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From: GreaterJoy@yahoogroups.com [mailto:GreaterJoy@yahoogroups.com] On

Behalf Of Z Zazhinne

Sent: Tuesday, April 14, 2009 12:00 PM

To: essentiallyours@yahoogroups.com; greaterjoy

Subject: GreaterJoy re: Gulf War syndrome and news from Z

Greetings my Dear and Joyful Friends

This is Z--I feel like I should say the long-lost Z except for I wasn't lost-- just tending to regrouping my own life after tending to the last years of my mother's life. A year after I got my sight back, she asked for help, and that was the next few years of mine.

It's been a heck of a ride, I'm still re-grouping, and while tired--I am still VERY WELL!

For all the many new oilers here--when I joined the original Joy Group back in 1999--I was very very sick and BLIND--due to an acute toxic chemical exposure--from a very illegal use of common legal industrial chemicals near my studio. THEY said I was "permanently blind, permanently brain-damaged, and permanently disabled." I was blind for 5.5 years. THEY said it was "FOREVER!" Hah!

Not a lot was known then about toxic chemical exposure.

I knew more than most for two reasons: I myself was a life long environmentalist (actually worked for Greenpeace for a while) AND I grew up on the inside of the medical world--with a teaching physician father. So I knew how to do medical research--used to earn my allowance by doing it for Dad.

Back in '98-99, it wasn't like now--when you can google "toxic exposure" and

get a LOT of info.

I'd had a friend who came to Greenpeace to find out what he had been exposed to over in the Gulf--back in the days they were telling our poor injured soldiers they were malingering. He died at the age of 26, just a few years after that war. Now, just like with the Agent Orange victims, we know Gulf War syndrome(S) is very real.

I was lucky I knew how to locate an MD who knew what tests needed to be ordered to see what I'd actually been exposed to. And luckier that the Braille Institute gave me a grant for adaptive equipment and started me on learning talking computers.

NO ONE had more interest in me getting WELL again than ME.

In those days--little was being researched on toxic chemical exposure--but I figured the medical research that would give me direction would be that being done on Gulf War syndrome. Hard to find then--but it gave me a start.

We used SO many toxics on our soldiers then--including regular daily spraying of pesticides of living quarters (tents.) Some soldiers were wearing flea collars made for dogs. And then all the industrial and military chemicals they were exposed to, the burning petrochemicals—AND whatever they injected them with that they were experimenting with....

I had a stack of diagnoses and misdiagnoses that reached 3 ft high, toxic encephalopathy, fibromyalgia, chronic fatigue, brain fogginess, malfunctions, horrific neuropathies that went high up both arms and legs--and my central nervous system was badly affected too. And boy--all the DRUGS they tried to sell me on. I KNEW I had been severely TOXED and did not want to TOX myself more with pharmaceuticals.

I went on a series of dietary detox protocols, used YLEO's aggressively.

BRAIN POWER and Frankincense--anything with Frankie in it--really helped with the numbness/pain of the neuropathies--we did not have Believe Oil yet--today I'd be using that a LOT. In fact--today I DO use Believe Oil a lot:):)

What worked for me is documented in archives either from

redspiralstudioz@earthlink.net <mailto:redspiralstudioz%40earthlink.net> or from z@zeeva.net <mailto:z%40zeeva.net>.

The most important thing I can stress: like with ANY disease--you want to clean out your body, balance Body-Mind-Spirit, and support you OWN BODY's natural inclination to heal itself!

So many oilers who heard of my story from our groups wrote me off-group,

wrote me with SO many questions, it got overwhelming.

I started a monthly e-zine--the Z'zine, to share HOW I got well again.

People still wrote me with so many questions.

As Mom was going thru her last battle with cancer (tragically, allopathically) I collated all the questions you sent me over the years and

wrote Zeeva: the Art of Wellness the True Story of How Z Got Well Again and You Can Too!

I'm in the final stages of proofing and should have it available online before the end of this month.

It tells what happened to me, how I knew what I knew, how and why I was able to get well again, what I did, and the treatments that worked.

And helps clarify why the daughter of an MD, medical professor/researcher/director of a medical institute chose WHOLISTIC.

The last chapter is on 21st Century Essential Plant Medicines, YES--YLEO's.

I hope it will help all of you in your own healing journeys as well as help you to help others understand the difference between real health and wellness and the managed disease model American medicine has become.

And HOW to practice the Art of Wellness in your own lives!

Once the book is available online--I will post, and I will be doing interviews for a bit, and I'm coming out with audio's and video's and commentary on fixing our health-care system. I'll let you know as I create--so stay tuned.

But I have a request:

if you can imagine having lost so many years of life to a battle to regain my sight, my WELL-operating brain, my health and WELLNESS-- if you lost all that life to living in hell for years--would you want to keep re-living that hell because other people WANT you to talk about it?

I really want to live in my NOW. Mom's last years took a lot out of me.

I'm exploring the best ways I can teach online while reclaiming my own life as an artist again.

I wrote the book because so many people wrote me NEEDING to know HOW I got well again, and it was not easy to put myself "back there" to write it.

So many people wanted to know--STILL want to know what it was like, what did

I DO--and I want to help.

But I'm just one woman taking back a life interrupted.

So I ask that you wait till the book's available, read it, and watch out for the interviews and teleseminars I'll be doing to ask questions rather than inundate me with off-group (or even on-group) requests.

There will be time and I WILL make myself available. Just give me a breather.

Thanks and BE WELL!

Z

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Z Zazhinne

[www.zeeva.net](http://www.zeeva.net)

The Z'zine...Wellness, Inspiration, and Real Information

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