



**Adriaan Reivers**

10 hrs

Hi every one...One week on the protocol and this is the update. Now I have also been sleeping on the bio-mat and I woke up pain free on two occasions.. The bleeding is still reduced and there have been a few times now when there has been no discernible blood though a few clots appeared now and then. I am pleased with the progress shown as when I began I had been taking painkillers three or four times a day. Now on one or two days I did not need any and on the other days only needed them once a day, which is a big improvement. Also for the first time in a long while today I noticed the yellow colour returning to my urine so I also see this as a good sign. In summary after one week less blood, less pain and better colour and most importantly less lethargy with more energy to do things, I don't feel like sleeping all the time, which to me indicate things are working. Getting used to sleeping on the bio-mat now and I am enjoying it. My next entry will include some of the personal beliefs and practices that I do on a spiritual and mental level as well which I also deem important in my attempts to recover from this.

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 You, Lauren Tasker, Gita Brigham and 3 others

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