

GETTING HEALTH BACK FROM LYME DISEASE
~A THREE YEAR JOURNEY~

Dean Martens, Clinical Herbalist
President & Founder
Herbs of Light, Inc.

LEARNING HOW TO GET HEALTH BACK

In 2005, a 2nd major challenge came into my life. The first of these two challenges occurred almost 25 years earlier with the supposed incurable diseases of rheumatoid and osteoarthritis. My hands had deformed so badly that I couldn't hold the golf club correctly any more... a time I will never forget. I decided to change my life dramatically, as discussed in the **DVD Lecture called "Taking Responsibility"**. This talk has been used to assist people with their own health and is available from Herbs of Light. After getting rid of all my diseases including arrhythmia, ulcers, colitis, systemic candida, crones, etc., I also got all of my health back.

This second challenge had me focusing greatly on this new project of mine called Lyme disease. I knew that a change of lifestyle to almost perfect again was a must. The wheat grass was grown or shipped in from Drelich Wheatgrass Co. www.drelichwheatgrass.com, 407-568-3545 for its juice of 4 ounces a day. Lentil and seed sprouting became part of my kitchen again while all the vegetables, fruits, grains, seeds and nuts were available. This time was much easier for me concerning food and lifestyle. It's just great that the Living Foods Institute in Atlanta, GA. www.livingfoodsintstitute.com, 404-524-4488 teaches people how to grow and prepare live, delicious food that is Nature's true medicine...and we are definitely Nature.

Food is great medicine as taught by Hippocrates and it works wonders with getting health back. I did not use any herbal supplement assistance in getting my health back from arthritis. Well this time, they sure were needed! Very concentrated ones, too!

BECOMING OF SERVICE

Getting my health back from incurable diseases initially led to the creation of Herbs of Light, Inc. In this company, we make available "Living Food" herbal extracts which have all their chemistry, energy and balance. This is what makes up whole, live food. When people are not ready for the efficacy of a 'live food' lifestyle, these supplements are very helpful. The next step, when ready, is no dead food goes in.

The mission was to put the energy back into the liquid extracts that was lost when the herb was harvested from Mother Earth. This mission was accomplished along with starting the use of GMO Free alcohol that maintained energetic balance of the medicine while being the finest solvent for major medicinal constituents like alkaloids, etc. I was very happy when this company became the Lab that produced the Private Label extracts for the Edgar Cayce Products in Virginia Beach, Virginia. Edgar had professed much wisdom about medicine. I have always respected him greatly.

GETTING LYME

Well, life kept evolving and adding to its wonder for me as I walked my talk and maintained a healthy, happy life. We know when we are suppose to get involved in any part of life when that part, keeps coming to us in many different ways. Specialized Nutritional Support, www.specializednutritionstore.com 864-833-4372, a quality health clinic in Clinton, S.C., headed up by Dr. Charles Campbell, had been calling for us to formulate an herbal medicine for Lyme disease. They finally called one day and said they needed it now! Their offices had been filling up with people that had Lyme. I said to Charlie then that I would start on it immediately.

Two days later while getting out of bed, I noticed a Lyme's 'Bull's Eye' on my thigh. I thought that is amazing! Yes! God and the angels were doing their work again. This was going to allow me to have great focus so that we could be of even more service for people. Our body is a magical laboratory and when Natural Laws are used, it will rebalance as discussed by Hippocrates, Jesus, and all the major wisdom that has ever been on this planet. **Its easy getting rid of chronic degenerative disease...however...The Discipline Is Really Tough.**

Food is great medicine as taught by Hippocrates and it works wonders with getting health back. I did not use any herbal supplements getting my health back the first time with RA and Osteoarthritis. Well, they sure were needed this time. Very concentrated ones too. We put together the Lyme Herbal Protocol first ultimately for Charley's Clinic and also for ME.

I MEET THE TICK

When I saw the rash, I put some Herbs of Light, Oxy/Jojoba ozone skin salve on immediately, 3 times a day. This killed all the bacteria within the bull's eye and the rash went away at the end of the 2nd day. This was great, for records show that the rash usually stays from 7 to 14 days. I kept using the salve where the tick bit me for 7 days. Each morning there would be a scab at the sight of the bite which I scraped off in order to put more salve on. At the end of 7 days, I was scraping off the scab when underneath it on this last day, was the tick's body. It had gone inside of me after its bite. It was much larger from fluid filling it up.

WHICH TEST TO TAKE

I had heard and studied how the blood tests for Lyme were so inaccurate. Very intelligent people have said the Western Blot test had from 30 – 50% accuracy. In fact, it is one of the leading problems for people because they will get a negative test result and not know that they do have Lyme. It was very important for me to get a quality test. This would let me know if any of the Lyme bacteria had gone systemic within my blood.

The Lab I picked came from various health practitioners that I respected. It was Bowen Labs which had the Q-RIBb test. This lab is now called Central Florida Research, www.centralfloridaresearch.com, New # 863-299-3232 and have evolved further by using Flow Cytometry testing which takes us into the 21st century for its efficacy for Lyme analysis. I had thought that I might not have any Borrelia bacteria or a very small amount. The Lab alerted me that I had, for quite some time, a large amount of Borrelia along with Babesia, a co-infection of Lyme. At first, it really took me by surprise. Then things started becoming more understandable. My health is normally quite good from keeping my internal environment very clean along with having a strong immune system. This kept the pathogens at bay.

SYMPTOMS FINALLY UNDERSTOOD

1st Symptom: On a trip up to New Hampshire two years before, I had been having a great deal of fun throwing a bowling ball in candle stick bowling. I over did it and it weakened my right shoulder. Within weeks my shoulder was filled with inflammation which surprised me greatly. I was living a healthy lifestyle and do truly understand that when our vessel, body, temple, etc. has toxicity within it, that pathogenic microbes can inhabit the environment. In my own case, my health and wellness was very high and so, to have these bacteria take hold and provide this uncompromising challenge was a brand new direction to my life to say The Least.

I used one of the top Chiropractors within the South East who was respected greatly by his peers. After months of being treated by him, nothing was being healed. This made me go as perfect as I could with my lifestyle and the assistance of herbs again. A supplement of Glucosamine / Chondroitin Sulfate was also taken. After almost 8 months I finally got rid of the inflamed condition. Neither of us knew what created this chronic problem and why it stayed for so long.

2nd Symptom: A few months later, while working out with weights, I was pushing too much weight and my left shoulder's rotator cup became hurt and weakened. Again, it took almost a year of being confused while having very severe inflammation in my left shoulder. It was tough even putting on my shirt. Again, lifestyle, herbal assistance and Glucosamine / Chondroitin Sulfate helped greatly in ending this inflammatory problem.

3rd Symptom: Attending a yoga session a few years back, given by one of our staff, I noticed that I had a very hard time maintaining balance on some of the postures. This was the first time that balance was ever a problem for me.

4th Symptom: I had hired a sales manager a few months after that who seemed quite healthy. He mentioned a few weeks later, however, that he had to see his Doctors again. He told me he had been cured from Lyme disease by large amounts of antibiotics which his doctors had given him. However, the numbness in his feet had started coming back again.

The information concerning the numb feet had my total attention. I had felt, for some time, the numbing of the bottom of my right foot and then my left. It was so subtle I did not pay attention to it until that moment of my life. In the same week, Dr. Charlie Campbell, ND, had called for me to start on the herbal blend for Lyme disease. Two days later, the bull's eye showed up. It started to become very clear that Lyme disease and I were to become quite close.

5th Symptom: Another point I want to share was my inability in keeping emotional balance during moments of distress. The neurological emotional distress that Lyme produced, created a fight or flight mechanism whenever an above normal crisis occurred. Love and compassion seemed to dilute at these moments and I truly am happy to have that imbalance end.

6th Symptom: For approximately 6 – 7 years, a very sharp pain in my left temple would sometimes occur. It was so painful that it took my total focus away from any activity at that moment. I noticed that at those times a pain under my left nostril also occurred at the same time. I found if I pressed the pain beneath my nose which was very uncomfortable, it would stop the pain in my temple. This was a neurological effect from Lyme which affected meridian activity at that location. This went away when the Borrelia and Babesia were eliminated.

STUDY & RESEARCH

In my research it became clear that the AMA, FDA, most all allopathic and holistic physicians, along with our so called expert medical institutions either didn't have a clue about Lyme disease or they weren't saying a word about its chronic nature. Dr. Charles Campbell, Ph.D. Nutrition was the only Practitioner I knew that had enough wisdom to help greatly. Besides Dr. Campbell, it became obvious to me that if I wanted to get my health back, I was going to have to take responsibility in doing it. This again, was similar to the Rheumatoid and Osteoarthritis which I got my health back from previously.

TRUTH ABOUT LYME AND WHY IT'S ABSENT

It was clearly stated from a few physicians that if Lyme disease is handled immediately within the first few months, pharmaceutical and herbal medicines can take care of it very easily. That led me to ponder why most tests were so inaccurate and the medical profession so ignorant of this increasing health problem concerning its chronic nature.

One day I heard a very sobering conversation from a group of Doctors about why our institutions do not alert us of Lyme's tremendous chronic effects. It was mentioned that

.... “If left unchecked, Lyme disease will become one of the most profitable diseases in this world for pharmaceutical and medical institutions. They use medicines for all the diseases the Lyme is mimicking within their systems with hardly any results on the Lyme disease itself. At that moment, our physicians are focusing on the multitude of mimicking diseases that Lyme has created; Arthritis, Head Aches, MS, Bells Palsy, ALS, Numb Limbs, Fibromyalgia, etc. etc. These diseases would occur in all the weak and injured cells and tissues that Lyme has an easy time to inhabit and infect. It started reminding me of older times when I was within the investment industry. I had found why that industry committed so much dishonesty. It was for income and profit also.

CONTAGIOUS DISEASE! FROM ONLY A DEER TICK?

I then kept finding conversations on the internet, from physicians and labs that were saying that one of the major reasons for Lyme spreading as much as it is comes from sexual activity. The borrelia bacteria has been documented in being present within sperm which might be creating one of the fastest growing chronic degenerative diseases in the world. I remember talking with, amazingly, a Naturopathic Doctor who had Lyme and would not believe in those studies while having unsafe sex with his wife. I was sorry to see people needing what they wanted so much that it creates the chance of having others losing greatly from their ignorance.

MEDICINE WAS VERY IMPORTANT BUT WHAT TYPE?

Pharmaceutical

Doxycycline: I initially decided for the first time in my life, to start taking a pharmaceutical antibiotic. It was Doxycycline and was ingested for a period of 10 days. It was the most suggested drug by every allopathic Physician I talked with or read. This pharmaceutical drug was taken so I could add it to my journal if it assisted in any way toward the reduction of my disease or symptoms or if it did not. It didn't. All the organic, energetic, living medicines were a God send. Just like Hippocrates said.

IV Drip with pharmaceutical antibiotics: As previously mentioned, my National Sales Manager thought he had his Lyme disease taken care of from large amounts of antibiotics thru IV drips. The symptoms went away from what we now know is the initial die-off of the pathogens and also the wisdom of those pathogens in running for cover! They hide in many amazing ways until it's safe to reappear and start infecting again as noted in his case.

Natural Medicines from Nature

The following natural herbal and energetic medicines were my 'God Send'.

Health Assist, Male

Very helpful in assisting me with the 3 major activities the body must accomplish to maintain health and also get it back; 1) Assisted cleansing and detox thru stimulating and nourishing the liver in order to filter the blood better. This also assisted the body's lymphatic excretion processes. 2) Helped rebuild and rebalance my energies and hormones to assist in the activities the body has to accomplish. 3) Activated and enhanced the immune system by stimulating the

Thymus, Spleen and Bone Marrow to manufacture and build up the white blood cells needed for action.

Dose used; 4 squeezes, 3 times a day, in fresh vegey juice or water between meals, 6 days a week. All herbal extracts were taken in same juice or water.

Deer Tick Defense

This herbal blend we created for a medical clinic for their Lyme patients mentioned previously and also me. A blend of wildcrafted or certified organic, Cat's Claw bark (not TOA Free...any questions on this, please call), Barberry root, Cordyceps mushroom, Olive leaf and Propolis. This blend assists greatly in the proliferation of lymphocytes and other immune system support while providing safe and significant anti-microbial effects. The natural compounds and constituents of Cat's Claw act as an anti-inflammatory while also providing direct anti-microbial affects. Recent research with the Cordyceps mushroom has shown its ability in building energy, stamina, and endurance so that it helped me greatly with energetic deficiency.

Dose Used; Well shaken ...1 squeeze, 3 times a day, 6 days a week between meals, in fresh vegey juice or water.

Resistant Microbes Blend

When we initially created this blend, it was great timing again for me. The Borrelia bacteria seemed to have a way of hiding from the effects of the Deer Tick Defense blend. In fact its intelligence is amazing on how to hide and defend itself much of the time. It became clear that a couple days off of the herbal blends allowed the Lyme pathogens to come back out from their ability to hide. We now know that they hide in a 'film' that is created along with using heavy metals of mercury and aluminum to somehow act as 'shields'. They also pull different aminos onto their body to change appearance or what we call mutata, so as not to be detected.

This blend was of great value to me in effecting mutating Lyme pathogens when they are defending themselves from the immune system and other Lyme disease protocols. Resistant Microbes has also been reported to be of great assistance also for resistant staph infection or MRSA. Wildcrafted or Certified Organic Eucalyptus leaves, Garlic Bulbs, Goldenseal root, Juniper berries, Olive leaves, Oregano leaves, Thuja leaves, Wormwood plant and Grapefruit seed make up this amazing herbal blend.

The Grape Fruit Seed and the other herbal antibiotics acted together in effecting and creating a herxheimer die-off effect or healing crisis at a high enough dosage. I had to adjust my dosage because of this.

Dose Used: 1 squeeze, 3 times a day, 6 days a week in fresh vegey juice or water between meals for the first month and then I added 1 squeeze making it 2 squeezes, 3 times a day after that. Note: When I had too much herx/die off or discomfort, this herbal blend along with the Himalayan Crystal Salt capsules and the MMS were the three supplements I lowered till I felt better. Water was always at least ½ my bodies weight in ounces or more per day.

Cilantro Supreme & Chlorella Capsules

The Cilantro Supreme blend was needed in decreasing the amount of mercury that was still in my body. I had not focused on this problem which is one of the major causes why Lyme was more capable of staying in my body. I found that most people with increased Lyme problems usually show mercury within their system. A hair analysis for heavy metals was taken which showed I still had this major problem.

Cilantro leaf and Yellow Dock root are within this blend. The Cilantro assisted me by taking the mercury vapor out of the cells while the yellow dock assists with taking the aluminum vapor out. However, these herbs do not have the power to also take the metals out of the body. It was very important that I also ingested our broken wall Chlorella capsules which would then chelate or grab the metals and take them out thru the kidneys and bladder. Wheat Grass Juice was the only other chlorophyll better than Chlorella for chelation. It was very important for me to take the Cilantro Supreme and also the Chlorella caps when not taking wheat grass juice every day.

This was important information that I had originally learned from Dr. Detrich Klinghardt, a protégé of Hans Nieper, M.D. from Germany. My major problem was I did not pursue getting all of the mercury out before the Lyme invaded.

Dose Used: Cilantro Supreme; Shake well. 1 squeeze 3 times a day, 6 days a week between meals in fresh vegey juice or water.
Wheat grass juice (fresh); 2 to 4 ounces a day
Chlorella capsules; 4 – 500 mg capsules daily with meals when wheat grass was not available.

Maireishiitake Mushroom Blend

This blend, which is comprised of Maitake, Reishi and Shiitake mushrooms, assisted in the creation of T cells to enhance my immune function. This was taken until I started using the Himalayan Crystal Salt and also the Miracle Mineral Supplement (MMS) which I describe a little later.

Dose Used: Well Shaken. 1 squeeze, 3 times a day, 6 days a week between meals, in fresh vegey juice or water

Beam Ray Rife Equipment

Royal Rife, whom I had read about for years, was a true genius and should be studied by all people interested in energetic medicine. I had been searching the net and found a book called “Lyme Disease and Rife Machines”. This book is published by Bryan Rosner, www.LymeBookStore.com, 801-925-2411. Reviewing this book and also others as much as I could became very important for me.

After much study, I became interested in purchasing the Beam Ray, email: beamray@mallcity.com, 205-680-2259, produced by Lynn Kinney. I then talked with a man from Texas, who also used this equipment and said that it helped him greatly with

his Lyme remission. It was the most expensive machine that I studied which was \$6,000.00. Its ability in not having to touch or hold any part of the machine while in operation was invaluable. I found that most people would not keep using their different rifle machines daily for this reason. The Beam Ray people sent out a video, the Royal Rifle story and a book of testimonials at no cost to get me acquainted. This was very helpful.

Because there was no need for body contact with the machine, I could turn the Beam Ray on next to my bed, do some key strokes on its computer, and then have it beam infra red and radio frequencies into me for 1½ hours. This was wonderful for I could lie in bed during this process while going to sleep at night. When I awoke in the morning, I turned it on again for 1½ hours while doing my daily meditation and reading. This worked out very well for me. It also helped me feel and understand patience and persistence even more. There were very few days that I missed using this machine.

Himalayan Crystal Salt Capsules

I started hearing about using salt for Lyme and decided to search the internet. The site that had the best information at the time was at www.fettnet.com/lymestrategies/welcome.htm.

This site and other sites mentioned using either a United States Pharmaceutical (USP) 1,000 mg tablet or adding Himalayan Crystal Salt to water and drinking it. This truly worked. However, I found that the USP tablet was ultimately toxic from being heated during its processing in making the tablet while the Himalayan Crystal Salt was a powder you put into water to drink. I didn't want the toxicity of the USP tablet for it lacked its original energy and all of its electrolytic minerals. This made it foreign to the human systems. The Himalayan Crystal Salt was great but it was tough to keep drinking excessively salty water.

That's when I decided to have Herbs of Light commercially produce the first Himalayan Crystal Salt capsules in the world. Later, I found that there were capsules being made by a very nice Lady who put Himalayan Crystal Salt into capsules by hand in her kitchen for friends and acquaintances who had Lyme. She can be found on the internet.

Himalayan Crystal Salt was found to be the very best as explained at www.herbsflight.com. The Hawaiian volcanic, black salt was also of great quality but without the exceptional electrolytic energy from the crystalline formation of the Himalayan salt. The Hawaiian black salt also had a much higher cost for people. I was very sad to find that the Sea or Celtic salts within our oceans, which were the origin of all salts on our planet, were polluted. Companies now have to heat this salt to sterilize it which now makes it a much lighter gray color. The industrialized nations, having poured their toxic poisons into our oceans, have now made an environment for our sharks to now have cancer and our salt and all sea life becoming polluted...a real shame.

I started using Himalayan Crystal Salt capsules after noticing that I could not get further than approximately 90% reduction of my Lyme symptoms of numb feet. After much focus and study, this natural medicine was started and an **almost immediate reduction of remaining symptoms** started to be felt.

Dose Used: The dosage of 2 capsules, 3 times a day with meals, 6 days a week was started. I increased the dosage to 4 capsules, 3 times a day and then woke up to my surprise with kidneys that were very inflamed. I found that I had to drink much more water up to at least half my body's weight in oz. or 90 ounces per day. The die-off of bacteria, created by the salt, was not all being excreted from my kidneys. This created inflammation from the toxins still remaining within my kidneys. I stopped the salt, drank 100+ ounces of water daily and within two days the kidneys were back to normal. It was a great lesson to learn. I eventually, within 1 month, increased my dosage to 4 capsules, 4 times a day or every 4 hours.

For all people that have been told not to ingest salt, please get the book, "Water & Salt, The Essence of Life" by Dr. Barbara Hendel, M.D. and Bio-physicist Peter Ferreira. Our write up on Himalayan Crystal Salt on our home page website will also assist greatly.

Miracle Mineral Supplement, "MMS"

A close friend and colleague, Ken Rohla, www.freshandalive.com 386-478-0068, had called to share information about MMS, Miracle Mineral Supplement. He had become a distributor because he thought so much of its value. MMS came up again with another colleague about how, when it was done working, its remains were just salt. This interested me. I exhausted efforts in finding out about warnings, alarms or problems (see notes below) along with acknowledging its efficacy in being a superior cleanser of water. Well, we're made of water. MMS was started.

I found it tremendously helpful searching the net for information concerning its efficacy and healing testimonials. The most important understanding about MMS was for me to find out how to dose and also to take anti-oxidants on days not ingesting the MMS. Dosing is the problem of this medicine if not handled well for the die-off is can be very uncomfortable. I started with 2 drops of MMS twice a day and increased it up to 15 drops once a day. The MMS is always mixed with 5 times the amount of citric juice.

The smell and taste were tough barriers to get thru. BUT WORTH IT! A few stories on the internet say they didn't have much success. Every person I knew that takes it daily received benefit from it. Accepting and then appreciating the lousy feeling from a healing crisis or detox is very helpful. With too much discomfort, lowering the dosage was essential.

Notes: Quality probiotics and anti-oxidants were used between and after the days of use. I had to take a day or two off from MMS each week and take the probiotics and anti-oxidants on those days. This made it so the GI maintained a minimum level of quality bacteria to make it work well along with rebalancing or 'pairing' any free radicals back to normal.

CO-INFECTIONS OF LYME DISEASE

When I had my first test for Lyme disease almost three years ago, the test checked for Borrelia and Babesia which was analyzed to be positive. That was the QRibb test analysis from Bowen Labs which was much respected. The Bowen personnel later created another company, Central Florida Research, to make even a better test called Flow Cytometry. This test only checks for Borrelia now, not Babesia. This all gets a bit confusing so I am mentioning it here.

After three years after my initial Lyme test, I decided to have another test with Central Florida Research where it was found I no longer had the Borrelia. They no longer tested for Babesia so I used Fry Labs which tested for Babesia including all the other co-infections. This test analysis showed I no longer had Babesia but that I had also been infected with Bartonella which I had not known before. I had not previously taken the total co-infection tests for I did not have enough understanding and intelligence to do so or to know where to go.

Having Bartonella also made a tremendous amount of sense for I still had, at that moment, a much reduced amount of numbness in my feet but with increased inflammation. And, since there was no sign of the Borrelia and Babesia anymore, why would this numbness still be there? For these were my only symptoms left.

Bartonella resides in the lower limbs. Eight months previously, I had fallen off my deck, breaking a big toe and spraining my foot. It didn't seem to be that bad until I kept walking and using my foot which became quite injured and inflamed. The Bartonella had gotten into the injured cells and found a new world to inhabit. This was another lesson for me in a major way. For eight months up to till recently, I had been using crutches 'sometimes'.

This all let me know that the protocol of medicines that I had used worked well for all the infections of Borrelia, Babesia and Bartonella. All symptoms were gone except for my feet which had reduced numbness. However the break and sprain infected the foot greatly which allowed the Bartonella to infest and infect me much more.

At the time of the foot accident and the start of the increased foot inflammation, I was able to get a new energetic Rife formula to upload into the Beam Ray machine. This along with starting the use of our Parasite Liquid Blend which had a great wormwood herb, has helped greatly for the Bartonella. The wormwood capsules we have took the blend's place which is easier to ingest.

If I had originally taken the tests for all of the co-infections and Borrelia three years ago, life certainly would have been easier. I have thought however, if it hadn't occurred the way it did, I would not be able to share some of the things that I know people are going thru and much worse.

GET GOOD TESTS AND GET THEM FROM CENTRAL FLORIDA RESEARCH www.centralfloridaresearch.com, WHICH HAS A NEW PHONE # 863-299-3232 FOR BORRELIA. ALSO USE FRY LABS (search Google) FOR THE CO-INFECTIONS.

I can appreciate the frustration, depression, impatience and unknowing nature of this crippling, destructive disease. Its study has become a major focus for me in its sharing and assisting people. That's why I was actually happy in getting the disease. It is capable of more destruction in all of the cellular tissues, organs and glands than other chronic diseases for it seems to infect any and all weak or injured tissue. No more "incurable"

diseases need to inhabit me for I truly hope that I have learned enough to assist and help people.

This disease, like all others, allows the body and mind to give its information to us so we may assist it with true natural medicines and lifestyle change. This is what Hippocrates understood. Again, it is said: We absolutely can get our health back!However.....The discipline is really tough.

We need to understand Nature and how to correct the imbalanced Nature of dis-ease. What's the difference between "Bad E Coli and Good E Coli"? It's ultimately energetic balance!!! A major understanding of Life.

Please excuse any typos or misunderstanding of info. They will be corrected as I'm sure more info will be made available also. Whenever I can be of service, please call and I will assist with as much guidance, along with this information, as I can. This has no cost for the assistance, 800-313-3001.

It is truly known that when people get their 'Health' back from chronic, degenerative disease, especially from Lyme disease, it will create enough passion for them to help other people. NOW, we have people helping other people, instead of hurting them. This is part of the shift which is starting to occur in the world today!

Much Love to All!