

Sarah's UVBI Miracle

Hi, my name is Sarah, and I have been seeing Dr. Abigail Bisson for about a year.

I have been sick for my whole life. I was a sickly child, and I was probably the healthiest in my teens. I got married, had a couple of babies, and by then my health issues started getting really bad. By my 30s, I had seen many doctors of various disciplines, and none of them were able to help me. Even naturopathic doctors were puzzled by my health problems. I was told by one naturopathic clinic that I was too sick and not to come back. One naturopathic doctor told me that they didn't know what was wrong with me, but they were pretty sure I was going to die soon. So, I needed to fill out this Do Not Resuscitate form so that I was not a burden to my family. I was 32 years old at the time.

Things just went downhill from there. By the time I started seeing Dr. Bisson, I was 39, an ambulatory wheelchair user (which means I could only walk short distances such as around my house), and I had over 25 medical diagnoses. A lot of those diagnoses were just a collection of symptoms which meant that the doctors didn't really know what was wrong with me. I had resigned myself to the fact that this was my life. My husband and I had started making plans for longterm care since I was unable to care for myself. My children had spent most of their lives taking care of me instead of having a mother who could care for them.

Dr. Bisson was undaunted by the severity of my health, and she has been unrelenting in her pursuit of answers on my behalf. She figured out diagnoses that no other doctor had. She addressed my health issues with compassion and graciousness. She never once suggested that it was all in my head or that I was doing it to myself somehow as other doctors previously had.

I started UVBI treatments about 3 months ago, during that time, I have seen an amazing change in my health and my quality of life. Honestly, my opinion of a treatment all comes down to the quality of life. Does this treatment allow me to have a better life? The answer is a resounding YES! I have been so thrilled about the treatments and my improvement that I have been known to overshare with complete strangers like the bank teller and the store clerk.

Here are just a few improvements I have seen. I haven't taken the time to write every single improvement down, because I am finally able to live a normal life, and I want to spend time doing things and being active!

- I have lost 44 pounds and 10 inches around my waist since I started the treatment. This is after years of just gaining no matter what I did. Even if all of my known medical issues were being addressed, I was exercising regularly (when I could), and I was eating only meat and salads, I still gained weight. Nothing worked. I would lose small amounts and gain back with no rhyme or reason and no real connection to anything I was doing. It was very frustrating because of our culture's view that "calories in, calories out" is the answer to all health problems.

- I am no longer in a wheelchair. Currently, my wheelchair is out in our carport gathering cobwebs. I haven't needed it. Not only am I strong enough to walk, but I have the energy to do so. The ability to function is so much more complicated than healthy people think that it is. Energy means that I can go do things. Strength means that I am actually resilient enough to do them. They aren't the same thing. Both strength and energy have improved beyond what I could imagine on the UVBI treatments. I have more energy now than I had as a teenager. It is important to mention that I have

done months of UVBI treatments, and for the first 2 months, I didn't see much noticeable improvement. The changes became noticeable around week 9 or 10.

- For the last 10 years I have had rashes all over my body. I have had parents usher their children away from me because of my rashes fearing that I was contagious. I was not, but we didn't know where the rashes were coming from or what to do about them. The dermatologist I saw told me that I was self-harming and giving myself the rashes which doesn't even make rational sense. Once I started the UVBI treatments, the rashes started going away. I hadn't seen the skin under the rashes and scars in a decade. I forgot that I had freckles. I forgot that my skin used to be a porcelain ivory white. Where there were no rashes, there was red angry inflammation which has also gone away since I started the UVBIs.

- Because my skin was so reactionary, it was also very sensitive. I could only wear cotton. I couldn't wear anything tight against my skin. I would break out in more rashes or even have panic attacks from things against my skin. I designed and had custom made loose flowing shirts and skirts out of organic cotton so that I would be able to wear it. Now, I can wear undergarments, socks, regular clothes, and I can even wear makeup again!

- For years, I haven't been able to be in the sun for more than a few minutes without reacting badly. I would burn fast and horribly, break out in rashes, get dizzy, and if I wasn't careful I would start to blackout from the sunlight. It was worse in the summertime. I was incredibly heat-sensitive, and even in the winter, we kept the air conditioning on in our house so that the temp would stay about 60 degrees. Now, my family complains about the house being warm before I notice it. I get chilled sometimes which hasn't happened since I was a child. I went to a farm and picked tomatoes from their field and was out in the field for over 1.5 hours working and didn't burn or have any of my standard, normal reactions. This is because of the UVBI treatments. It is the only thing we have changed.

- I started sweating again. I know this is a weird thing to mention, but bodies need to sweat. It is how our bodies cool off. For years, I haven't sweat. If I got warm, I would get clammy or even blackout, but I wouldn't sweat like a normal person. I started sweating again normally after the UVBIs. I used to go for 4 or more days without showering because I was not sweating. Plus, when you have ZERO energy, you don't shower more than you have to. I am showering daily now because my body is sweating like a normal person.

- At one point in time, there were literally 4 things I could eat. We worked hard to try to heal my gut and increased the number of items to about 20 over the course of the last 5 years. If I ate things that were not on my "okay" list, I would bleed rectally. Even for all of my hard work, I couldn't eat fruit or veggies. I could have canned green beans once or twice a month. I could have bananas but no other fruit. I once went out to dinner with family and had a salad. I ended up in bed for nearly a week afterward. My body simply couldn't handle the fiber from the fruits and veggies. After the UVBIs, I have started eating fruit and whole plates of salads! And it doesn't make me sick anymore.

- My inflammation has severely minimized. At one time, I absolutely had to sit in a plush padded seat. I would dread going anywhere because I couldn't walk for long, but I couldn't sit in standard chairs either. I couldn't sit in anything that was not incredibly padded or I would be in pain for days afterward. Now, I can sit on my floor and sort things. I can sit on our wooden kitchen chairs. I even sat at a picnic table recently. No pain at all.

- Debilitating fatigue is hard to define. The inner fatigue that those who haven't been horribly sick can never understand. Choosing to not do anything because you need to be able to make dinner and that will require all of the energy or "spoons" that you have? That was my reality. Eating out because

I didn't even have the energy to cook when I had done nothing but sleep all day? That was normal. It was common for me to drive to the store (when I could drive), sit in the parking lot, and cry because I didn't have the energy to go grocery shopping and drive home because it just was not possible for me to do it that day. Or I would go shopping, buy tons of food, and still end up eating out because I didn't have the energy to cook after shopping. This went on for years. Now, not only am I cleaning my whole house, I am sorting through things that we no longer need to sell. I can complete many tasks on the same day instead of having to decide what is most important for the day (like food and a shower) and letting everything else slide. I have a schedule that I am able to keep, a schedule of daily activities. I was not even able to keep a schedule when I was a teen or a young mom.

- I can cook, clean, home can my own food, hike with my family, walk through a grocery store, do repetitive activities without pain, drive, my brain fog is significantly less, I am not in daily pain like I have been for years. I can take care of my family instead of my family taking care of me.

I am calling it my own little miracle and for good reason. We had given up on me ever getting better. My husband and I had resigned ourselves to this being our life. We were making plans as to how we were going to live with me forever in a wheelchair, forever unable to care for myself, consistently getting sicker.

If you are considering UVBIs, it is worth it. I wish we had found this years ago so that I didn't have to spend years with debilitating pain and fatigue with no idea what was wrong and no end in sight.

There is a light at the end of the tunnel. I found it. You can too. There is hope.

~Sarah