

## **My Story**

I am an engineer who loves using logic to problem solve. That's what we do. Fault find and repair.

I am also a survivor with attitude. Multiple Sclerosis (MS), Adhesive Arachnoiditis (AA), and Ehlers Danlos Syndrome (EDS) .....

As a small child I was clumsy, but very flexible. I would regularly show my gymnastic abilities, which led to many hospital visits. My childhood Doctor was aware that I had been diagnosed as having Congenital Spina Bifida Occulta. It isn't really visible and apart from having problems with nocturnal bladder control all was or seemed to be well. I was always the athletic type. Apart from quite a few visits to A&E due to clumsy accidents, I would describe my younger years as uneventful.

In 1985 at the age of 21 I had a daughter who was delivered via lower segment Caesarian section using general anesthetic.

Following a fall in 1986, I was advised to have a "special x-Ray" using Myodil. The Orthopedic Consultant noted transverse sacralization pronounced on the left side. He explained this is seen in Spina Bifida Occulta. It really seemed unimportant to me, particularly as I was very athletic. I hadn't suffered by having it, so I can't say I was particularly concerned by this at that time.

My daughter has Achondroplasia so my focus as a parent wasn't really on myself. A marked deterioration in my walking ability led me to a referral to Neurologists. I felt very confused because the Orthopedic Doctors totally contradicted what the Neurologists were saying. I was trying to work out why I was having periods of intense pain, particularly so around that time of the month.

In 1987 my son was born, again the same delivery due to my insufficient pelvic capacity. I was healthy throughout both pregnancies.

The following years were interspersed with bouts of chronic lumbar pains, which were gradually stealing my ability to function independently.

In 1996 after periods of flares during which I frequently fell, the Neurologists sent me for a Lumbar Puncture (LP). This was carried out at a big Neurological hospital, and on discharge they explained the LP results ruled out MS as the cause of my agonizing pain. I was discharged with a diagnosis of nonspecific neuropathy.

Interesting to note, an overseas Registrar working with the team at that hospital spoke to me prior to discharge. He said then I think you have a condition called Arachnoiditis. I honestly

laughed because I thought it meant a spider bite. More to the point, at the age I was 33 I was more relieved at that time to hear it wasn't multiple sclerosis, as they had explained that's what they were investigating for.

That definitely frightened me. I was angry, frustrated and still in pain. By this time whatever was causing the debilitating relentless pain seemed to have no name or cause that was visible. When I mentioned that an overseas Registrar had mentioned the dye and Arachnoiditis the local Neurologists dismissed my concern. "It's just peripheral neuropathy," they said. My brain felt literally like a boiling mass, I was prescribed gabapentin and discharged.

I have honestly lost count of the different scans, tests, more and more incorrect labels being attached to an ever-increasing bundle of my medical notes of the copies which I requested. I was stunned to see the birth until 20 years of age were missing.

Eventually I became so pain wracked that I ended up bed bound. I don't remember much about the years 2009 until 2019. I was on so much medication I was hyper somnolent. Family and friends were horrified to witness my obvious distress.

In 2013 my MRI showed two CSF leaks, interesting to note I had one injection of dye, then ten years later a single Lumbar puncture. The team then suggested I go inpatient at the Arachnoiditis back care program at the Royal National Orthopedic Hospital. My research had already taught me surgery wouldn't be beneficial, so I politely declined. That was the end of my help from that team.

In 2019 I decided not to take the medication anymore, it had stopped being effective. I was monitored during the detox period using the guidance of a friend, who is also a Consultant in Rheumatology.

The first thing I addressed was my food intake. I decided to switch to organic only. I cut out all sugars as soon as I learned how antagonistic sugar is to any inflammatory disease. Here may be a good time to say I also started to distill my drinking water. The reason being there are indeed chemicals added to our tap drinking water. I know this because I requested chemical analysis from our suppliers. It is entirely possible that some of us are affected by the chemicals which are added to water. I attribute the ringing ears (tinnitus) to these chemicals. It is no coincidence that I no longer suffer that dreadful noise. Unless the barometric pressures change quickly my tinnitus is not a problem. When I suffered the intercranial pressure caused by a leak, even that improved during high barometric levels of pressure.

I think that's around the time I rather cheekily approached Dr Forest Tennant and his Foundation appropriately named Arachnoiditis Hope.

I stopped trying to prove something was terribly wrong with me to anybody and tried instead to determine exactly what it was. The answer was Adhesive Arachnoiditis, and I also have a diagnosis of Ehlers Danlos Syndrome, but that didn't get noted until I had seen specialists in

that field at UCLH in early 2020.

I understand energy, and I understand systems. We are a series of systems. Human's central nervous systems are a series of message pathways firing constantly. I know our bodies primarily function using electrical impulses. The fusion of electrical currents creates heat; this is the burning we feel wherever nerves are damaged. My explanation for that is simple, electrical impulses build up and have nowhere to discharge. To me it made sense to try and calm that down. This is where the Grounding or Earthing sheets are useful. A cost-free way is of course to stand barefoot on Earth, allowing the body to discharge any static or built-up current back to Earth. An easy way to do this is to Earth yourselves on a stainless-steel draining board or hold the cold tap. The EARTH cables in homes are always on the cold-water supply. This is the standard UK fitting.

I have many friends in the same field I worked in, one an acoustics engineer who explained about healing sound frequencies. If we understand our body's resonance is affected by surrounding frequencies, it makes sense to use these frequencies. I used the healing frequencies, and the tingling was immediately noticeable. Continuing to use Solfeggio frequencies daily I believe helped my cells repair.

I was learning fast, motivated by none other than Dr. Forest Tennant. At this point I had spent six months studying nutrition. I introduced all the recommended supplements in the Tennant protocol. It wasn't very long before I started to notice improvements. A big point to note here is 25-hydroxy, better known as Vitamin D (D3). In Dec. 2019 my level was dangerously low at 20. A low level increases the risk of infection, so I supplemented using D3 with K2.

I used mineral soaks with magnesium, this helps remove body toxins and the magnesium settles nerves.

As the weeks went by, I noticed more improvements. I used the gentle stretches and a rocking chair; all these things together were having a noticeable positive effect. This was on both a physical and psychological level, for the first time in a long time I knew there is HOPE.

In 2019 I had another scan. MRI, again improved from the one I had done only six years earlier. I sent that to my friend and mentor Dr F, and he confirmed the findings.

That's when I decided to add INVERSION therapy to my list. A word of caution here: I have had no spine surgery. However, I knew thanks to Dr. Tennant that I did have adhesions. I decided to go ahead and purchase an Inversion table, so that I could use it daily. Here I noticed a huge improvement, even as little as 2 minutes a day helped to open the disc space. I regained 50mm in height after 3 months of daily use. More important my pain levels decreased. I had to learn to walk again, and without doubt this was the hardest part.

I used all the recommendations of regenerative supplements. Deer Antler being a particularly potent agent along with bovine colostrum, the special "first milk" produced by all mammals. I

figured if that is good enough for growth of infants that it must also encourage regeneration of damaged cells.

In April 2021 I had a whole-body MRI including the brain. This time the report noted tortuous nerve roots, and lesions in periventricular region of my brain. The resultant diagnosis is MS.

Fortunately, I take no notice of labels, not because I'm foolish, more because we are individuals. Regardless of any new diagnosis my condition has improved hugely and I'm able to drive and ride my bicycle again, but I do have to use electric pedal assistance. My legs are working again. Yes, they get sore every day, but I'm using them.

Thanks to the Tennant Foundation and all the incredibly hard work Dr. Forest Tennant and team have done, I am on the road to a curative state.

We as a team search for ways to relieve some of the suffering. Every day we learn something new. I have added Melatonin to my protocol, this is another hormone which is also a powerful antioxidant. Worthy of note, melatonin is also useful to regulate our sleep/wake cycle naturally. We individually and yet collectively navigate our paths as individuals to health.

My message to anyone reading this is: there is hope.  
My story has a happy ending. I'm not cured, but I'm better.

Thank you all kindly for reading my story.

**Penelope Hardy**