1. A white oval with black text

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HI ALL, Merry Christmas and happy holidays and happy winter. We just had our first big snow. I’m done and ready for Spring! First of all, I want to thank you again for your donations to the clinic that keep the bills paid and the clinic work moving forward to help clients honestly all over the world. It has not only been a financial need and blessing but aa huge personal blessing for me too, as some donations have come in from clients who were here over 20 years ago. That means so much – thank you again! I also want to thank those of you who have posted info on the clinic on social media; it really seems to be helping!!

On a personal note, thank you for your prayers regarding the breast cancer. It’s been a year since the diagnosis and the lump has not changed size but all blood tests are normal and it has not spread. As you know, I’m going natural using the Hoxsey method from the Bio-Medical Center in Mexico as a tela-med patient and also using Indian Black Salve from [www.destroy-cancer.com](http://www.destroy-cancer.com). The last 8 weeks have been a wild ride. In late Oct. I got sick with the RSV flu and pneumonia. I don’t ever recall being so sick and spent an entire month lying in my zero-gravity recliner – no energy, significant brain fog and could only eat soups. Because I’ve been in recovery mode over 40 years and have strong muscle memory for normal, my neck was better than expected but was certainly effected and I’ve been working DAILY on the foot strap, head raise and chin smile, cross-legged body curl, drop and rolls and finally able to get back to the head harness. All that has helped a lot and am now well and back on track! I felt about 2 weeks in that I was dying. My daughter-in-law gave me some Ivermectin, and feel that remarkable drug saved my life. People have asked if I’ve taken the covid shots, boosters or flu shot, and the answer is no, due to the research I’ve done.

I then ordered more Ivermectin without a prescription at <https://zaharaheckscher.com/> and discovered the promo code: awk10 could afford a 15% discount. The vision loss continues to be the biggest issue ever for me, and I’m trusting God for a miracle. Right before getting the RSV, the doors opened wide for a return to my previous church and so am back there playing drums once again on the praise team. Such a joy! After recovering from the flu, I was so happy to be able to finally get back to the computer and do some correspondence, and then my 12 year old Mac seized up and died, so had to get a new one and am slowly adjusting to some major learning curves.

Recently I’ve had some phone calls from clients who are going through deep water, personally and with their ST. Our program will work but only IF it's being done consistently, and I know how hard and frustrating that can be and how hard it can be to stay with it when the symptoms persist. Remember, I didn’t begin to see even glimmers of positive change until well into year 2 and not into recovery mode until the end of my second year. Some achieve recovery mode sooner, some later, but for sure, giving up, doesn’t work!. I battle with the vision loss daily as you battle through ST. I learn daily to lean on God, and thought you’d love this cute song, less than a minute:

[https://www.youtube.com/watch?v=T\_fJA52W0Ck](https://www.youtube.com/watch?v=T_fJA52W0CkD)

Do your very best to simply be stubborn and work the program. This is a faith battle, and we work at it daily and will win if we don’t give up. For those of you new to the program, remember you MUST baby-step into this, so you don’t shock your body. For my birthday, a friend who knows me well, gave me a card that had a picture of big pink boxing gloves on the front. I love that! I pray that all of you will enter 2024 with faith, renewed strength and courage, determination and many blessings as you fight fight fight in faith on your way into recovery, and You’ll be a winner!! Love, Abbie

A pair of pink boxing gloves

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