



Me in front of my artwork 3 days before the 5-14-14 Fire— a self photo shoot so I could advertise myself and get back into painting after being rear ended in 2013. I weigh 103 here and was able to do yoga regularly. I was 59, and even though on SS Disability for my neck, right arm and sleep apnea— I could produce some income.



Arsenic levels are very high in structure fires as it is used as a wood preservative

2-16-2017:

This is what the Arsenic toxicity has done to me over nearly 3 years. I cannot get my weight above 91#, can't digest or put on muscle. I am in constant joint and muscle pain-- with extreme fatigue. I have been too exhausted to exercise or do my much needed PT for over 3 months now. I feel and look like I have aged 15 years. This is the same location, same lighting, same pose as my 2014 shot. All my art is now off of my walls as the arsenic has damaged my digestion and now my allergies are out of control. The kitchen is taped off as I can't tolerate even a tiny amount of mold now. I have turned this 12 x 24 ft room into a "clean room" with the U/V clean air machine and HEPA filter. My entire day is wrapped around dealing with my health issues.

I remember I was having a very hard time here w/ fatigue and mental focus. I felt like I did not have control over the muscles in my face here. I look like my Mom in late stages of Dementia. Now I am doing a little better on the mold protocol— thank goodness.