

John's Progress Report

Treatment Number 3

On July 5 John had his third chemo treatment of six. There are three weeks between each treatment.

Along with the chemo they put into his system anti-nausea Meds, Meds for the blood, bone builders, ice cream , smoothies, chocolate,..... you name it! Tee hee. Nah, just the ones up to bone builders.

That brace

At our last appointment in Green Bay , the x-Ray of the surgery area looked real good. The brace will still be his friend for a while as the bones have been weakened and that area needs support. He is quite used to it and even says it feels good. Although it gets quite hot at times.

Therapy

He has been reaping the benefits from physical therapy. Oh and when we were in Green Bay we stopped in at the hospital to drop off a thank you card and to try to catch some of his therapists and nurses to give a verbal thank you. Smile time.

How's my walking?

Well, He really doesn't get permanently set back with chemo. However, those three weeks he experiences weakness in the legs and fluctuates between the cane and walker. He has had edema this last week. They are watching that.

[Blog article about the Chemo herbs I'm Using
www.thefrugalprosumer.blogspot.com
/2016/07/herbs-and-chemotherapy.html](http://www.thefrugalprosumer.blogspot.com/2016/07/herbs-and-chemotherapy.html)

Keeping busy?

Yup!. You know John. He is working on a book now about allelon. Allélón is the Greek word for one another and is used 100 times in the New Testament. I think it is a fantastic idea to write this



book and it can be used as a bible study guide etc. too.

He loves talking to Ben and Jeff and also giving Ben pointers on the gazebo he is building. He does the dishes every chance he gets, and does many sit down jobs like making the carrot juice and chopping things up for me. On his good days he manages to even get out to the shop and repair things.

He is still active in the shopping. Always adjusting. He has an app with all the sales flyers of the different stores we go to and he lets me know if there are any good deals.

He enjoys all his "One-Anothers" that show up and visit or take him to his appointments. What wonderful people we have in our lives. You are all priceless. Love, John and Mary



The word **Allélón** occurs 100 times in the New Testament. 59 of those occurrences are specific commands teaching us how (and how not) to relate to One-Another. It forms the basis for all true community, and has a direct impact on our view of life and this world.

The phrase "One Another" is derived from the Greek word Allélón which means one another, each other, mutually, reciprocally.

Mary Says

If we can keep up with this progress report, John will share snippets from his book in progress. Any spelling errors will be totally his fault even if I do edit it. Funny.

Just Remember

Without One-Another we cannot exist or survive! We can't be born, survive as babies, eat, stay healthy, etc.

Allelon Verse of the Day

Accept one another (*Rm 15:7*)

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www.thefrugalprosumer.com

What's Mary Up To



As you can see, our rhubarb is rather large this year. We are enjoying the syrup I make for our Italian sodas. The garlic is about ready to be harvested. We have a few tomato plants and a bunch of herbs and the wild edibles that go into Johns smoothies.

Annie and I love to chill on the deck when I take a break from whatever I am doing. I have been harvesting the herbs for my infusions , planting perennials, transplanting, weeding, smelling the roses, making



products, taking care of my Johnny, dealing with a geriatric dog, oh the list goes on. Thank you one and all for the many and varied ways that you support us. You are always welcome to come and visit. Why, I might even put ya to work.

