

# JOINT PROBLEM IN ANKYLOSING SPONDYLITIS

Tues May 9 2000

Dear Sadie,

Thank you so much for your letter. And I'm so sorry I haven't replied sooner! The job I was doing at the News office has turned into a fuller time one now. work 3 days a week. And I can thank you for that. If it wasn't for the 'magic' light I don't think I would be able.

Yes, the disease Ankylosing Spondylitis does often start with a virus of some kind. I can't be entirely sure, but I think while in Australia I contracted something similar to Dengue fever (mosquito virus). And then shortly after that, all the joint problems started.

It is very interesting that you should bring the point up of using the light on the palms of my hands. Before your letter arrived, I had started doing that, as I had thought it had worked well on the soles of my feet for all parts of my body. So as a long shot, I started to do so. I just feel on top of the world now. My life has certainly changed. And maybe I won't be so sceptical in the future. I used to have a problem with my bingeing food, and then starving. Now it seems to be so much more levelled out. I don't crave for things as much. My regular blood tests etc have really bounded ahead. I'm not so anaemic now, although I am still pretty pale. I think I will always be that way. But it's what's happening on the inside that I'm so happy about. My skin and hair are so much healthier also. Just a brighter outlook on life entirely.

My father just recently had a bowel operation. It was a bit worrying there for a while, about what they would find. But all is well, and it was just a growth of some sort, but quite safe. It has made him realise that life can go 'just like that'. So he is looking after himself a lot more now with diet and exercise. I have been using the light on him as well. On his Thymus and Pineal. And have started on his hands. I think he is a lot brighter now. Not such a grump either!

Well thanks very much again for your letter and keeping in touch. I feel I owe you a lot! Say 'hi' to Fern for us. You have helped a lot of people. So be well and keep safe!

All my thanks,

Sue