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Hi all, some wonderful news, and my heart felt forever gratitude to those of you who have prayed for me all during the time I have battled with the cancer. About a month ago I had a mastectomy, and about 20 days ago went in again to the OR for some repair work on that surgery. All the lab biopsy results have been returned and everything was negative, indicating that I am now cancer-free. Praise God for His amazing grace and for a wonderful doctor! The tumor removed weighed one and a half pounds and was the size of an orange. My doctor said he has done thousands of mastectomies and only in two other cases has he seen that the tumor had not invaded the lymph or other parts of the body. He was shocked, and I believe he saw a wonderful example of answered prayer. This has been a huge battle, emotionally, spiritually and physically, but God has been faithful all the way through it. All of you know that I favor a more natural approach in dealing with physical problems, but I know there are times when we need the expertise of a good doctor, and an occasionally need surgery as well and I am grateful that those things are available when needed. Due to all the incisions, and the need to let them heal well, there are many exercises that I normally do for my back especially that I am no longer able to do, such as the rowing machine, gravity table, and a few stretches.. First with the hip replacement couldnot exercise myhips or legs. Then with the tumor on my wristl,copuld not use both arms and then with the mastectomy could not do any exercises involving the right arm or chest area, and all of that has adversely affected my ST and made me very stiff, but I am slowly working on the exercises I am able to do.. Regarding anesthetics, I believe the main anesthetic used in the four surgeries I have had (hip replacement, cancerous tumor on my wrist, mastectomy and the repair) has been propofol, which is very safe for any form of Dystonia. I asked them not to use much Versed, but I think some of that was used as well. I took the no-no list into the hospital and had it scanned into my record. I strongly recommend that all of you do the same, so that if you are ever hospitalized, the hospital will have that list at hand. Just a reminder that the drug Fentanyl should be on the no no list In my opinion. I took it when I broke my hip and it set up simply horrible spasms.

Were there times of discouragement and depression and frustration during this long three year cancer battle? Yes, of course, but I have learned over the years to fight on even when things looked a little hopeless - to keep fighting, to keep working, to keep praying and trusting. That’s how I recovered from Torticollis even when it looked impossible. As I prayed daily, and quoted scripture and believed and trusted, and did everything I could, naturally, that tumor grew and grew, but I kept declaring healing, and that God was working a miracle, in spite of what I could physically see, and perceive deep down inside, He was keeping that tumor contained and preventing it from traveling to other parts of my body. We simply must fight on a spiritual level. For those of you who are Christians, you know that we fight an unseen enemy every day, but God gives us victory as we fight in the spirit and trust. God is bigger than that enemy. It’s so helpful to make a list of healing scriptures and pray them every day. You can easily find some by going online and doing a search for healing scriptures in the Bible. There are so many. Sometimes God answers prayer immediately, but it is so often a process. With both the ST and cancer I prayed and battled for years before the answer came. So I encourage each one of you to take this one day at a time and fight for your recovery and trust and have faith. Be careful what you allow yourselves to say, as our words have power either negatively or positively. For example, I never use the words “my cancer”- instead, I would say the cancer. Speak words of faith and not defeat. I know that’s hard to do and can even seem irrational, but it’s important. And so now all my prayer efforts will go into the healing of my eyes, and I trust God to do a miracle in that regard too. It’s tempting to try and shortcut this recovery process, but, just like breaking up a cocoon to see the butterfly, will kill that butterfly and not allow God’s creative purpose to be complete, we need to do all we can to allow our body to heal, using these elongation exercises and prayer. For several years Monday through Friday morning, I have listened to Julie Green on Rumble.com and sometimes feel I would never have made it through this battle without her wonderful teachings on faith. She is politically conservative, but if you need help in your faith walk, I so highly recommend her teaching. It’s so easy to become part of God’s family, and to develop a strong relationship with Him. Confess your sins and ask Him to be your Lord and Savior, and then thank Him. That’s it. Then read some of His Word, the Bible, every day, staying in the Psalms and Proverbs, and in the New Testament, begin with the gospel of John and read all the way through. Some of you may choose to unsubscribe to these updates, - I hope not, but it is late, and there is great suffering in the world, and for many of you in your lives and I know that being part of God’s family and holding His hand through all of this is the answer.

Just a reminder from a previous update, that if you made the little head brace, based on the video I sent you could you please give me some feedback. If you like it and it helps let me know. If it does not help, also let me know. Thanks so much. Here again, is the little video” <https://www.youtube.com/watch?v=_1IKlhIiIU4&t=561s>

I am so so grateful to those of you who have sent donations – thank you!!! I would continue to ask that you please mention the clinic on social media, especially on the Dystonia forums. Thanks again. The current level of inflation leaves most of us without much spare change, but people are still getting ST and desperately need help.

Because I am no longer using MailChimp and you may not be able to unsubscribe from that platform, if you wish to unsubscribe, and no longer receive these updates, please email the clinic at [stclinic.info@gmail.com](mailto:stclinic.info@gmail.com) and put UNSUBSCRIBE on the subject line and in the body of the email, and you will be deleted from our data base. God bless each one of you. Love, Abbie