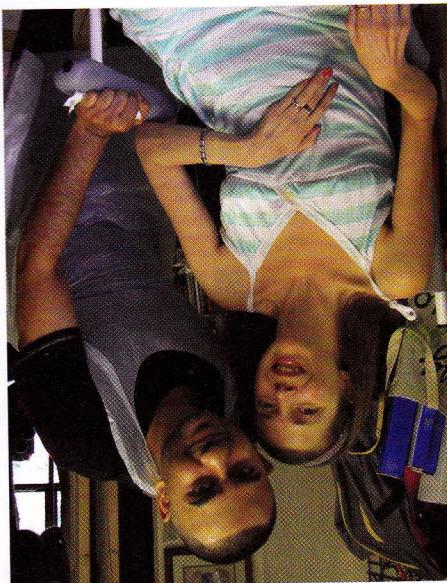




RECOMMENDATION: The Dug Deau Dag helps Sylvia sleep

TOP: Sylvia's son Marcus
ABOVE: Sylvia with personal assistant Salmoor

"My positive outlook is starting to return."



Sylvia Wright

more as I miss meeting
places like the local library.
I have to be carried from
the bed to the car, or use a
wheelchair.

Life can be a struggle,
but I'm convinced | delayed
being this bad by ten years
through my earlier regime
of diet, nutrition, exercise
and getting sunshine. | still
avoid dairy and sugar.
One thing | will never
regret is having Marcus,
now seven — my not so
little boy anymore, miracul-
e'd do all the same again if I
had the choice.

My positive outlook is starting
to return and you will be able to
keep up to date with me, Steve
Cosuk which my brother is in the
process of updating and will keep
up-to-date for me.

And Marcus at www.livingwithms.com.

I totally rely on the PEG to help me stay alive. Not only do I get my soga-based feeds through it, but also now able to swallow drinks and enjoy eating soft fruit (when Marcus hasn't eaten it all!). Swallowing liquids helps keep my throat and voice box moist. I have Botox injections in my knees which help to loosen the muscles and increase their flexibility. This makes it easier for whoever has the task of stretching my legs.

I take Wormwood, which helps prevent urinary tract infections (UTIs). This means I am not always fighting off the Candida and thrush and prevent urinary tract infections (UTIs).

Then there's my wonderful big bean bag! I sleep better when my legs are in a corner over it.

When I don't have much energy I watch a lot of TV, but I have recovered enough that I often want to do more than that. Currently I'm also listening to music, teaching Marcus cockney to rhyme slang and recording tapes about my life as I'm planning to write a book about it.

I'm also starting to ask Salmoon to take me out into the local community.