

## Happy Thanksgiving, La Paz Bolivia, Extra Energy to Heal

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Happy Thanksgiving! There will be no Wednesday Gathering in Rockville this week, back the week after with an intro to acupuncture.



Here in La Paz Bolivia I have been relaxing after all my travels, doing yoga and also got a general check up with a local doctor as I hadn't had one for two years. All is healthy I am glad to say. The check up cost \$12 for the doctor and \$45 for the full lab work. That is not copays - that is the full cost. And they did a great job and I didn't have to wait for an appointment - I just walked in and got the check up and lab test immediately. What a better experience to my last general check up in the States where it took weeks to get an appointment, had to wait in the waiting room for 30 minutes, and had to go to a separate place to get lab work done. And the doctor was in a hurry. Plus deal with the hassle of insurance reimbursement. I think it cost about \$400 (plus my monthly insurance premium which works out to about \$4000 per year). So here I got better service, cost less and the doctors are well trained and friendly. I am grateful I am getting medical care here! It doesn't surprise me that an

increasing number of people with elective surgery and dentistry are outsourcing their care to other countries.

I am currently doing a 5 day fast using Blessed herbs to clean out any toxins in my body and also to give my body the extra energy to heal any old injuries. I know it sounds weird to say that I have extra energy when I don't eat but the truth is that digesting food takes a lot of energy and fills the body with waste products to eliminate too. For two weeks after seeing John of God I was detoxing out of my sinuses - also I am using Copaiba Oil which comes from the Amazon and is good for detoxing and cleaning the body. So having cleaned the top part of my body I figured it was time to clean the bottom part too!