

Hi all, a short follow-up t the celery juice discussion: just wanted to let you know that celery juice originated from the Anthony Williams book,  Celery Juice:  *The Most Powerful Medicine of Our Time* - In case people wanted more info on it.

**Re. personal massage machine:**

**This is the unit I bought. Today it’s unavailable but could be available in the future. It does a really good job.** <https://smile.amazon.com/gp/product/B07HDYZTBS/ref=ppx_yo_dt_b_asin_title_o08_s00?ie=UTF8&psc=1>

Meanwhile… here is what appears to be exactly the same machine but it is not rechargeable and this is vailable.

[**https://smile.amazon.com/dp/B00BOYA2M2/ref=nav\_timeline\_asin?\_encoding=UTF8&psc=1**](https://smile.amazon.com/dp/B00BOYA2M2/ref=nav_timeline_asin?_encoding=UTF8&psc=1)

**I want to thank you again for those who have sent donations.** It’s such a blessing and encouragement. This could be a difficult month or two as the country reacts to

the corona Virus scare, and thus people are not wanting to travel. So I’ll jump in here with my take on the virus and the scare going on in our country. I feel it’s really important to see this in a balanced perspective but also to take caution and measures to protect our families and ourselves. Here is a page with a summary: https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

I realize the numbers probably changes from day to day. About half the deaths occurred in a retirement home in WA state with very elderly patients who had compromised immune systems. Reports I’ve heard is that most who get this will have mild flu symptoms and recover quickly. Elderly people with compromised immune systems are more at risk. Lets look at the regular flu season this year. Here is a page on that: <https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>

So over 22,000 have died from regular flu this year - no news alerts, no stock market crash and no run on toilet paper and other supplies. Around 50 people - maybe a few more - have died from the Corona virus. I Corona is real and contagious but I also think the media reaction is not reasonable and sending people into an irrational panic. Fear is not good for S.T.!!! God has not given us a spirit of fear but of love, power and a sound mind,  **2 Timothy 1:7 As is true in any flu season, we all need to heed sensible warnings and for awhile stay away from big crowds, wash our hands and take high quality vitamins - and as you know I urge clients to get on the Shaklee Vitalizer, made from food and a powerful immune builder - My daughter-in-law, who is a nurse at our hospital, head from some staff there that taking 2 tablespoons of Menuka honey daily helps because it is anti-viral. You can get the 80 strength of it on amazon: https://smile.amazon.com/gp/product/B00AAVK4KA/ref=ppx\_yo\_dt\_b\_asin\_title\_o00\_s00?ie=UTF8&psc=1**

**Don’t smoke, eat well, and pray over yourselves and your family and our country. Most of all, don’t give into the fear and panic. Things I’m doing - obvious things like washing hands, using grocery cart wipes and not touching my face when out and about. I also rub a little Vicks vapor rub on the inside of my nostrils when going out with people. Any flu virus enters your body through the mucous membranes - eyes, nose and mouth. Take precautions, be at peace and know that this will pass in time.** Isaiah 26:3 King James Version (KJV)”Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”

**A reminder of some of the really helpful exercises** (although all of them work together to get rid of the symptoms): the Cross-Legged-Body-Curl, Head Raise and Chin Smile, Drop & Roll, Bend-Hang, Foot Strap, Head Harness and Rower. Don’t forget rest breaks - this is how you begin to teach your body to let go and relax a bit. Cold packs for the neck, heat for the neck, long hot soaks in the bathtub and LOTS of massage. Your massage machine will do the back of the neck and down the back but the Accu-Ball is great for the top of the shoulders and also for the neck:

Accu-Ball Demo: https://www.youtube.com/watch?v=vp5HpaHZsRE

To buy: <https://smile.amazon.com/Relaxus-Accu-Ball-Kneading-Massager/dp/B0050C8ZO6/ref=sr_1_5_a_it?ie>=

Blessings and peace to all of you, Abbie