



I have such happy, happy news. I am healed, just one month short of two years FLOXED. Hip pain all but gone, energy back, walking long distances again, able to wear high heels, able to go for rides on hubby's motorcycle, interested in sex again (with hubby), LOL...I feel like myself. Brain fog gone, memory improving, ears healing, eye sight improved, shoulder pain gone (can lift it over my head and unfasten my bra), I can take hot showers, I am sweating again, my skin is soft and moist, hair isn't falling out, I can eat a few more things that I had to avoid altogether (when sick). I can produce tears again and gag again. I attribute my healing to many things, but most of the credit shall always be to my Heavenly Father. Prayer, Time, Organic Paleo Diet, Adding Organ meats to my diet, like liver and kidney, Research about nutrition, the right \*Supplements (see List), \*Grounding, \*Vagus Nerve Stimulation Exercises, Short Walks, Massage, Essential Oils, Chiropractic Adjustments, Learning to de-stress, Spending time with your Pet (my cat and dog), Sleep, Staying clear of PHARMACEUTICAL's (even ASA, Advil and Tylenol), most especially NSAID's and synthetic antibiotics, in favor of natural antibiotics like (Oil or Oregano, silver solution (Collodial silver), Berberine, and Allicin), time honored home remedies and homeopathic solutions, Being fortunate to have a Supportive Partner, even though we lost our house and declared bankruptcy. Life is good again, but I won't forget how easily it can all go away! I will continue to SHOUT out the dangers of Fluoroquinolone's and other Pharmaceutical poisons. I still have IBS and Celiac, some kidney damage from the Cipro, but these can be managed via diet and supplements, and hydration. So very grateful to my FLOXIE Community for your love and support through these dark, dark months and it is my prayer that each one of you will find some measure of healing daily. Don't give up, never give up. Love and Hugs,  

\*Supplements- Magnesium Bisglycinate, Calcium-Magnesium 1:2 Ratio, Vitamin A, B12 (Methyl), Folate (5-MTHF), B6, Biotin, C, D (Genestra drops- (20) which is 20,000 IU), E, K2, Selenium, Manganese, Chromium, Zinc Picolinate, Copper (temporarily, 2 weeks max), Tissue Salts, Sea Salt, Charcoal, Alka powder, Omega-3 Fatty Acids, Iodine, Milk Thistle + Dandelion, Lions Mane, NAC, CoQ10, (MSM, and Boswella (Maxi-Boz) which is actually Frankincense for inflammation/pain), Digestive Bitters, Digestive Enzymes, Probiotics + Lacto-Fermented foods like Sauerkraut and Kombucha, and Melatonin (at bed) with my Magnesium.

\*Extras-I also used some gels and creams with magnesium, arnica, and DMSO to drag it in.

\*DIET-

I made use of Anti-inflammatory herbs like Ginger, Turmeric, Cloves, Cinnamon, Italian herbs like Rosemary.

I drank lots and lots of water (non-fluoridated) 6-8 glasses daily (but not with meals), lemon water every morning. I had very low stomach acids and my body PH was too acidic. The lemon water + digestive bitters helped raise my stomach acids (but you could use HCL/w Pepsin). The digestive bitters also help your body digest fats. Healthy fats help you absorb nutrients. I don't have a gallbladder or appendix, so I needed some help. I knew it was key to add more fats and proteins + organ meats in my diet.

I used Olive oil, Grape seed, and Coconut, also Avocados, no canola or vegetable oils, no soy. I made good use of hemp seeds (hearts) and nuts. I chose Organic meats, free of

antibiotics...Highland beef is excellent because these "Coos," originally from Scotland, don't get sick. I ate Wild-caught Salmon, Tuna, Seafood, Free-Range Chickens and Eggs, avoided pork or sausages with fillers. The digestive enzymes helped me to break down carbs, fats and sugars. I avoided all GMO and products with chemicals like glyphosate and carrageenan.

My Sugars- Maple Syrup, Unpasteurized Honey, Raw Honey, Brown Rice Syrup, some Xylitol, avoiding high fructose corn syrups, GMO white sugar, and Aspartame; and

I Cut out cow dairy, added instead, full-fat goat milk and cheeses, almond milk (no carrageenan),

I Cut out most grains except for GF Oats, and GF Rice, avoided potatoes and corn. I stopped eating out at restaurants, especially Fast-food, nothing deep fried, nothing too spicy. Basically organic vegetable, fruit, proteins, fats, nuts, seeds, coconut meat and dark chocolate, goat dairy and/or nut milks = Paleo Diet.

On trails, with roots to maneuver, I have to go easy due to my hip, but my feet were not really affected by the Cipro. My kidney's were hit hard, my liver too, instant menopause, blurred vision, headaches, migraine in nature, joint pain and inflammation, face swelling, especially eyes, ear pain, balance was off, reoccurring sinus infections, reoccurring kidney infections, some gut pain, bloating, gas and food sensitivities, seasonal allergies increased, shoulder tendonitis, hip sciatica, unable to walk 3 months post flox (lasted 7 months), mainly due to hip and left leg, short term memory was affected, brain fog, dry mouth, no tears, no sweating, no lubrication for sexual intercourse, dry (aged) skin, hair loss, lower back pain, extreme anxiety, panic attacks, forgot how to gag, pelvic bone had to be constantly re-aligned (that didn't help walking either). Hope I didn't leave anything out, LOL. \*Ciproflaxin, 3 pills, August 2014 for a suspected kidney infection and I had an anaphylaxis response, rushed to ER with swollen tongue, given NSAID's and basically made to feel like a Psychiatric patient when asked if this pain could have been from my antibiotic.

\*Grounding-

<http://wellnessmama.com/5600/earthing-sleep/>

\*Vagus Nerve Stimulation Exercises-

<https://selfhacked.com/2015/07/30/28-ways-to-stimulate-your-vagus-nerve-and-all-you-need-to-know-about-it/>