

Hi all, just a few things to share this time. First of all, I want to deeply thank those of you who have sent donations. Since I have not been able to take In-House clients at this time, I’ve had to cut my own income by a third, so the donation to the clinic are deeply needed and appreciated! Of course, the Long-Distance course continues and that has been a blessing. Honestly the severe vision loss is a thousand times worse than the cancer and a major reason it has been difficult to do the In-House clinic. The cancer treatment from the Dr. Hoxsey Bio-Medical Center in Mexico is doing very well. It simply involves a tonic taken 4 times daily and some capsules and a somewhat limited diet. It feels to me like the breast lump has shrunk just a little already and all blood tests and CT scan were normal and have no pain nor other symptoms. This is all natural – no chemo or lumpectomy. My Shaklee Vitalizer has gotten hung up in the mail and I can really feel the difference. I strongly encourage those of you enrolled ion Shaklee to get bck on the Vitlier and for the rest of you to enroll ad begin using it diy. Cll them t 1-800-742-5533. You’ll need my info to do the one-time enrollment: Abigail Collins. ID# CL50421 Since then, I came down with an awful case of hives with huge itchy lumps everywhere. I must confess to having had a few Job moments – like Lord, first the vision loss, then cancer and now this???? My son and daughter-in-law brought me some Benadryl which I was reluctant to use, as it is on the no-no list but was desperate, so took one before bed the 2nd night and slept a solid 9 hours, with great reduction in the hives the next day and following. I took one Benadryl per night for the next 4 nights and had no neck tightness at all. I also used a product from Amazon.com called Herp B Gone which is for cold sores but tried it for the itchy welts and it worked way better than cortisone or chamomile lotion. It’s an all-natural anti-viral ointment. Some drugs on the no-no list are dangerous for ST, like the anti-depressants. but some drugs on that list are OK in small amounts. Versed, a common anesthetic, is on the list, but I have taken small amounts, like for cataract surgery and did fine with it. A few years ago, I also took Propofol for dental surgery, and my Dr. said that med is fine for ST.

I am NOT suggesting any of you choose the cancer route I have taken; that was a personal decision after much prayer. I know traditional medical solutions can also work for some. If any of you are interested in some history on the natural route, this is a fantastic film on natural cancer treatment and incudes a profile of the HoXsey treatment I’m using:   
     <https://beforeitsnews.com/alternative/2022/12/the-suppressed-cancer-cures-that-have-been-denied-by-the-medical-cartels-throughout-history-revealed-video-3786106.html>

Here is a reminder on sugar substitutes that are so good and natural, you won’t miss sugar. My favorite is granulated Xylitol, at any health food store. Monk fruit sugar is also good, along with honey and maple syrup and even coconut sugar, and molasses. Do NOT use sugar substitutes like nutra-sweet, saccharine, aspertame or other artificial sweeteners. Avoid using microwaves.

Re. pillows, I used the Zamat memory fpm pillow for a couple of months, but have gone back to the *My Pillow* which is such a great pillow!! Remember that to help stay on your back, it’s helpful to use a heated matters pad, as it will keep you from turning on your side to keep warm.

Remember the old basic bottom line; when I was sick and trying to figure out how to get well, the first thing I realized – a download from Heaven – was that my body was too short on one side, not just in the neck but all the down into my hips, so the obvious fix for that was elongation over and over until the elongation began to hold. It was many years later that I realized the shortness was also up into the back of the head. And then it was even later that I learned the importance of the Eeee to realign the jaw, so that the 5th or Trigeminal nerve could freely keep the pulse of the cranial sacral nerves pulsing regularly in order to normalize output of both Adrenalin and Acetylcholine. It’s pretty simple, so keep that in mind as you work. As you equalize the muscles on both sides, the bones will adjust accordingly. And don’t forget to work on your posture and avoid anything that juts the head forward or rolls the head back.

Remember to do little exercise times – maybe total of a minute or two off and on during the day as a reminder to your body, like the Drop & Roll, Shrugs, Bend Hang and Forward Arm Pull. Show your body who’s boss – YOU are! Last of all, we are going through crazy times in our country and around the world. As things ramp up, I encourage you to pray and trust God to bring us through this – Hie’s able, but most things are a process, like recovery from S.T. From Worrier to Warrior!! I just love this sweet little song – under a minute:

<https://www.youtube.com/watch?v=XHWu9I-Orrs>

love to all, your fellow Warrior, Abbie