and you advised me to start in order to recover.  Well I did start a couple months ago and I think that you are right as I think it is slowly moving me towards recovery even more. “ As I’ve said before, the Harness is one of my very favorite tools and encourage all of you to use it - but EXACTLY as you see it demonstrated on the DVD and in the book.

**Testimonial:** this is from a client who followed the nutritional guidelines of Anthony William and has found a lot of help with her tremors and general health. . Very interesting info regarding celery. See the video here: [medicalmedium.com](http://medicalmedium.com/?fbclid=IwAR0hU9Wx8pIjN2r9BGmcO26MlVLINLIcnaNr53e9K9pyMp2Cemm_5QP-nVQ" \t "_blank) This client did the following routine daily and now her tremors are now gone. *16 oz of celery juice every morning followed by a heavy metal detox smoothie with wild blueberries, banana, cilantro, spiralina, barley grass juice powder which tasted delicious.*

I’ve not tried this but was impressed with her story and wanted to pass it along. - - I am not endorsing this as I’ve never tried it, but it’s natural and I thought it was interesting enough to include in an update.

I want to wish all of you a belated Marry Christmas, Happy Hanukkah and a wonderful holiday time. I pray 2020 will be a year of freedom from all symptoms. Never never give up. Pray, trust and exercise.

Love to all,

Abbie