
**TRIGEMINAL NEURALGIA ASSOCIATION
NORTHEAST FLORIDA SUPPORT GROUP**

TIC TALK



MARCH NEWSLETTER

Our regular meeting was held on March 5. The following are the key areas discussed at the meeting.

An update was given regarding those who were unable to attend, but we had contact with.

-Charlie Mae had bronchitis and would be unable to attend.

-Laurice was still experiencing pain and would not be attending. Laurice's pain had been under control for such a long time and now it has returned and she has not found the magic formula yet to control this pain.

-Daniel Price, who has not attended in a long time, is in remission and has moved to assisted living at the Carriage House and asked to be removed from our mailing list. It's great to know that he has been able to find relief.

-We were advised by the husband of Ceil Tyler that Ceil passed away on December 13, 2004. Although she was unable to attend meetings for the last several years, she always stayed in touch with our group. We sent a sympathy card out to Mr. Tyler from all of us.

What didn't get mentioned at our last meeting was one very important item. We just ran out of time.

The Trigeminal Neuralgia Association 2004 Challenge Campaign received a donation from Martha Webb, Penny Farms, FL. This donation was made in Ruth Eisen's honor for the support she gave to Martha while she was experiencing her TN pain. This donation helped to exceed TNA'S goal of \$100,000 and to earn a match of an additional \$100,000. Thanks again to Ruth, who truly is a leader in the support of TN.

Our speaker for our March meeting was Rita Kelly. Rita is a member of our Northeast FL support group and has had TN for about 5 yrs. Rita is on a special diet regime that was developed for her by her doctor in Butler, PA. (She is a snowbird). Her doctor put her on this diet to regenerate the myelin sheathe of her nerves. She has also worked with a nutritionist on her healthy eating diet. She and Richard, her husband, have been eating healthy long before it became popular. She spent a lot of time in her home learning to cook differently, using only stainless, cast iron or glass cookware.

The following are key points that Rita covered :

- They drink only distilled water, alternating with water & water with fresh lemon juice, about 4 oz at a time every half hour. Don't drink in excess at one time. Distilled is close to rainwater and is considered to be high energy. Rita has low sugar so she sweetens her water with honey, molasses or brown sugar
- No potatoes, eggplant, green peppers or tomatoes
- Not allowed to have white potatoes, pasta or rice, nor eggplant, green peppers & tomatoes
- No decaffeinated coffee (acids that decaf the coffee, stay in the coffee.)

- Steam or stir fry all vegetables-don't over cook
- Eat potassium foods, i.e. hominy, dry shredded coconut
- No margarine allowed
- Eat only whole grain breads
- Use only unbleached flour
- Use sea salt
- No pork
- Nothing with aspartame. (Aspartame is not good for you)
- Eat organic foods whenever possible
- Drinks vegetable juice, Bolt Farms vegetable juice, found in the cold section by the produce
- She has never given up eggs
- Take walks
- Breathe deeply
- Try to avoid stress. Stress can bring on disease faster than anything else

Vitamins are very important especially B-12. Rita did B-12 shots 3X's a week, then used B-12 dots that go under the tongue. Vitamin E and emulsified liver oil are also very important. They have been eating this way for many years and can tell the difference in their health.

Here's a quick recipe for a healthy soup that Rita makes.

- Add no chemicals
 - Use beef, chicken or turkey bones
 - Water with a little apple cider vinegar added (couple TBLS of vinegar)
 - Add grains, simmer for 4 hours
 - Don't freeze
 - Reheat with a fresh onion
- This soup will keep for a week.

Rita gets her vitamins from :

Vitamin Shoppe
 2101 91st St.
 North Bergen, NJ 07047
www.VitaminShoppe.com

Rita ended her presentation with this:

LIFE BEGINS AT 80

I have good news for you. The first 80 years are the hardest. The second are a succession of birthday parties.

Once you reach you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget you name or anybody else's name, or an appointment, or your own telephone number , or promise to be in three places at the same time, or can't remember how many grandchildren you have, you need only to explain that you are 80.

Being 80 is a lot better than being 70. At 70 people are mad at you for everything. At 80 you have a perfect excuse no matter what you do. If you act foolishly, it's your second childhood.

Being 70 is no fun at all. At that age they expect you to retire to a house in Florida and complain about our arthritis(they used to call it lumbago) and you ask everyone to stop mumbling because you can't understand them. (actually your hearing is about 50% gone.)

If you survive until you are 80, everyone is surprised that you are still alive. They treat you with respect just for having lived so long. Actually they seem surprised that you can walk and talk sensibly.

So please, folks, try to make it to 80. It's the best time of life. People forgive you for anything. If you ask me, life begins at 80! Anything you do-----that's OK. You're 80!

Our thanks to Rita. She really knows and practices these healthy eating habits. Many of these tips are the ones that we keep reading and hearing about from the health professionals. She and Richard are living proof that you can adapt to a healthy lifestyle.

The next meeting will be held Saturday, April 2, 2005.

TRIGEMINAL NEURALGIA ASSOCIATION
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THE NORTHEAST FLORIDA TNA SUPPORT GROUP
MEETS THE FIRST SATURDAY OF EVERY MONTH FROM 2P.M.TO
4P.M. IN THE MEMORIAL HOSPITAL, JACKSONVILLE, FLORIDA

Leader Patty Hill --904/285-5307 106 Overlook Dr., Ponte Vedra, Fl. 32082

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