



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



BELOW: The big bean bag helps Sylvia sleep

"My positive outlook is starting to return."

Sylvia Wright

All the best to everyone, up-to-date for me.

co.uk which my brother is in the process of updating and will keep and Marcus at www.livingwithms.co.uk

My positive outlook is starting to return and you will be able to keep up to date with me, Steve and Marcus at www.livingwithms.co.uk

had the choice.

I'd do all the same again if I little boy anymore' miracle, now seven – my 'not so regret is having Marcus, One thing I will never avoid dairy and sugar.

and getting sunshine. I still of diet, nutrition, exercise through my earlier regime being this bad by ten years but I'm convinced I delayed Life can be a struggle, wheelchair.

the bed to the car, or use a I have to be carried from places like the local library, and talking to people in more as I miss meeting

I totally rely on the PEG to help me stay alive. Not only do I get my soya-based feeds through it, but also ground-up medicines. However, I am 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 the spasms less painful and makes it easier for whoever has the task of stretching my legs.

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

Then there's my wonderful big bean bag! I sleep better when my legs are in a tower 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 rhyming 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