



No Such Thing as Incurable Injuries

A Guide to
Self-Healing
Injuries and
Inflammation



Annemarie St. Michael

Who healed herself of six so-called incurable
Illnesses and shares her method in easy-to-
follow steps plus one audio visualization



Angels to the Rescue

No Such Thing as Incurable

Injuries

by

Annemarie St. Michael

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ANNEMARIE'S STORY

I'm no stranger to injury. In the last fifteen years, I broke my left ankle, had to deal with an excruciating painful heel spur and a dislocated left elbow. Each time I injured something, I felt weak and out of control. It was as though I was being forced out of my life into the horror of someone else's – a stranger who was unable to walk or move about comfortably and whose world had shrunk to hobbling around the house and an occasional trip to a grocery store that had an electric scooter.

Truthfully, I don't know what is worse, dealing with the pain of healing or dealing with the side effects of the pain medication. In any case, they are both awful and I would prefer not to have to experience either again.

The hardest thing for me to hear is my doctor saying, "It's gonna take some time until you get back on your feet." You keep thinking, "How much time? Days, months, years? I don't think I can bear this for a year." Yet somehow we do bear it and even move through it. The ankle took five years before it was strong enough for me to wear a pair of mid-sized heel shoes. The heel spur was dissolved from the size of a dime to one of a small pea and that took almost two years too.

This time around though, the prognosis was different. My osteopath said that most likely I would not be able to put my left arm out straight and that I would lose some range of motion. "Watch me," I said. I was determined to get my arm straight and in short order. I had a life waiting, a book to launch, a concert to perform and I needed the use of both arms to get in front of the public.

I started my road back with a kind and supportive physical therapist by the name of Gaynel. Not only was she extremely knowledgeable but she had a firm hand and an uplifting spirit. She encouraged me to do wall push-ups for several weeks to straighten out my left arm. Her therapies and recommendations coupled with the holistic treatments that I ministered to myself on a daily basis, cut my healing time from four months down to three.

In taking the time to envision myself healed and using the holistic therapies, I was able to get back to my computer keyboard and start typing this book. The therapies contained herein are tried and true holistic methods that I have used for the treatment and healing of painful arthritis and for healing my torn tissues and muscles. Since the doctors tell me that in some cases there is a strong chance that arthritis can result from an injury or that you may already have arthritis, I have included both treatments for your consideration.

Only your doctor or health care professional can prescribe or treat an injury. Therefore, I suggest that you bring this book to him/her for review and only use the remedies under his/her direction.

Are you ready? Then let's get moving!

Annemarie

MY INJURY REMEDIES

The following remedies were given to me by my angel for personal use. Please consult with your doctor or healthcare professional before starting any new regimen.

A - PHYSICAL BODY

Step 1 - *To prevent arthritis and/or remove or dissolve calcium deposits surrounding the joints.*

Choose one of the following three remedies.

1st Choice - VINEGAR & HONEY DRINK

1 Tbs. Apple Cider Vinegar

1 Tbs. Un-Filtered Raw Honey

1 Cup Hot Water

Mix together and drink immediately after cooled.

Start with 3 cups/daily for 4-8 weeks then reduce to 2 cups for another 4-8weeks, then reduce to 1 cup daily for maintenance, *or*

2nd Choice - GOLDEN RAISINS & GIN

Soak 1/2 cup golden raisins in enough gin to cover.

Allow to sit for 2 days. Eat 9-10 with breakfast, *or*

3rd Choice - JUNIPER BERRY TEA

(for people with sugar problems)

2 Pinches Loose Pack Juniper Berry Leaves

1 Cup of hot water

Allow boiling water to stop bubbling. Pour over leaves. Cover and steep at least 20 minutes (up to 1 hour if you have time). Drink one cup with breakfast and one with dinner for 4-8 weeks. Then one cup daily for maintenance.

Step 2 - *Lubricate joints and heal torn tissue*

Warning: Only do this after your stitches are out and wound is healed enough not to get infected. Speak to your physician before starting this treatment to get clearance.

External: CASTOR OIL PACKS

Rub a thick coat of odorless castor oil on affected area.

Cover with a piece of plastic wrap to keep clean.

Cover plastic wrap with a thin towel.

Cover towel with a heating pad for 20 minutes.

Do castor oil packs while relaxing to quiet music and focus on the gentle healing that is taking place.

If severe pain is present put Tiger Balm on top of the castor oil before placing plastic wrap. Heat may or may not be needed since Tiger Balm stimulates circulation and works deep.

Internal: ALMOND OIL or FISH OIL

Take 1/4 tsp. measure of either oil before bed every 4-5 days.

Step 3 - *Regain strength and movement in the joints*

FIND AN OSTEOPATH AND/OR A CHIROPRACTOR AND/OR A PHYSICAL THERAPIST who is gentle, easy to work with, reputable and that meets all your physical requirements.

PRESCRIBED TREATMENTS

Do the exercises recommended by your doctor and physical therapist daily. Don't allow your injury or joints to stop you from moving completely on the days that you don't go to therapy. Ask them for "homework" and do the exercises as directed. You will heal much faster if you take the time to work out on your own.

YOGA or WATER EXERCISES

If you are cleared to do stretches, buy a beginners yoga video. Use easy stretches to rotate and realign your joints. Do in sets of three stretches. 1 - easy, 2 - a little stronger, 3 - strongest. Don't hurt yourself. Always work within your capability.

Step 4 - *Eliminate toxins and dissolved arthritis debris from your system.*

MASSAGE SOLES OF FEET

If you are able, take a shoebox and fill it with marbles. Rub the soles of your feet, one at a time for no more than five minutes. Drink a full glass of water right afterward to flush out your system.

DIET - Switch from acid (high protein) to alkaline (high complex carbs). Go to www.AskTheHerbalist.net to get one for free.

8 oz daily maximum of animal protein

8 oz. skim/1% milk or equivalent 3 times/week

1 oz. black cherry juice daily

1 Tbs. flax seed oil daily

Fresh fruits (NO citrus)

Fresh/frozen vegetables (lots of greens)

Whole grains only - brown rice, oats, bulgur, millet

Bread/pasta - whole wheat flour first ingredient

Legumes (beans/lentils) for vegetable protein

4 raw & unsalted almonds daily or mineral supplement

2 Tbs. raw & unsalted nuts and seeds for internal lubrication

(no peanuts or poppy seeds) sunflower, pumpkin, sesame OK

8 glasses steam-distilled water daily

Eliminate all high acid products:

Coffee, tea, (even de-caffeinated) white flour products, white sugar, candy, fat-free labeled products (high sugar), citrus fruits: grapefruit, orange, pineapple, and nightshade vegetables: tomatoes (unless cooked with a pinch of sugar), eggplant, potatoes, cucumbers, red & green peppers.

Add to daily diet:

1 fresh head broccoli, fresh onions, garlic cloves, watermelon, cantaloupe.

Guidelines: Keep fat to 30 grams/day, Sugar to 48 grams/day, Fiber to at least 15 grams/day and take recommended supplements.

Note: 1 Tbs. Honey = 16 grams sugar

3 Cups of vinegar & honey tea = 48 grams sugar

Step 6 - Support repair of bones, joints, tissue and all body systems.

DAILY SUPPLEMENTS

Dose	Supplement	How often	When	Daily Total	How Long
1 pkg.	Knox Gelatin in 6-8 oz apple/pear juice	2 x day	1 at breakfast 1 at lunch or dinner	2 pkgs.	For 1 st 28 day cycle** then drop to 1 pkg./day anytime
1 cap	Vitamin A & D or Beta Carotene 10,000 I.U.	1 x day	1 at breakfast	10,000 I.U.s	28 day cycle** till injury subsides then remain on 1 cap/day for maintenance
1 cap	Vitamin B complex - 100 mg each	2 x day	1 at breakfast 1 at dinner	200 mg/day	28 day cycle** till injury subsides then drop to 1 cap/day for maintenance
1 cap	Vitamin C 500 mg each	4 x day	1 at breakfast 1 at lunch 2 at dinner	2,000 mg/day	2,000 mg for 28 day cycle** then drop to 1,500 daily for next 28 day cycle till injury subsides then down to 1,000 mg day for maintenance
1 cap	Vitamin E – 400 I.U.	2 x day	1 at breakfast 1 at dinner	800 I.U./day	800 mg/day for 28 day cycle**, till injury subsides then down to 400 mg/day for maintenance
1 oz. (or bottle directions)	Colloidal liquid minerals	2 x day	1 at breakfast 1 at dinner	2 doses/day	2 doses for 28 day cycle, 7 days off till injury subsides then down to 1 dose/day for maintenance
1 cap	Calcium * 1,000 mg	2 x day	1 at breakfast 1 at dinner	2,000 mg./day	2 caps daily till injury subsides then down to 1 cap daily for maintenance

* Note: calcium must have boron & magnesium to be absorbed. Stay away from oyster shells - not easily absorbed. I like Tri Boron Plus from Twinlab or Bone-Up from Jarrow.

**All the above supplements should be taken for 28 days. If the injury continues, stop for 7 days then start the 28 day program again reducing Knox gelatin to 1 pkg./day. Continue 28 days on higher doses - 7 days off till your injury subsides then go to your maintenance dose.

SUPPLEMENTS FOR REDUCING INFLAMMATION

If you have stomach issues with over-the-counter or prescribed anti-inflammatories or your doctor or medical practitioner does not recommend a prescription anti-inflammatory, you might want to ask him/her about any of the following natural substitutes. I have used all three with great success. You do not have to stop after 28 days when taking these.

Dose	Supplement	How often	When	Daily Total	How Long
1 cap	Ginger Root	3 x day	1 breakfast 1 lunch 1 dinner	3 caps	Until the pain stops.
1 cap	Zyflamend	As directed on bottle	With meals		Until the pain stops.
2 caps	MSM 1,000 mg	2 x day	1 breakfast 1 dinner	No more than 4,000 mg./day	Until the pain stops.

Step 7 – Prevent/reduce scarring

After stitches are removed and you get clearance from your physician, break your vitamin E capsules and rub the oil on your scars. You may also try Mederma if your doctor recommends it.

B - MENTAL & EMOTIONAL BODIES

Notice that I could not separate the two. Dr. Burns, explains that before any of us can have an emotion, a thought must be present, even one so fleeting that we can't recall or recognize it. It is our thoughts about a circumstance that brings up a reaction, not the circumstance itself.

Example: *You wake up in the morning and it is raining.*

THOUGHT	=	EMOTION
"Gee, I don't have to water the lawn today."		Happy
"Traffic will be backed up. I'll be late."		Anxious/Cautious
"Every time I buy a new pair of shoes, it rains."		Disappointment

Step 1 - *Examine your thoughts about life. Look especially for areas where you are unbending.*

QUIET THE MIND and its subsequent emotional responses by learning meditation to control pain you can assist the body's own natural healing functions and receive valuable information.

Step 2 - *Pay close attention to your speech. Words have power and our bodies respond to what we say.*

SPEAK IN THE AFFIRMATIVE *never* IN THE NEGATIVE

Statements like *I feel lousy* or *my leg is killing me* only support the already painful situation. You **MUST** speak in the affirmative. *I am pain-free fluid motion, or I am getting better and better, stronger and stronger, healthier and healthier and movement is easier and easier everyday.*

Step 3 - *Expand your knowledge of the body/mind connection.*

READ BOOKS and/or listen to tapes from the many fine authors on how our thoughts affect not only our behavior but also our body. i.e., Edgar Caycee, Dr. David M. Burns, Anthony Robbins, Jose Silva, Dr. Deepok Chopra, Dr. Bernie Segal, Marianne Williamson

Step 4 - *Create an atmosphere where learning and speaking can be empowering.*

TAKE A CLASS or course given by one of the human response educators. My favorite is the Forum by Landmark Education. Call their national headquarters at 415-981-8850 to find their nearest location in your state and ask for their free brochure.

C - SPIRITUAL BODY

At least once every day say a prayer to your Creator/Higher Power and give thanks for all the blessings that have already been bestowed upon you while you are drinking your teas or taking your supplements. Remember that these are gifts given to us directly from Creator and we should honor them and be aware of what they are doing for us.

My prayer:

Beloved Parent thank you for your blessings, protection, abundanc, the loving hands that are assisting me through this healing process and for your healing plants that are balancing my body. AMEN

MAKING IT EASY

Step 1 - *Clean House*

Clean out all your cupboards of foods that are increasing your acidity and, therefore, your pain.

Step 2 - *Go Shopping*

Find a health food store in your area that carries all the major brands of food as well as supplements

Purchase substitutes for coffee, tea and cola. Try a grain substitute like ROMA or CAFIX. There is also an herb tea called MORNING THUNDER by Celestial Seasonings that might satisfy your taste for coffee. Ask your clerk for samples.

Pick up raw almonds and fish or almond oil.

Pick up name brand supplements. Check the labels carefully. Make sure you purchase Vitamin C with bioflavonoids (the substance found in the white around the orange). It buffers and protects your stomach lining. Ester C is the number one choice of many holistic practitioners.

Look for a large seven-day pill or supplement box.

You can usually find them in them in your health food store or pharmacy and they are extremely helpful in keeping track of your meds and supplements.

Find a chain supermarket that carries Knox gelatin, distilled water, brown apple cider vinegar and raw un-filtered (any blossom) honey, where prices are usually cheaper.

Step 3 - *Prayer Mug or Cup*

Write my prayer (page 8 or any one of your own) onto a piece of paper or label. Tape it onto your favorite mug or cup. Paint it over with a decoupage glaze from your craft store. This will remind you to say your prayers every time you drink from it.

Step 4 - *Daily Routine*

AM

Boil 30 oz. of water. Pour 1-1 1/2 oz. into a cup or mug. Add one package of Knox gelatin. Stir until completely dissolved. Add to your favorite morning juice. You may also add 20 drops of your liquid mineral supplement to this glass instead of chopping almonds for breakfast.

To remaining hot water add 3 measuring tablespoons of apple cider vinegar and 3 measuring tablespoons of honey.

Drink one cup and save or carry the other two for the rest of the day.

Make two water jugs of at least 32 oz. each. Drink from one at home and take the other with you. If you pre-measure as I have suggested, you can be sure of getting in your eight glasses when they are finished and you won't have to count all day long.

Do a morning workout daily of your prescribed exercises, yoga stretches or walk. Do not attempt jumping type aerobics if you have pain in hips, knees or ankles. Drink water from your prepared jug.

BREAKFAST

Take morning supplements with already prepared juice/water and food. You must eat something i.e. whole grain cereal (oatmeal, farina), slice of whole grain toast/bagel, baked/micro waved sweet potato (my favorite), fresh fruit, etc.

MID MORNING.

Healthy snack, i.e., cut veggies or fruits with a full glass of water.

PM

LUNCH

Take vitamin C with lunch. Good choice would be a fresh salad with 3 oz. lean meat or fish or fowl, some whole grains and/or steamed vegetables with a full glass of water.

MID AFTERNOON

Keep some fresh fruit on hand for munchies along with another cup of vinegar & honey tea.

DINNER

Take PM supplements with your dinner

AFTER DINNER

Enjoy your last cup of vinegar & honey tea while relaxing. If you are able, place one foot at a time in your shoe box and rub against the marbles for five minutes. You can do this while watching TV. Drink another glass of water.

BEFORE BED

Gently rub your painful spots with odorless castor oil (see Castor Oil Packs, page 5). You can thin it down with a few drops of extra virgin olive oil or peanut oil if too thick.

You can alternate your hot packs with cold packs. Average time is 20 minutes each. That will also accelerate your healing curve.

SLEEP

Listen to Visualization #1 healing audio before going to sleep. Not only will it help you relax and sleep better, but it will also send those messages to the brain that it is time for repairing and re-building your body into its most natural state...*HEALTH.*

BELIEVE IN YOURSELF

Please remember, while your injury might have been the result of an accident that happened in a split second, it will probably take a while to get back to normal. If you have been diagnosed with arthritis, it has probably taken several years for you to get to this state, so it follows that the combination of arthritis and injury is going to take a while to turn it around. Be patient. Unfortunately, there is no magic pill, no overnight cure.

I know that you can do it if you just stay focused. It is not my intention to overwhelm you with more than you can handle but the more you can do, the quicker you can get off of pain medication and the faster you will heal. It's that simple. If you add one more new remedy every day, you will be up to speed in no time and you will as good as new in a heartbeat.

If I can heal three serious injuries and five incurable illnesses on myself, I truly believe that you can certainly heal this too.

My prayers and good thoughts are with you. To further assist, I have asked that a personal healing angel be sent to you. I wish you success in all that you do and a lifetime of fluid movement, health, abundance and happiness.

May the healing and abundant light of our creator bless you always.

Today's Date _____

INJURY FUNSHEET #1

VISUALIZATION #1 – ARRESTING/REDUCING PAIN

- PAIN LEVELS**
- 0 - Completely calm/relaxed/pain free**
 - 1 - Feeling tense/tired/slightly uncomfortable**
 - 2 - Some agitation/nervousness/noticeable discomfort**
 - 3 - In stress/pain apparent**
 - 4 - Agitated/throbbing pain**
 - 5 - Highly agitated/unbearable pain**

Locations of Discomfort	Pain/Negativity Level	
	<i>Before</i>	<i>After</i>
1) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
2) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
3) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
4) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
5) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5

Insights/Comments:

Today's Date _____

INJURY FUNSHEET #2

VISUALIZATION #2 – FINDING THE CAUSE

- PAIN LEVELS**
- 0 - Completely calm/relaxed/pain free**
 - 1 - Feeling tense/tired/slightly uncomfortable**
 - 2 - Some agitation/nervousness/noticeable discomfort**
 - 3 - In stress/pain apparent**
 - 4 - Agitated/throbbing pain**
 - 5 - Highly agitated/unbearable pain**

Location of Discomfort/Stress	Pain/Negativity Level	
	<i>Before</i>	<i>After</i>
1) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
2) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
3) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5

What type of flowers did you pick? _____

Are your angels male or female? _____

What are their names? _____

What incident did they show you? _____

Is there more for you to see? Yes No

What was his/her intent at the time of the incident? _____

Other insights received: _____



SHOPPING LIST

Speak to your physical therapist to get a list of exercise tools, i.e. Therabands, exercise balls, weights, Velcro close bands and an exercise schedule but also include:

- Ice packs
- Heating pad (you may need two if the injuries are far apart)
- Lavender essential oil (a few drops on pillow to ease pain, assist sleep)
- Soothing music (to assist in your visualizations and sleep)
- 1 large bottle apple cider vinegar (or golden raisins & gin - or for diabetics – juniper berry tea leaves/bags)
- 1 jar unfiltered raw honey
- 1 bottle pure cold pressed castor oil
- 1 jar Tiger Balm (topical anesthetic for pain)
- 1 bottle of full spectrum colloidal minerals (or raw almonds)
- 1 jar Knox Nutra-joint or gelatin packages
- 1 bottle Vitamin A & D or Beta-Carotene 10,000 I.U.
- 1 bottle Vitamin B complex – 100 mg
- 1 bottle Ester C – 500 mg
- 1 bottle Vitamin E – 400 IU
- 1 bottle Calcium – 1000 mg. (Tri Boron Plus, Bone-Up or equivalent – no oyster shells)
- 1 bottle of Ginger Root capsules or MSM or Zyflamend (for inflammation take as directed)
- 1 bottle flax seed oil
- Coffee substitute
- 2-3 gallons of distilled water
- Nuts & seeds (sunflower, pumpkin, sesame, walnuts, cashews, macadamia, pecans, soy, etc. – no peanuts or peanut butter)
- Black cherry juice + another juice (pear or apple, no citrus) for dissolving Knox gelatin
- Plastic wrap (to cover oil packs)
- 4 bags of marbles (for shoebox)