

**2010-01-09**

### **New conditions**

Treatment 13....done! Whew! And 7 to go. Though it seems that I am on the downhill as far as numbers, the symptoms are going a bit uphill these last days. The brain fog is a bit clearer still from the weekend after Christmas when the three treatment angels arrived! However, in the last three days, I have been having minute moments of dizziness. This is new. I am cutting back on the sugar intake and determined to go for a little walk each day....thinking this will assist this symptom. I have having a really intense reaction to simply thinking about the cancer center. The nurse this last week said I could ask for a light sedative that would assist me in not having the intense body reaction to coming to the center. I don't want to do this...but the intensity of the adverse body reaction is growing. I do not want to stop as I feel that the treatment is my path. And my cognitive capacity is slowing down. So I am spending less and less time at the computer and it takes more energy to concentrate. Such a vacation from thinking! So good and frustrating also!

Today I thought about going to a hynotherapist for the reaction to the cancer center. There is one here in Green Valley. I also thought those of you sending could do some mental treatment about this. I am also a bit depressed about my lack of energy to care for me....little things like going for a daily walk, wearing my adema sleeve to help prevent lymphodema, and so on. I fall back on my lazy streak.....which I have been fighting since my teen years! Ah....perhaps it is a symptom of something else! On to psychotherapy!

This next week is going to be a big change. Kate Jones arrives on Monday for 2 weeks. Joyce leaves on Wednesday for 10 days. A good time for her to be gone and to have a change of scenery....on all levels. She has been so "on" that I am a grateful for Marilyn's birthday party that compelled her to go to Reno....Lake Tahoe. She will also being seeing her grand niece for the first time (she is 6 months old), and will have a chance to ski!!! I trust she will come back refreshed and vitalized. Kate will be able to be with me....in a different way. I would appreciate your sending a couple of treatments to her too! I really appreciate her coming to support me now.

I am overflowing with gratitude for the support that is so potent in my overall transformation.  
Yours, Phyllis