

*No Such Thing as Incurable*

# Interstitial Cystitis

*by*

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## ANNEMARIE'S STORY

Love is a powerful force. It bears life. It binds the universe and in humans can be the fuel that drives our desire for miracles. The latter was my case when faced with incurable illness number six.

It started out as a strange burning as though someone was holding a match to my female parts on August 6<sup>th</sup>, 2007, which was the day after my friend Ruth and I came home from a short two-day jaunt for some R & R at Sea World, Orlando, FL. I blamed the burning on possibly picking up a bug in the sometimes unsanitary bathrooms in the park or the spicy food that we had eaten. I thought it was an anomaly that would go away in a few days with some cranberry juice. Fat chance!

At first I tried my usual natural remedies and immediately set out to dispel what I knew to be the root of my anger. My job as a rental agent had become a huge disappointment as the real estate market capsized in southwest Florida and everyone swam out of town. With long hours, short paychecks and the complete lack of recognition for my stellar work, I had become hugely angry with myself for allowing an unfulfilling job to drain all my energy and resources for over 16 months.

As most life lessons, it got worse before it got better. In early September, I left that horrible job and finally decided to see my medical doctor. Since the cranberry formulas and other remedies were not working, Dr. #1 thought it was a vaginal problem. He ordered tests but they were all negative. Dr. #2 gave me a vaginal gel that turned a hot potato into Dante's Inferno. Finally realizing that I had been barking up the wrong tree, on October 12<sup>th</sup>, I went to see doctor #3, who was a respected urologist hoping to get a simple antibiotic to end my misery.

After an examination and reading the results of the sample he retrieved from the catheter he inserted directly into my bladder, he quietly announced that I had interstitial cystitis. "What is that?" I asked. "It is an inflammation of the bladder," he said. I nodded then queried, "OK. What do we do?" "We manage it," he retorted. "What to you mean manage?" was my comeback. "Some of our patients get some relief from taking Elavil. It helps with the pain. An alkaline diet is also helpful," was all he could muster.

At this point I was crying and could certainly use a tranquilizer. I was shaken and upset. What he said and what I heard were two very different things. When he said “manage”, I heard, “No sex for the rest of my life.” Manage – are you insane I thought. This pain on a scale of one to ten is an eleven. I was exhausted. I hadn’t had a good night’s sleep in two months because of the need to go to the bathroom three or four times per night. My tummy and urethra was swollen and I was in agony 24/7. What kind of “management” or quality of life is that?

First I wiped my tears then I looked him straight in the eye. “No. No. I’m the one who wrote *No Such Thing as Incurable*. If you don’t have the answer, I will find the cure myself.” I thanked him for his time and drove straight to my favorite health food store to talk to the manager who was the most knowledgeable guy in town. He gave me an herb that immediately took down the pain several notches but it would take the greatest force in the universe, the power of love, for me to be lead to the actual cure.

That power came into my life on December 4<sup>th</sup>, when I received a curious email from a stranger. He was a distinguished gentlemen, kind, affable and with a great sense of humor. We met for dinner at a romantic and exclusive spot on Vanderbilt beach. It was “like” at first sight (the best way to start). The rest as they say “was almost history.”

As we continued to see one another, I kept skirting the obvious by keeping him at a distance for as long as I could. Although I had done my emotional work and created new prayers/mantras for the situation, my condition was not improving. How could I tell this wonderful, gentle man that I longed to be with that we could only be friends until I solved my medical dilemma? I needed a miracle cure and I needed one fast or I could certainly lose someone who had become very precious to me.

The next day in prayer/meditation, I was guided to call and set an appointment for a reading with my medical intuitive friend who works with one of my guardian angels, Dr. Handler. Although he is in spirit now he had been a physician on earth in his last incarnation during our Civil War.

First Dr. Handler gave me the angelic cause:

Interstitial cystitis is caused by a virus that lives in the lining of the bladder and in my case in the urethra as well, pitting and eating away at the lining

and urethra walls. Because the virus thrives in the lining, urinalysis always comes up clear and therefore the virus manages to stay under the radar. The good news is that the virus can be easily killed once the inflammation is under control.

Then he gave me the protocol that turned the fire down in about four weeks and put me back into the pink.

Encouraged by Dr. Handler's suggestions, I finally broke down and came clean with my friend. Fortunately for me, he was very understanding and said he would wait and support me. He hung around for another three weeks but his archaic life stepped in and made it impossible for us to go any further.

Timing is everything in life. My friend was simply a messenger – a catalyst for me to heal and to share my story with you. I came away with great memories and a renewed spirit. Now is your time to make a miracle, so let's get started.

*As with any information shared herein, it is not intended to diagnose or prescribe. Please take this information to your medical professional before starting on any program*

# MY 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– INTERNAL FEMALE: *Stop the pain by vaginal insertion***

Purchase tee tree oil suppositories at your local health food store and insert in the vaginal canal. Use according to package directions.

#### ***Or create your own formula***

2 oz vegetable glycerin  
4-6 drops tee tree oil

Mix together and put into an eyedropper bottle. Purchase a vaginal syringe and fill with the oil mixture. This will stop the pain on contact and give 3-4 hours of relief. Can be inserted no more than 4 times/day.

### **Step 2 - INTERNAL: *DIET must be alkaline - NOT acidic***

#### **Recommendations for next 3 weeks**

- 1) Water, water, water – at least 64 oz daily to keep urine clear and flushing out toxins
- 2) Oatmeal calms the entire body
- 3) Certain butters/oils(wheat germ) will soothe the lining of the bladder
- 4) Only one small salad per day. Easy on tomatoes or tomato sauce. Remove seeds from tomatoes - ½ small raw remove seeds and pulp OK
- 5) Herb teas such as ginger (anti-inflammatory) and licorice (soothing) can also help
- 6) No coffee or teas other than herb. Both regular and decaf coffee/teas still contain high amounts of acid and will do more

- harm than good. Try coffee substitutes: Morning Thunder, Cafix, Roma Roast which you can get in health food stores
- 7) No dairy products except for small pats of butter
  - 8) No citrus fruits or ones high in sugar
  - 9) No berries except blueberries
  - 10) No starches/sugars: corn, white/gold/red potatoes, bread, cakes, cookies, white/brown rice
  - 11) No green vegetables except for cucumbers, lettuces, salad greens
  - 12) No dark/light chocolate (except a small amount 2-3 kisses to satisfy craving)
  - 13) No red/white/balsamic vinegars, alcohol. Both starches and alcohol turn to sugar and will feed the virus and allow it to grow
  - 14) No legumes/beans

### **Breakfast Day #1**

Bowl of oatmeal

½ tsp flax seed - (work up to 2 tsp by the end of one week)

½ tsp cinnamon

1 pat of butter

1 tsp grade B maple syrup (has minerals and is not glycemic)

Splash almond/rice/soy milk

### **Breakfast Day #2 and thereafter**

To above add ½ tsp wheat germ

Piece of fruit = ½ apple/pear/banana or ½ cup blueberries

*Note: You may add 1 or 2 pieces of burnt toast with a pat of butter (toast twice on high to get as black as possible). Ash creates an alkaline environment and accelerates the healing process.*

### **Lunch**

4-6 oz protein (fish and chicken only) or 2 eggs

Small salad with greens, cucumber, ½ tomato without seeds

Apple cider vinegar and olive oil dressing - or -

4- 6 oz. protein with any type of squash (acorn, spaghetti, yellow, zucchini, butternut, zucchini)

### **Snacks**

Piece of peeled fruit (no citrus), red grapes, dark grape juice or celery stick with soy/sun butter

**Dinner**

4-6 oz protein

Squashes for vegetables (acorn, spaghetti, yellow, zucchini, butternut)

Note: You may add beets (not pickled) and/or a sweet potato

**Step 3 - Recommended additions to diet week #4**

To oatmeal you can add the following fruits to your list: strawberries, peaches,

Herb teas may be sweetened with raw/unfiltered honey

Stay with fish and chicken/turkey for now. Red/white meats are too heavy and are more acidic.

**Step 4 - INTERNAL: *Calm and support the bladder and the urethra***

<b>Supplement</b>	<b>Dose</b>	<b>Directions</b>
Liquid Chlorophyll (triple strength)	1 tsp in 4oz water	Take in morning with other supplements before breakfast
Coleus Forskoli or UT Vibrance	1 cap 1 scoop	2x/day breakfast & before bed according to directions
Vitamin E 400 I.U.	2 cap	1 breakfast + 1 dinner
Aloe Vera (super strength whole leaf)	2 caps	3x/day before meals. Must have at least 180 on hand as recommended by Dr. Lark <a href="http://www.naturesharvest.com">www.naturesharvest.com</a> 1-800-222-3901
Charcoal	1 or 2 caps	3x/day right after meals

**Step 5 – *Soothe the bladder and urethra with lubrication.***

**External: CASTOR OIL PACKS 2x/day (morning and before bed)**

Mix 3 parts odorless castor oil with 1 part olive or peanut oil for thinning.

Rub a thick coat of the castor oil mixture across the pubic area up to the middle of the abdomen. .

Cover with a piece of plastic wrap to keep clean or wear white cotton panties

Cover 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.

**Step #6 - *Kill the virus on week #4***

To reduce/kill the viral load drink ½ tsp salt in 4 oz of warm water before breakfast every morning for 10 days.

**Note: *Do not attempt this until the burning/swelling is almost under control. If there is any burning shortly after drinking, stop immediately and wait another week before trying again.***

**B - MENTAL & EMOTIONAL BODIES**

Notice that I could not separate the two. Dr. David 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.

**Step 1 - *Monitor your thoughts. Notice what emotions they are fueling and learn to quiet the chattering mind.***

Listen to the accompanying visualizations and learn to reach a level of consciousness where the body can repair itself.

You can also repeat the following short prayer of gratitude over and over, again in your mind, especially when the pain is greatest.

This will remind the body to reverse the disease and sets the stage that allows all that you do to help yourself heal (supplements, diet, castor oil packs, etc.) to accelerate the process.

*“Thank you \_\_\_\_\_ for moving my body from illness to total wellness in the blink of a thought. I now see my bladder and urinary system pink, happy and functioning normally.”*

***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 can’t stand the pain,”* or *“the burning is killing me”* only support the already painful situation. You **MUST** speak in the affirmative. *“My body is returning to balance quickly.”*

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

Explore the web, 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.

## **C - SPIRITUAL BODY**

Give thanks to your Creator/Higher Power at least once every day for all the blessings that you already have in your life.

*My prayer: Beloved Parent I thank you for giving me life, love and abundance beyond my dreams and for the healing that is continuing to restore and re-balance my body daily. 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 name brand supplements. Check the labels carefully

### **Step 3- *More Tips***

#### **BEFORE BED**

Take your 2<sup>nd</sup> dose of coleus and last dose of aloe vera so that they can work all night.

Rub your painful parts with odorless castor oil cover with heating pad.

Listen to your healing tape 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

While the journey of a thousand miles starts with a single step, so does the healing process.

It may have taken you months or even years for you to get to this state of imbalance. Be patient. Average turn around time on healing a so-called incurable illness is six to twelve weeks depending on how diligent you are with your diet and if you have truly pulled the emotional root that has kept the illness in place.

To my knowledge, there are little to no options out there from the western medical community for this illness. You must believe in yourself if you are to pull this off. You will most likely not get any support from a western physician other than sympathy. Take it with a grain of salt and keep moving forward. Everyday you will start noticing small changes. Those small changes can add up to one heck of a miracle. Ask for it and then expect it.

If you would like any more information on other products/programs that we have available to you or have any questions, you can visit [www.selfhealingmadeeasy.com](http://www.selfhealingmadeeasy.com)

Thank you for taking the time to review this material. I wish you great success in every area of your life.

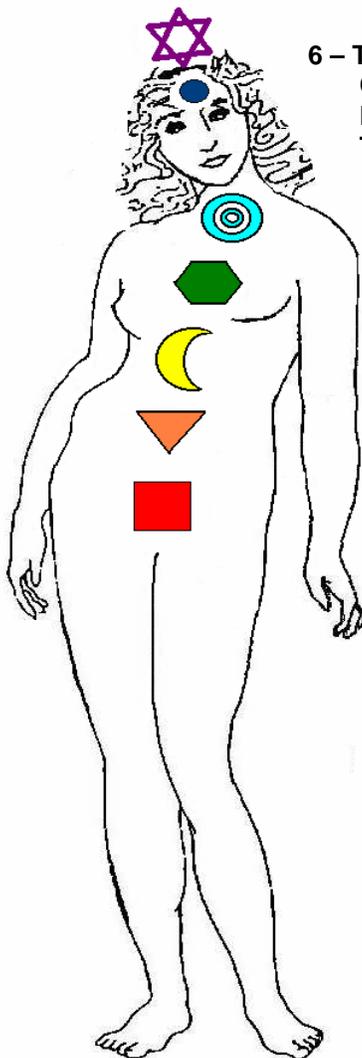
*Love to you*

*Annemarie*

# BALANCING THE CHAKRAS

Visualization #1 is geared toward balancing all the main energy centers in the body. Examine the picture below to understand the location and meaning of each energy center. Before you start the visualization, take 3 deep breaths and focus on the 1<sup>st</sup> center. Notate in the before column what you have experienced. Continue checking all your charkas, then do the visualization, then go back and recheck. Make all your notes to see how much you have improved. The more you practice, the easier it will become.

- 7 - Crown Chakra  
Color - Violet  
Pineal Gland  
Energy Intake & Connection to Source



- 6 – Third Eye (Brow) Chakra  
Color – Indigo  
Pituitary Gland  
The ability to bring past & future into the present

- 5 –Throat Chakra  
Turquoise  
Center of Communication & Telepathy

- 4 - Heart Chakra  
Color - Grass Green  
Thymus Gland  
Center of our Soul

- 3 – Solar Plexus Chakra  
Color – Yellow  
Adrenal Glands  
Center of Intuitive Feeling

- 2 – Pelvic Chakra  
Color – Orange  
Center of the Emotional Body

- 1 – Root Chakra  
Color – Red  
Center of Creativity & Manifestation

Today's Date \_\_\_\_\_

## FUNSHEET #1

### VISUALIZATION #1 - OPENING TO HEAL

#### INTUITIVE LEVELS

**0 – None**

**1 - Feel mild sensation/presence but cannot identify**

**2 - Feel a medium sensation & some identification**

**3 - Feel a strong sensation & able to identify easily**

#### Locations of Intuitive Centers

#### Intuitive Level

	<i>Before</i>	<i>After</i>
1) Root _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3
2) Pelvis _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3
3) Solar Plexus _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3
4) Heart _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3
5) Throat _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3
6) Brow _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3
7) Crown _____	0 - 1 - 2 - 3	0 - 1 - 2 - 3

#### Comments:

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Today's Date \_\_\_\_\_

## CYSTITIS 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

- 3-4 bottles aloe vera
- 1 bottle coleus forskoli or 1 bottle UT Vibrance
- 1 bottle pure cold pressed castor oil
- 1 package tee tree oil suppositories
- 1 bottle Vitamin E – 400 IU
- 1 bottle activated charcoal
- 1 box old fashioned oats
- 1 bottle of grade B maple syrup (for sweetening oatmeal)
- 1 bottle of raw/unfiltered honey (for sweetening beverages)
- 1 package whole flax seed (refrigerate after opening)
- 1 package wheat germ (refrigerate after opening)
- 1 bottle Vitamin A & D or Beta-Carotene 10,000 I.U.
- 1 bottle Triple Strength Liquid Chlorophyll
- Coffee substitute
- 2-3 gallons of distilled water