

Newsletter sent out May 18

You Know Your Life Is About to Change When . . .

. . .you get a phone call first thing in the morning from the doctor who wants you to go to the emergency room immediately and there would be a spine specialist, and neurologist, and an oncologist waiting for you. Our first thoughts are, "I think you have the wrong number!" As realization settled in, it changed to, "God, give us wisdom because we don't know what You want us to do!" So let's start from the beginning.

We have shared in our newsletters over the last couple of years that I, Jim, have been suffering from fatigue, and we were praying for wisdom to figure out what was going on, and strength so that I could continue to serve our Lord in this place where He has placed me. For a number of years I was told it is a side effect of covid, it's long haul covid. I was told "Remember, you're not as young as you used to be!" One doctor suggested this treatment, another doctor had his reasons why it was another cause. In February, after many snow shoveling marathons, I saw a leak around our well and immediately started digging it up, by hand. I rented a machine for the next day because I couldn't keep digging. When I was done, Linda asked me how I felt. I said I was broke. After four really bad days of pain, we got an appointment at a spine doctor in Colorado on Tuesday, March 19. They x-rayed me and said I needed an MRI and sent me home with muscle relaxants, decreasing dosage of steroids, and some pain pills.

By March 21, I got an MRI at a hospital in Grants, NM, about 90 miles from us. They said that the results would be sent to the spine doctor in about 2 days. The next morning, first thing, we received a call from the spine doctor wanting me to go to a hospital in Albuquerque immediately and have a full cancer work-up done. We took time to breathe, pray, and seek out what God would have us do.

The next days and weeks, consisted of more tests, talking to people in the medical field, our family, and finding a reputable oncologist who was in Santa Fe, NM, about 220 miles from us. He had blood tests run and wanted a CT scan. After the tests were run, we sat down to talk to him and were told that I have stage 4 prostate cancer which has metastasized to the bones (spine, hips, pelvis) and possibly lymph nodes. The pain that I experienced in February was most likely the T12 and L1 vertebrae collapsing due to the damage the metastasis caused to my spinal column. Every time the cancer moves, I have days or weeks of excruciating pain.

The oncologist laid out a treatment plan for me that was very unpleasant. His words were, "This hormone therapy is the only way to treat this kind of aggressive cancer. I can give you **maybe** a couple of years without pain, but you are going to hate the way it makes you feel. You will be on this treatment until it doesn't work anymore and then you may be bedridden, and we will try to make you comfortable for whatever time you have left." Three times he told me that I was going to hate the way it made me feel. In our minds we wondered why we would trade one problem for a host of others. We walked out of his office knowing that this was not a path we wanted to travel, so we began looking at alternative treatments.

Before going on, I need to stop here and honor God in this process. He scheduled my appointments with doctors, test facilities and other necessary treatments in weeks. We have talked to people who have been waiting months and still are in the process of seeking a

diagnosis and treatment plan. As I approach 65, I have learned an important lesson from 2 Chronicles 16:12 *"In the thirty-ninth year of his reign Asa became diseased in his feet. His disease was severe, yet even in his disease he did not seek the Lord, but the physicians."* I know that healing is from the Lord my God. That has caused us to use the information of the medical community to gain knowledge about my condition, so we could do our own research. Our focus needs to be that God is the one who heals. We are seeking His direction in our lives at this moment in time.

Given my options for treatment, we believe that God is calling us to seek alternative treatments that restore, nourish, and build the body that God has so wonderfully created, knowing that healing comes from Him alone. We have found a clinic in Tijuana, Mexico, that has had great success with stage 4 cancer patients. Lord willing, our neighbors and Jimmy and Angel will take care of things here at home in our absence. We plan to leave on May 26 and return home on June 17.

We have been in contact with quite a few people to seek prayer, insight, and other perspectives. Both of our boys, Jimmy and Jeremy, stand behind and support us in the decisions that we are making. Others have been very supportive and have helped us to research and form a list of questions to ask. This is a big decision because alternative treatment is not something that will be paid for by any type of insurance. All expenses will be out of pocket. It is expensive (in our eyes), but it is a pittance compared to the medical bills that would be accrued, even with insurance, if we would travel down the conventional medicine road, which we feel would do more harm than good.

I am not afraid of death! We know that our futures are secure in the hands of Jesus. My desire is to be a faithful witness for my Lord as long as He has me here on this earth. I want to have the strength and stamina to do just that. We are excited about the opportunities that lie ahead of us. There is hope!

I want to share a quote from a man who died several years ago. He, too, had cancer. He left behind a wife and children. His statement was profound and something that we would all do well to emulate.

*"I don't feel like my life is falling apart.
It is whatever God declares it to be.
My job isn't to react to it, but to act for the Savior through it."*

A friend of mine wrote an encouraging note that I want to share in part. God has blessed us by surrounding us with many caring people! Here is a portion of his note.

"God is not done with us yet, but one day He will be. At least for life in this world order. Know that His craftsmanship is perfect. He is fitting you for what is to come. We have no control over what tool the Master chooses, but James 1 comes to mind as a text indicating what we can think about such things. Joy. Count it joy! It is joyful to know the Father and the Son live with you, Jn 14.23, and next you will live with Them!"

Update - May 26

We have settled into the hotel in ABQ. Jim did amazingly well on the trip out here and was able to sit and visit with Jimmy and Jeremy and part of his family (Sarah, Brynlee, and Shane). Now we are in the room ready to soon call it a night.

We are extremely thankful for a break in the pain and his ability to eat and drink. We know that it is the many prayers behind us that is making this trip possible. We hope to be in touch tomorrow and update you on our trip to Tijuana.

Jim and Linda

Update - May 27

Praise the Lord, we are in Tijuana.

There were many concerns that we had about traveling, but Jim had no issues and traveled very well. He had the stamina to endure and had minimal pain that was kept at bay with Tylenol.

We are in the process of filling out forms and meeting with the doctor so we can start his treatments tomorrow. We will get some lunch and then get some rest this afternoon.

Thanks again for your prayers on Jim's behalf. Please continue to pray as he battles to regain his health!

Next update we will include a confirmation that we would have never expected. God is good and God is at work.

Jim and Linda

Update - May 28

Last time we left you with a little teaser for this update.

We have sought God's guidance on this journey, and specifically prayed that God would show us that we are in the right place. Well, He did in many ways.

There was another couple that was picked up at the airport along with us and brought down to the clinic. Kathy wanted to know our story. We shared how God had brought us to this place. Our confirmation was what she needed to make her feel comfortable coming. Then we asked the same question of her. Through 30 years of her own battle with cancer, she had done a ton of research and found that this place was on the cutting edge of a cancer treatment that isn't offered in the US or many other places for that matter. We had now one more confirmation that we were in the right place!

We met with several doctors and a nutritionist to put together a battle plan. We did find out that Jim has lost 25 lbs over the last 10-12 weeks. Nutrition and building back his muscle mass will be an important step in his healing. Right now he has a good appetite and is eating until he is full at every meal with no nausea. Thankfully he is not having to take the pain medication that makes him so sick because he is able to control his pain with Tylenol at this moment! Should he have another bout with pain, they have a new plan for how to treat it with a different medication.

He had his first IV infusion of minerals and said he felt much better afterward. He looks good and has a great attitude. Tomorrow, Wednesday, will be the first day of a full day of treatments, so please pray that his body will accept the various treatments and utilize them to kill the cancer and strengthen his body.

Thank you for your prayers. We appreciate your emails of encouragement. We are able to receive texts here, so feel free to text as well. It may take us a couple of hours to respond, depending on what is going on. Days are full!

God is good and we are excited to see what He is doing in our lives and the lives of the people around us.

Jim and Linda

Update - May 29

Today Jim received several hours of IV protocols, Vit C, Vit K, Vit B17 and spent time in infrared treatment. During these IV therapies, the hospital provides worship and teaching. Today Dr. Cecena explained what the 20 days consisted of. It was an eye-opener. He didn't get through the whole lecture so we look forward to hearing the remainder next week.

We enjoyed the snacks we learned to make in cooking class and are very impressed with every level of staff at the Oasis of Hope Hospital. Jim continues to be able to eat all the healthy food that the kitchen provides. Besides being a little tired, it was a good day.

Jim and Linda

Update - May 30

Good evening from mostly cloudy Tijuana Mexico.

Jim has completed 2 full days of treatment and is doing well. Last night he was dealing with some pain and trouble sleeping, but through God's grace, got through the night.

The game plan of treatment is to attack the cancer from different sides in different ways while building up his strength through nutrition, his blood through ozone treatments, and his immune system through vitamins, minerals and supplements. He will receive a new treatment tomorrow which will be a challenge. Jim hates needles and blood, so dealing with IVs everyday has been a challenge, but he has been handling it very well. We enclosed a picture of that ever present Jim smile that people are so familiar with. Hope you enjoy the picture!



We appreciate your prayers, emails, and texts! They are certainly an encouragement to both of us.

Jim and Linda

Update - May 31

This is one of those days that you have to look back and be thankful for the small steps you have seen along the way.

Jim has had 2 sleepless nights and they are trying to tweak his medications for sleeping and for pain. They are trying a new pain medication that they are injecting directly into the IV catheter. A medication that was supposed to make him sleep keeps him WIDE awake well into the morning. The last pain medication maybe took away 70% of the pain, which still leaves him a bit uncomfortable.

On the positive side, he put on his shoes and socks today with very little effort (which is amazing). He had a treatment that we were concerned about because it required multiple IV needles and blood flowing through tubes. They take the blood out of one arm and run it through a machine and put it back into the other after it has been ozonated and put through ultraviolet light to cleanse it and kill the cancer cells (which hate oxygen). He did very well through the treatment but he was extremely tired for the rest of the day. He is still eating well and not dealing with the nausea, and the scale is showing his weight going up a little each day. Some of that may be hydration, but he has eaten more in 2-3 days than he has eaten in months!

We got so many comments about the last picture we sent out, we thought we would send another one tonight. This is Jim hooked up to the EBOO machine (Extracorporeal Blood Oxygenation and Ozonation).

Jim and Linda



Update - June 1

Today Jim went through all his IV therapies with a new one added. They started him on IPT (Insulin Potentiation Therapy). Cancer feeds on sugar so they introduce insulin first to drop blood sugar levels. This starves the cancer and then they use a small amount of a chemotherapy agent with glucose which the cancer cells gobble up. This directs the majority of the chemotherapy drug directly into the cancer cells. He will get 3 more of these treatments during his time here. There has been no adverse effects (but they say there seldom is).

We are praying for a night of sound sleep (since he has had 3 sleepless nights). We think we have figured out the problem, so we will update you on that tomorrow. We also think we have a plan for pain control, so he is much more comfortable today.

The next two days he will have a break from the majority of treatments and will concentrate on rest, cleansing and building the body and then he will go through all the treatments for another 5 days in a row.

We have been greatly encouraged by all of you who have reached out to us in one way or another. We appreciate your prayers. We plan on having both our Sunday Fellowship and our Monday night class on Revelation through Zoom and look forward to seeing some of you then.

Jim and Linda

Update - June 2

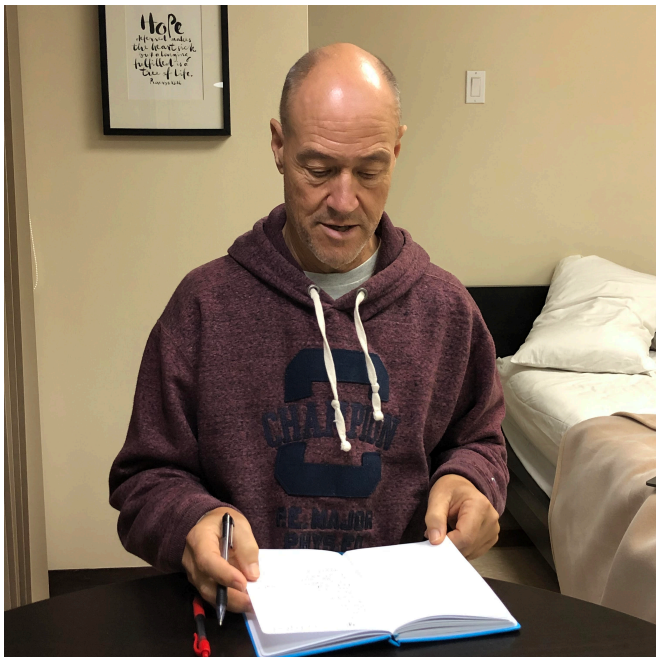
Today was a good day! Jim was able to sleep on and off through the night. We would still like to see a good sound night's sleep, but one step at a time! He was able to sit through the whole Sunday Fellowship this morning and even prayed before and afterward. After lunch we were able to go for a fairly good walk (maybe 1/2 mile or more). That is a great improvement!

Tomorrow is a rest day from all his treatments and then we begin 5 more days of infrared, hyperthermia, EBOO, ozone, and IV treatments. If it is a nice day we may try another walk down by the beach.

Here he is going over the notes from the day in our room. His spirits are high and we are enjoying talking with many people and reaching out, encouraging, and sharing our lives with them. As God gives us opportunity, we want to share our faith in Jesus Christ with them. We know that in all things there is a purpose and this is an opportunity to let His light shine through us.

Thank you for your thoughts, prayers, and encouragement!

Jim and Linda



Update - June 3

We were promised there would be ups and downs through this process. Today was one of those down days.

Jim said that he ached from his knees to his shoulders. They had to go to some stronger pain medications to help ease the worst of the pain. Right now, he finally is a bit more comfortable. They have meds lined up for tonight if needed.

I am looking at this from the positive side. We were told that when you attack the cancer, it will create a storm in the body because cancer doesn't give up ground easily. It is hard for Jim to look at it from that perspective when he is in so much pain.

Please pray with us for relief through the storm and God's strength to uphold him when Jim's strength wanes. He begins his second round of treatments tomorrow, so we are praying for strength to get him through.

Thank you all for praying and continuing to reach out to uplift us.

Jim and Linda

Update - June 4

PRAISE THE LORD, they found a medication that has given Jim relief from the pain. It was the first good night's sleep he has gotten in months, possibly years (as that was one of the symptoms that has been with him for a long time). It is a steroid that specifically targets inflammation in the bones. He feels so much better than he has in a long time.

The pain that he was feeling is very common in these treatments. As the treatments attack the cancer, the cancer sites can become inflamed and very painful - which is actually a very good thing.

He had a very full day today with an ozone treatment, infrared, 4 IVs, and then the IPT treatment (the 2nd low dose chemo). I am including a picture of Jim in the treatment room with Enda. They were having problems with his IV. For those of you who don't know it, Jim doesn't do needles or blood. He just about passed out the first day they put an IV in him. He has done the same thing when he has had blood drawn. So seeing him sit there watching, and in this case helping the nurse with his IV, was amazing. WHO IS THIS MAN?

After all the treatments we took a short walk to Walmart and then walked several blocks toward the border. It was a very good day and we are looking forward to a very good night. Thank you for all your prayers yesterday that helped get him through that difficult time. We praise the Lord again for the people here who are working together to help him through this journey.

Jim and Linda



Update - June 5

I don't even know where to start with this update. First, I know that many of you were praying for Jim's pain - which is still under control (Praise the Lord) and his sleep, which isn't. They gave him his pain medication last night (which is a steroid). He was very tired and ready to go to sleep. An hour later the steroid had him WIDE awake. So no medication tonight, and they will give it to him in the morning instead and we pray that once a day will be enough. It seems to last him a good 24 hours.

He had a full day of treatments, a massage, and quite a few meetings today, so he is tired and soon ready for bed (and hopefully some sleep)!

The most important piece of information today is that we had a meeting with Dr Contreras, who is the man who runs the facility (with the help of a staff of doctors, nurses, researchers, pharmacists, nutritionists, and the list goes on and on). When we came here, there was a doctor who physically examined Jim. Then a doctor was assigned to our case (Dr. Samantha). Every morning all the doctors will meet together and evaluate each patient as to what is happening with each. Every doctor knows your name, your condition, and everything that has been going on since you stepped into their doors.

Our meeting with Dr Contreras was eye-opening. This was the first time we had someone who looked at and explained the CT scan that was done. The question they had is why he doesn't have more pain, and how he can be walking around looking as good as he does. Apparently the cancer has attacked most of the bones in the spine, pelvis, hips, legs, and possibly ribs and shoulders as well. With that said, they are going to put him on a hormone therapy for a short time, giving them time to get ahead of this while continuing the treatment he is already getting. If Jim was able to pinpoint one particular area where he has pain, they would do some radiation on that point to kill the cancer, give him pain relief, and the radiation would actually harden the bone. Since he can't pinpoint one place, they are going to continue down the path of treatment he is currently on. Dr Contreras is concerned that Jim be very careful for the next couple of months because of the potential of breaking bones if he would fall. He is a walking miracle at this point in time because he shouldn't be in as good of shape as he is. They are very confident that he will feel much better in a couple of weeks and that we will see a huge improvement in a couple of months.

We continue to pray that through all this God will be glorified. He is the Great Physician that has held Jim in His loving hands all this time. We serve a great and mighty God.

Jim and Linda

Update - June 6

Today was not very eventful. Jim didn't sleep last night so he was pretty tired today. We now have him on a schedule to take his pain meds (steroids) in the morning in hopes that he will be able to sleep at night. He needed to take some tylenol tonight and we pray that it will keep the pain at bay while he sleeps.

Tomorrow he has his last EBOO treatment and then has his IV therapies. Friday and Saturday will be last of the IVs. For the last week they will be working on the last step of his treatments here in Tijuana which we will explain in another update.

Some people have asked what happens when we are done here, then what? That is a very good question and we will also be addressing all that we will need to continue with once we get home.

Besides being tired, he looks good, is in good spirits, is eating well, and continues to brighten people's days by his smile, laughter, and just being Jim.

Thank you for your prayers. We cling to the Rock of our Salvation knowing that He is the Great Physician.

Jim and Linda

Update - June 7

Jim had his last EBOO treatment today. Last time, it really wore him out. Today he did very well! Steps that are positive. He says that he feels really good today and would feel even better if he were not so tired. Tomorrow he finishes up all his IV therapies and then his schedule will be much more relaxed! We may be able to get out more and go for some walks.

Continue to pray for his sleep. He needed to take the pain medication last night (he ended up with two of them which work together) at 10:30. He tried to push through the pain until the morning, but couldn't. He has realized that many times when he thought he was experiencing muscle pain, he wasn't - the cancer in the bones is causing the pain. He was up for a couple of hours after taking the steroid, so tonight, he is going to try it earlier and we pray that the WIDE AWAKE factor will be gone at a decent time. He probably fell asleep around 2 AM and slept until close to 8, so 6 hours of good sleep (not great but good) was certainly a step in the right direction. Tonight we hope to see a longer period of time.

Thank you for all the emails, texts, thoughts, and prayers. They mean a lot to us. We love hearing from you! Thank you for being part of this journey with us!

Praising our gracious Heavenly Father,

Jim and Linda

People have asked what kinds of things we are eating. This was today's lunch. We don't eat like this every day, but the food has been very good. They call it quasi-vegan and it is a low glycemic diet. There is a little bit of meat mixed into the diet like the salmon today. I will explain what and why that is to anyone who is interested. The head chef is great and we have been exchanging recipes. She offers a cooking class on Mondays, Wednesdays, and Fridays. I will send a picture of Gaia and her cooking class next week.



Update - June 8

Today was a good day. Jim got about 6 hours of uninterrupted sleep which is the first time in he doesn't remember when. He woke up feeling great this morning. We went for 2 walks today which was pretty good. Hopefully he will be tired enough to go to sleep tonight!

He finished his IV treatments today, so now he starts on the next course of treatment. Tomorrow morning they will be infusing him with LAK. A couple of days ago they took a good sized bag of blood out of Jim. The people in the lab are working with that blood and pulling out the white blood cells. They put his cells through a process to produce LAK cells (lymphocyte activated killer cells). His white blood cells (natural killer, natural killer T, and T cells) have been stimulated to kill his tumor cells. Because of the way in which they have been activated, they have become more sensitive to and can target his specific tumor cells. It is almost the same process of giving a bloodhound the scent that he is supposed to look for and then letting him loose. Not only do they find the cancer cells, but they then attack it and kill it.

This proceeds the dendritic cell vaccine that he will receive next week (one every other day). Using the blood that they withdrew from him they pull out the dendritic cells. These are also immune cells found in tissues of the body. These boost the immune response by showing antigens on its surface to other cells of the immune system. These dendritic cells that they have isolated have been exposed to Jim's specific type of cancer that has also been cultured from Jim's blood. These cells have been taking snapshots if you will of the cancer. When they are put back into his body, via injection, they will go around to all the immune cells and tell them that this is what they are supposed to be attacking. Cancer cells (tumors) have adapted to camouflage itself in the body so when the natural dendritic cells pass by it, they don't recognize it as an enemy which allows the cancer to continue to grow and thrive. This procedure teaches the dendritic cells what the cancer looks like so that his immune system can respond. It is this specific treatment that has brought many people from all over the world to this specific place with great success at fighting and beating cancer.

I included two pictures today for your viewing enjoyment. This first one needs a bit of explanation. We take simple things like tying our shoes for granted. There was a time that Jim couldn't put on his shoes or socks by himself because he didn't have the energy and he couldn't bend to do it because he was in so much pain. He didn't even have to think about getting his foot up there and tying his shoes this morning.



The beach is 4 blocks from the hospital, so we have walked there a couple of times. Jim has a scrunched up face due to the glare. We have only seen the sun a couple of times since we arrived in Tijuana and the temperature is in the high 60's. The beach and water are so polluted you would not want to walk barefooted in the sand or go into the water. The boardwalks are dirty and in disrepair and every once in a while you get a nice whiff of sewer. This isn't a place to come for a nice vacation! But, we have come down here to walk on the boards or the sidewalks.



Well, we are getting ready for bed and call it a night. Thank you all for your prayers and support. One woman has been signing her notes with #TeamJim. For those of you that are over 60, you may not know what that means, It is a hashtag(#) which draws a person's attention in a post or blog in social media accounts. I like the name - Team Jim. We truly feel that you are part of our team. We know people's prayers brought us here and your prayers sustain us every day.

Team Jim thanks you!

Jim and Linda

Update - June 9

Today was another good day. We took two walks and enjoyed many nutritious meals. Jim did not get as much or the best sleep but got some last night. As promised he received the LAK cells this morning before breakfast. He kinda looks like a reverse dracula. As previously stated these are the soldiers being sent to battle. Tomorrow he gets the generals injected via a shot in the thigh. The generals will instruct the soldiers on how to fight the battle.



It is such a blessing and a part of the program to spend our meal times with those who are in various stages of treatment. I would not call it commiserating but having the opportunity to share, help, advise, answer questions and the list of blessings goes on.

Families come from every age group, discipline and geographical area. We have met elders and youngers alike. Included in the pics today is Jim holding Amia. She is 5 months old and her dad has stomach cancer. Even though Jim and Manual have different cancers their symptoms are alike and the struggles that we, as families, went through are similar.



Amia is a sweet girl and brings everyone lots of smiles. Her mom and dad have left two other daughters at home so you can imagine the stress that puts on everyone.

Thank you all for your prayers for team Jim and any other patients at Oasis you care to pray for. May we realize the awesome blessings we receive from God everyday.

Love Jim and Linda - #TeamJim

Update - June 10

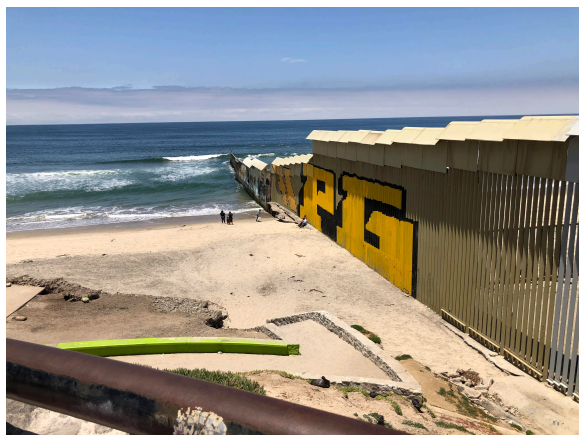
We continue to praise the Lord for your prayers and notes as they are the encouragement we need to travel this road.

Today was a bit of a challenge but we kept marching on. The steroids that keep the pain in check also promote insomnia. Jim didn't sleep and that means that Linda didn't sleep all night. Lord willing the adjustment in meds will allow sleep tonight.

Today Jim received his first vaccine injection today. All went well with the injection, no adverse reactions. Part of the process is to rest for 10 minutes and then walk for 15.

Later in the afternoon we met with the Dr and went over the "take home protocol" so we are working on the exit process for the weekend. We are looking forward to getting home and sleeping in our own quiet bed. Tijuana, a city of 2 million, is not a quiet place!

Here is a picture of Jim in front of the ocean. This is where we walked to so the vaccine could start its work. Today is the first day we saw the sun for more than a few minutes.



Update - June 11

Jim slept ok last night, so that was great! Again we appreciate all those who are praying for us in this area!

Some folks have asked what we are doing now that the IV therapies are behind us and the vaccine injections are the only thing that still needs to be done. We are going to address that tonight.

He participated in his last hyperthermia treatment today (see attached PDF). We met with Dr Samantha as we plan our exit strategy. We also met with the follow up department and discussed how to contact the doctors as well as others at Oasis of Hope, so we can let them know how we are doing and run concerns by them and possibly schedule phone conferences. We need to return in September, so they will also help us with those plans. Oh, he also had to suffer through his last massage (poor baby) so that pretty much filled the day.

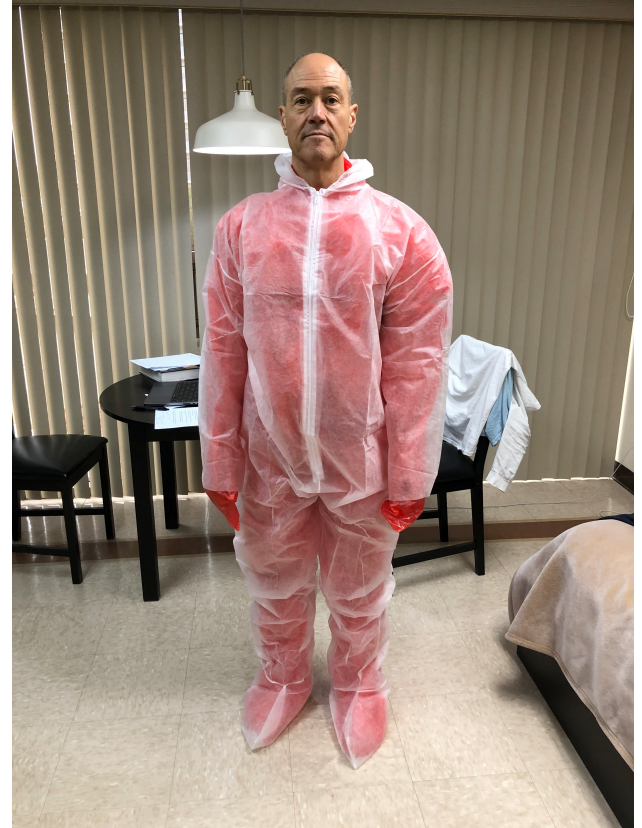
There are still meetings with the pharmacist and the nutraceutical department to collect all the supplies we need to take home. We have been researching the pharmaceuticals, checking prices to get the best deals. Sometimes the difference can be hundreds of dollars, so it pays to do all the research. We also need to meet with the Medical Assistance team to collect all our medical records from our time down here and then the last meeting is with the finance department to make sure we are all squared away with them.

Jim has lost over 20 pounds in 2 months, so meals are more than essential for the day, and we have been so blessed during those meal times over and above the food itself. We are receiving nutritious food and blessings from God we could have never asked for. Let us share just a few.

At any given time there can be 50-60 people here at Oasis for cancer treatments. Some come alone but most bring a companion. Some companions are siblings, spouses, or friends. Today we were blessed and rejoiced with Harold as he was told he will not need the surgery that was thought to be immediately necessary. The treatment is working so quickly, the surgery has been postponed or possibly cancelled. Richard told us a few days ago that he was given a diagnosis of NED (no evidence of disease) for one of the toughest cancers to battle. This was after one protocol of treatments (like we did) 3 months ago and properly following the at-home instructions. Shauna, one of our carmates on the trip here, has improved so much that she will be able to go home and continue to fight the battle.

God provides for everything. We MUST be aware of His gifts and praise Him for them!
Love Jim and Linda - #TeamJim

Hyperthermia Treatment



Steps to hyperthermia treatment.

1. First, you stuff the turkey in a red shake and bake bag.
2. Next, put it in a hazmat suit to keep all the juices from dripping out of the bag.
3. Dress it so it looks presentable.
4. Then send it to the oven.



The Walk of Shame

All the shake and bake turkeys head to the ovens with heads hung low knowing what lies before them.

If you are in your room you can hear the swishing of the turkeys making their way up the hallway to the kitchen.





5. Put the turkey in the oven and set the temperature to 189° F.
6. Bake for 1 hour.

(There are many turkeys that need to be sedated for this treatment between the confinement and heat. Jim did fine with this treatment.)

7. Take the turkey out of oven.
8. Give it a popsicle to suck on.
9. Wheel it back to the room.
10. Let it rest for 30 minutes.
11. Give it a shower and let it rest for the day.

Before you report them to PETA you need to understand why they are doing this!

The goal is to bring body temperature close to 106° and sustain it for a period of time. Cancer can't live in this high of heat, so it very effectively kills cancer cells. They closely monitor heart rate, respiration, and blood pressure through this process to make sure the patient isn't being stressed too much.

Remember that hazmat suit? It does help hold in the juices. Another patient told Jim to take off his cooking bags in the shower because the bag is full of sweat. Great advice! You put that robe on afterward, eat your breakfast, and after 30 minutes, get a shower. Some people are exhausted after this treatment. Not Jim!



Update - June 12

Praise the Lord that I, Jim, am now feeling well enough to write the daily updates with Linda's editing.

Last night I started hormone therapy. The prostate cancer that started all this is raging out of control, so just as women with breast cancer need a different form of treatment, I need to slow the hormone driving my cancer so the cure can catch up. That included a shot in the butt which made the cancer very unhappy. After a number of meetings with the Dr throughout the night, they finally found a sedative to relax my aching/painful leg muscles, and I/we got a few hours sleep. This is the same treatment the oncologist wanted to do in the US, but without preparing my body to fight first and then he was unwilling to deal with the excruciating pain that he promised would come for a couple of weeks. At Oasis of Hope they have prepared my body to fight, and they are walking with me through the pain, working to control it and keep me comfortable.

They expect this could take a few weeks to settle down, and they are counting on me to be pain free by that time, so I thank you for your continued prayers for pain relief and sleep. My energy level continues to slowly increase and our walks are getting longer and more frequent. We had meetings during the day as we mentioned yesterday including my second vaccine, and we will have a few more meetings on Thursday. My last vaccine injection is Friday. Depending on how I react to the vaccine and the hormone injection will determine our exit day, but we are diligently working to be prepared for the day God has for us to travel.



We included a picture of Dr Samantha, who is my case doctor. We were working through pain management both here and for when I go home. Pamela, one of the many good nurses here, is giving me the injection of Dexamethasone, which is a steroid to reduce inflammation and my pain. They put me on the dose that they would want to send me home

with, which is 1/4 of what they had me on a few days ago and 1/2 of what they had me on for the last two days. We will see how I do tonight for pain and sleep.

Again, we thank you for your notes of encouragement and prayer for pain and sleep. We continue to rejoice in what God is doing and know that there is a purpose for us being here at this time.

Continuing to praise the Lord for His many blessings,

Jim and Linda - #TeamJim



Update - June 13

God is always good through the good times and the bad. Today was one of those not so good days.

Because of Jim's difficulty sleeping, they were trying to bring down his dosage of steroids which is his main pain reliever. The 2 mg they gave him yesterday morning did not work for 24 hours. They gave him a hormone injection 2 days ago which the oncologist in Santa Fe told us would create a storm in his body and cause a lot of pain because the cancer would start dying off and there would be a large amount of inflammation. When we asked him how he was going to help him with the pain, he had no answer, So between the decrease in the steroids and the reaction to the hormone shot, he had severe pain today that caused him to pass out. We soon had 2 doctors and 5 nurses in our room. They started an IV, gave him 8 mg of the steroid and 30 minutes later a pain reliever and worked with him until he was comfortable. How blessed we were to be here with medical staff able to jump in during his distress. The oncologist had every intention of giving Jim that shot of hormone and then send us home with the encouragement that if he had trouble take him to ER.

They say that in 2 weeks the pain will subside, and he should be pain free. For the next couple of weeks, he needs to weather the storm. For the next couple of days, the doctors and staff will work to find us pain meds that will help him, and they will send him home with all that he will need to keep him as comfortable as he can be. We need to look ahead and know that, Lord willing, it will be behind him in the very near future,

We keep our eyes fixed on Jesus and know that there is nothing that we can't handle through Christ who strengthens us!

Now, as I write this letter, Jim is fast asleep, so hopefully he will have a good night and a much better day tomorrow.

Jim and Linda - #TeamJim

Update - June 14

After 44 years, I have decided that my husband does not get to make the travel plans anymore. Tijuana is not the place that I would have chosen to celebrate our anniversary, but here we are! I told him that I get to plan the travel itinerary from now on.

All kidding aside, we could not be in a better place. This truly is an oasis of hope! Jim slept well last night and had a pretty good day today. He is still fighting with the pain, but we are all learning (ourselves and the doctors) how to deal with it. We now have a medication plan, and we have the pills that we need so that we can set our own schedule and we have a plan of attack. You take this with this, and if you need more then you can take this. If that still doesn't work then go to this one.

They are sending him home on a high dosage of steroids because of the inflammation surrounding the cancer (which is all through his spine as well as the rest of the body). This inflammation may be pressing on the spinal cord causing the pain he is having, so they want to control that inflammation as best they can. The problem is that this is part of the healing process.

So we learn as we go and when we come home, they will continue to work with us and help us in any way they can. If we need other medication or more medication between them and the pharmacist, they can write the prescription and send it to us, so we are covered. Again, we have an amazing team working with us!

Serving our Lord in Tijuana (for the time)
Jim and Linda #TeamJim



Update - June 15

Pain Relief!!

Today I switched over from injections as needed to a pill schedule the Drs prescribed for pain control. I always thought I was a wimp when it came to pain. The Drs have enabled me to understand that I go from what I think is a small number like 3-4 to 11 in a second and then I am beyond what my body can bear.

The new schedule worked wonderfully today, and I feel really good!

Lord willing, our extra time with others on Saturday and what will become Sunday has been what they needed. Linda and I have been able to share with various families important information, support them, and pray with folks who are continuing to battle.

We have everything we need to make the trek back to New Mexico. Please remember us as we leave at 4 AM Monday morning to cross the border with all our prescriptions and supplements for the next three months. Our flight leaves San Diego at 8:30 AM and we arrive in ABQ at 11 AM. Jimmy will pick us up at the airport and then we will go to lunch with him and Jeremy. After that we need to buy the nutritious food we need to continue to eat correctly and then drive the 160 miles home. It will be a very long day, but if I pace myself, I know God will take care of me.

Thank you for participating in this journey with us. We feel blessed to know you are praying, and the notes you send have encouraged us during the times I was weak!

Love Jim and Linda

Update - June 16

Today was a very good day...I went for a walk by myself to get Linda some stomach medicine after breakfast. We went for a few more walks throughout the day, said goodbye to our new friends, and made sure we encouraged and orientated as many of the new patients as we could.

We are currently packing, preparing for a quick nap before we leave at 4 AM to cross the border and continue the trek to New Mexico.

Thank you for all the love, notes, prayers, and support during the last three weeks. I, Jim, am not 100%, but I feel great and am ready!

We may get home too late to send an update on Monday, but we will make sure it is on Tuesday for sure.

May God continue to hold you in His righteous right hand as you seek Him daily for strength and direction in your lives.

Love Jim and Linda

Update - June 18

June 17th was a true answer to all our prayers!

Our trip went as smooth as it could including a one minute stop at the border to be waved through into the United States. The flight was on time and smooth. I slept in the airport and during the entire flight. We then were blessed to have lunch with Jimmy and Jeremy before buying some cancer fighting foods and then the 160 mile drive home.

Jimmy sure made the trip doable. I can not imagine how tired we would have been doing it all ourselves.

We continue to unpack and get set up for the marathon I, Jim, will run for the next three months before returning to Mexico in September for my next treatment set and cancer fighting protocol.

There will be more information forthcoming in the days and weeks ahead, but thanks be to God for the new me and the safe trip home. I am still pain free with the new pain med schedule, and I have three nights of sleep to praise Him for.

Please feel free to reach out using any form of communication. We are happy to share, encourage, and just chat with anyone.

With appreciation, love, and the knowledge that God has me in His hand at every moment

Jim and Linda

Update - June 23

Since our homecoming on Monday, there has been a lot of food shopping, cooking and prepping of foods, catching up on mail, banking, unpacking, and trying to get into a routine. We are not there yet, but we are making progress.

Jim continues to be pain free and has been cutting back his meds as we approach the 2 week mark. We were told both here in the states as well as in Mexico, that when Jim started the hormone therapy he could have a couple of weeks of pain and then the pain should go away. He has been on 3 medications to control the pain - 2 pain killers and a steroid. He had been cutting back on the pain medication for several days. Yesterday, for the first time, he didn't take the two pain medications and he had no problem. If he continues to have no pain, he will start cutting back on the steroid for inflammation. It would be wonderful to see him be done with those medications soon. As you may know steroids wind you up and Linda is ready for my hands to stop shaking.

On the flip side, we will be talking with the doctors this week as he is beginning to experience some side effects that we believe may be coming from the hormone therapy. We will see how the doctors will want him to handle that. The purpose is to cut off the supply of testosterone that is feeding the cancer - starving and killing the cancer, keeping it from spreading and causing it to start dying out in all the places it has metastasized as well as the original tumor. We pray that God will lead in the direction we should go. It is a fabulous gift to have these Drs on call for the next five years.

As we begin to get back into our "new normal," we look forward to seeing those who come to our classes, seeing friends in the community, and begin outreach in the community and surrounding areas.

We appreciate your continued prayers and encouraging notes in whatever form they arrive. They have meant so much to us over these last weeks. We know that we serve a big God, which makes the problems seem very small.

We thought you might enjoy seeing a picture of our two boys from then and now. It is hard to believe that my baby is turning 40 in a few days. The latest picture was taken on Monday when Jimmy picked us up at the airport and Jeremy met us at the restaurant.

Jeremy (left), Jimmy (right) in 1986



Jeremy and Jimmy now - 2024 (amazing what 38 years will do)



Update - July 2

We have been running since our feet landed in NM. I had a chiropractor appointment on June 19th in Farmington and a dentist appointment in Phoenix on June 27th. We spent the night in Phoenix, so we could go to a place called Organ Stop Pizza. We didn't eat the pizza (not on the diet), but we went to enjoy the music for a couple of hours. We had been there once before and enjoyed our time, so we wanted to go back. There has been a lot of shopping and gathering of nutritious food supplies. We have been catching up on all the things that needed to be cared for after not being "at home" for 3 weeks. I was able to plant our garden, and the Lord has been providing the rain which is very unusual for June. Now we hope to be able to settle into a routine; however, we don't know exactly how that will look yet.

Jim was able to do all the driving for both of these trips. He has not been taking any pain medications for the last 4 days and has had no pain from the cancer in the bones. He has been able to sleep at night since he stopped the steroid which was being used to help control the pain but was hindering his sleep. He is beginning to feel the effects of the hormone therapy they have him on. It is zapping his energy, and he has a hard time getting up and moving. He says that he constantly feels as though he has just run a 3-minute mile - completely exhausted. We don't know if this will get a little better or worse, or whether this is what his life will be for the next 2 1/2 months until we return for his next check up and treatments at Oasis of Hope. If there has been a huge change in the cancer load, they may stop the hormone treatment at that time. If it hasn't changed as much as they would like, he may have to stay on it for another 3 months. We went to Gallup today, but I had to drive because he didn't feel as though he had the energy to do that. He can still work on little projects depending on his energy level.

On Friday, he will begin the regiment of pills and nutraceuticals that he will be taking for the next 2 1/2 months. He will start with a couple of things at a time and take them for 5 days. If he doesn't have any trouble, then we will add the next group and so on until he is taking everything they want him to take. If he does have any effects from what he is taking, the doctors will work with him to tweak the dosages until they have it under control. A few of these will be pharmaceuticals that are designed to target certain parts of the cancer. The nutraceuticals are natural things (like D3, selenium and zinc, melatonin, mushrooms, etc) which are designed to build the immune system as well as target the cancer.

Over the last month we have been asked a lot of very good questions about this journey that we have been and will continue to be on. We will try to briefly

answer those questions through these updates. If you want more specifics than we have given in the update, don't hesitate to reach out and ask for more specifics. We are happy to share what we know and what we have experienced. We have been asked if we would talk to people battling cancer to give them a different perspective. Absolutely! If our journey can help others, we would love to share with them! God had a purpose for putting us in this place. Our trials can bring hope and healing to others.

The most frequently asked question has to do with diet. What exactly are we trying to accomplish with the diet? The Oasis of Hope calls this a quasi-vegan, low-glycemic diet. quasi-vegan because they do allow a little animal protein in the diet just to make it easier to follow for most people. They suggest 4 oz of animal protein 4-5 times a week. This is restricted to wild caught fish, organic chicken, and organic eggs. Starches (1 cup three times per week - potato, sweet potato, corn), 2 servings of plant based protein powder per day, 1 cup of fruit per day - limited to fruits that are low on the glycemic scale, 3 handfuls (fit into the palm of your hand) of nuts and seeds per day, 1 1/2 cups of whole grains and cereals per day - this could be in whole grain breads as well - 1 slice=1/2 cup, 6 Tablespoons of healthy fats per day - olive oil, avocado oil, ghee, avocados - count the oils in your nuts and seeds, 1 1/2 cups beans and legumes per day, vegetables and leafy greens - unlimited - eat the rainbow, and at least 64 ounces of water per day. Jim's diet is a little different because he is anemic and has lost a lot of muscle mass which they are trying to rebuild.

The other thing that is important in this diet is to make sure you are balancing anything that you eat that your body breaks down as sugars. Sugar feeds cancer! The cereals and grains as well as the fruit are absorbed and broken down into sugars in your body. You need to balance those carbs with protein and healthy fats. If Jim has eggs for breakfast he can have some avocado and hummus toast and some fruit to top it off. He needs the energy from the carbs, but we don't want the glycemic load to go too high. We want to keep it balanced so the sugar levels stay consistent.

We heard of a cancer clinic that had coffee and donuts in the waiting area for their patients. A doctor asked why they would do that. Didn't they know that sugar feeds cancer? They responded by saying that that hasn't been proven. In response the doctor asked them to describe a PET scan. They said that you put radioactive tracers in glucose and the cancer cells grab them and then they show up on the scans - oh my, I guess cancer does feed on sugar! So no sugar spikes for Jim! Nice, steady, slow released energy from a well balanced diet every meal!

If you have a question about where certain foods land on the glycemic index, here is a site that shows you some foods in the low, medium, and high range.

<https://www.verywellhealth.com/glycemic-index-chart-for-common-foods-1087476>

I hope we have educated you as much as we were educated!

We continue to look to the Lord for strength for the day. He is our fortress and our stronghold. In Him will we trust!

We praise Him for so many answered prayers. We were able to celebrate our 44th anniversary in Tijuana, and my 63rd, his 65th, and Jeremy's 40th birthdays last week. Six weeks ago we weren't sure Jim would live to see any of those days. Our God is so good and obviously there are still plans for us in the future. We have hope because we know who holds the future!

Jim and Linda - #TeamJim

Letter for Those Who Sent Gifts - 7/8/24

In 2 Chronicles chapter 20 we read about King Jehoshaphat. How many of us know his name but not much about him? Jahazeil prophesied that God was going to win the battle for Jehoshaphat against the Moabites, Ammonites, and the Meunites. Jehoshaphat was told he did not need to fight but just watch, and God would take care of the battle. After God won the battle and there was not a single person lost, God blessed them with so much plunder that it took them 3 days to haul it all home.

I am reminded of this awesome act of God as I praise Him for your gift that made my cancer treatment possible. As Linda and I prepared to leave New Mexico and go to Oasis of Hope in Tijuana, Mexico, we were not burdened with the thoughts of money. There were many times that I, Jim, wondered if we could get people lined up to care for the animals and property, items packed, and instructions given, and the list went on of things that needed to be done before we left home for three weeks.

I consider \$35,000 to be a lot of money. That is what Linda and I paid for our first house almost 45 years ago! Yet God told us, "This is My battle. You go, and I will take care of the rest." He certainly did! He raised me up off the couch and enabled me to walk. I went from eating a half an avocado and drinking a few ounces of water a day to eating three large meals a day when we arrived at Oasis and the only explanation is God's people prayed, and God answered.

We have been blessed by God each and everyday. However, the blessings we received over the last 6 weeks are far more than we could have ever asked for let alone expected to receive. I only wish I could put words to what God has done and is doing in our lives as we watch Him winning the battle.

May God continue to shower His great love on you for your obedience in gift giving!

As Jehoshaphat was given the victory, I believe that I will be given the victory over the cancer in my body, so that we are a useful and fragrant aroma to His service as we walk the path He has set before us.

Love Jim and Linda - #TeamJim

Update - July 15

We are at the 4 week mark of returning home from Mexico. As promised, Jim has some good days and some not so good days. There have been a couple of days where his blood pressure has dipped way too low. We have been tracking all that he is taking as part of the home protocol and watching for possible side effects and then reporting to the doctors at Oasis of Hope. They advise as to how we should proceed - cease taking something, take less, etc.

Besides the low blood pressure, Jim has been doing well. Lack of energy comes from the hormone therapy, and we know his body is doing a lot of fighting and healing which in itself is exhausting. He has been doing a little exercise to start building up muscle mass again, and he has been able to do some chores, work outside for short periods of time, make phone calls, and keep up with computer work. In fact, he composed the remainder of this update to answer the question, "How much does it cost to go to Oasis of Hope for 20 days?" So I will turn it over to Jim.

I think we should share a bit of how the intake process works at Oasis as well as other hospitals we investigated. You will find on most, if not all, of the cancer treatment facilities in Tijuana, Mexico, that there is an intake form where they would like you to send them every test, scan, official diagnosis and anything else that would enlighten them of your condition. I did that, and as promised, someone got back to me in 24-48 hours with a protocol/treatment plan for my specific cancer and the cost for that treatment which includes, everything for 2, food, hospital room, 24-hour doctor and nurse care, treatment, tests, vaccine and so on. This is all out of pocket expenses because insurance will not pay for this! For many people with deductibles, this treatment may end up being less over the course of time than the conventional medical trail.

We compared a couple of places and felt that God was leading us to Oasis for Hope. They have a proven treatment plan and 60 years of experience. They are on the cutting edge of treatments with the "vaccine" which we have explained in one of the earlier updates. This is a proven cancer killer as are all the treatments I received while at Oasis.

As we continued to pray for God's direction in where I should seek treatment, the answer was clear to us that Oasis was the place. God must have expected us to question the decision because as we began to step out in faith not knowing where we would come up with the hospital costs plus travel expenses, God showed us He was going to take care of the costs. This was His battle. We

needed to move forward quickly and prepare for being away and not be concerned about the cost.

It began with me being so ill that by the time we decided that maybe we could go in June, I was unable to walk more than a few feet. Linda made flight reservations that included me being wheeled to the plane and then mechanically lifted into the plane seat due to my weakness. After she secured the airfare of \$1050, she went to the post office and found that a friend had sent us \$1100. In her note it said that she was saving this for someone else but decided it should be sent to you instead. She had no idea when she sent that money that we would need it to go to Mexico or that we were even entertaining the idea.

Then before we could share with anyone what the cost would be, God prompted people to call, stop by, and send us checks. By the end of our time, the bill became due at Oasis, and we were instructed that some of the resources we brought home were included in the initial quoted cost while others, mostly prescriptions, were not included and we still needed to buy those.

Again, the blessing of being with like minded folks at Oasis afforded us the opportunity to get prescriptions from the doctors at Oasis so that what we purchased at very low costs could be brought across the border without incident. Part of our dining room conversations were where to buy this or that at the best price.

The initial cost was scheduled to be \$39,000 for the 20 days, but that went up because of items that I needed while in the hospital. Pain management consultation and those meds as well as other items that made my time of treatment more comfortable. Due to our missionary status and the Christ centered focus of Oasis, we were extended a \$5,000 discount.

Now here is the exciting part! Praise God that this \$35,000 hospital bill and all our travel costs and medications were covered in full thanks to the gifts of many people. God knew our needs and provided abundantly.

#TeamJim continues to work at integrating new medications into the treatment plan every 5-7 days which began on July 5th. As we said, I have good days and days that are more challenging, but overall, I'm doing well. We continue to press onward as we plan our trip to return to Oasis of Hope in September. This trip will be for nine days. I will go through all the same treatments and meet with the doctors and evaluate my progress and decide the treatment plan for the next three months. So once again, we will wait upon the Lord to see how He will provide. We are in the midst of a battle, but He is the one that is fighting on our behalf.

We continue to seek your prayers for my battle against this evil disease called cancer. We also seek your prayers as we make plans for our return trip in September.

We continue to seek opportunities to serve and minister to people and share the joy, peace, and contentment of the Lord with those He brings our way.

Love Jim and Linda - #TeamJim

Update - July 24

Let's start with everyone's favorite question, "How is Jim?"

The answer to that question is that he has his good days and his not so good days. He tires easily which is frustrating for him, BUT he is doing things. He has been out in the garden for an hour now and then. He takes care of the dogs almost every morning. He is working on small projects around the house and property. He has been visiting with people in person, on the phone, and email. He is doing well on correspondence and bill paying. He is able to help with meal prep and cleanup. These are good things and positive changes.

However, he is still battling with his blood pressure. There are days that it just plummets and puts him on the couch, sometimes for the day. We think it may be a dehydration issue. Most of the medications he is taking have the side effect of dehydration. Then we live at 7,000 ft in a semi-arid desert which also is dehydrating. Our daytime temperatures have been in the 90's, some days close to 100. He is having difficulty getting in all the fluids he needs because of his poor digestion. When he drinks too close to eating, he gets bloated and then can't eat. If he drinks too late in the day, then he is up all night going to the bathroom. The doctor would like him to start taking the medication they gave him in Mexico which would allow him to sleep better at night without all the trips to the bathroom, but one of its side effects is low blood pressure! SO we learn to deal with it, adjust our schedules, and try to keep him stable.

Jim added the last group of pharmaceutical/nutraceuticals to his regime today, and then he will be taking all the supplements/cancer treatments they want him to take until he returns to Mexico. Next update, we will tell you all the pharmaceutical/nutraceuticals that he is taking and what each one does in his battle with cancer. For right now, he is doing well, getting stronger, putting some muscle back on his bones, and for the most part is back to his jovial self. He has no pain, AND he is showing some signs of bones healing and regaining his movement and flexibility which are all very encouraging!

I will turn this update over to him to answer the next question on our list.
How did you find Oasis of Hope? - Take it away, Jim.

There are many ways to attack cancer. What I have learned over the last few months has been beyond eye opening. I should have known more about this evil disease because it has attacked many in my family and claimed the lives of both family and friends. I will not write about the myriads of approaches to fight cancer, but even in my ignorance, I knew about the "standard of care" - chemo and/or radiation, and I was wanting an integrative or alternative way of treating

the disease. I just knew that I was not in favor of the "standard" approach and had heard about ways to support the body while seeking to kill the cancer. Everyone I have spoken to says that victory comes from the mind and your attitude towards the treatment. If that is true, I needed to be 100% convinced that the approach I chose was going to work, and it is.

Cancer is one of the smartest diseases that invades the body and why so many people get it again and again. It knows how to avoid the treatment and lies in wait and seeks an area of weakness and surprises us with its arrival or return.

Linda and I have studied how to live a life without cancer or how to prevent cancer in our bodies for 20 years. Many have made the comment to us, "how can you have cancer, you live such a healthy lifestyle?" Yes, Linda and I have tried to eat and live "healthy," but, from the time I can remember, I have had digestive issues and poor "gut" health, and your gut is the gateway to your immune system. At Oasis, they stressed that someone with a healthy immune system cannot get cancer. That said, obviously, my immune system was weak. I got cancer and whatever I had been doing was not preventing it.

Realizing that I had cancer and the bullets I was shooting at it over the last many years was not defeating this mighty foe, I said, "I have a choice. I can lay here on the couch and die, or I can find a treatment plan that works and continue to serve God." Frankly, I was not, and am not, afraid to die. I know from the truths of the Bible, what my future holds. However, I was apprehensive about living and what He had before me during treatment. I was confident that God was not ready for me to die and has more planned for my remaining days.

If I was going to fight this battle, now I needed to find the right place to get treatment. After many phone calls and lots of internet surfing, I made contact with a friend who lost a husband to cancer and is fighting cancer herself. I liked the approach she and her husband sought to fight the battle and asked her who her doctor on the east coast would recommend on the west coast or in my area of the US.

God does such a great job of showing us how He is in control of every situation, and we can do nothing without Him. Our friend wrote an email where she copied and pasted what the nurse wrote to her. She was recommending Oasis of Healing which is located in Mesa, AZ, that she had visited. However, the email said Oasis of Hope. I just assumed that they had a US office when I began the internet search and found them in Tijuana, MX.

To sum up the answer to the question...It was a "mistaken" email that showed us the road to Oasis of Hope. After doing the research, and looking at at least 5

other options for alternative cancer treatment, it was very easy for us to decide that Oasis of Hope was the place for us. God is the healer and that is what Oasis is all about. He kept affirming the decision via the travel mates who explained the vaccine to us as we drove to the hospital (which we knew nothing about). We found out that this was the main reason for most people choosing Oasis of Hope. The day we arrived, Dr Carlos came into my room and told me he comes in Jesus name! When did a doctor ever tell you that? After he did my physical exam, he sat down on the bed next to me, grabbed my hand and prayed with me. Then there were the testimonies of those who had been treated at Oasis of Hope and have been healed or getting close to being completely healed through the treatment protocol. Even when the going got tough, we knew we were in God's hands and He had led us to the right place with the right people!

Thank you again for your prayers for our journey in this battle,

Jim and Linda - #TeamJim

Update - July 31

Today I, Jim, will introduce the subject of what the "home treatment protocol" consists of...

Oasis of Hope expects you to bring a companion when you come for treatment. Linda and I met many spouses but there were also friends, siblings and a few patients that came alone. Your companion should be of sound mind (and medically minded) in my opinion. Linda learned so much while sitting in classes while I was mentally out of it or was receiving treatment in a different room, so she gets to explain the "protocol"!

First, let's go back to the beginning of my meeting with the oncologist in NM. He was not seeking a cure! He told me from the start all Lupron and Bicalutamide (Linda will explain) would do is shut down the hormone production that was feeding the cancer to grow in my bones. This would reduce my pain for a time and when this was not working any longer then I would need to seek a palliative care program to deal with the pain while I died from the cancer that had now taken over my body. He gave me 1-2 years as I was already at stage 4 and my quality of life was going to be poor at best.

Now let's go to my future...As you have read from the updates, I started the healing process with various treatments to strengthen my body and start the killing of cancer process while at Oasis.

After I received the vaccine, I was to do nothing in the way of supplements or medications other than seek quality of life for the next three weeks which meant taking pain medications and the hormone treatment which shut down the driving force behind the cancer. I was just supposed to eat correctly following the food list I was given at Oasis, adding 8 oz of clean animal protein daily (organic eggs and/or chicken, and wild caught fish) for my anemia, getting all the sleep I could, and not over doing it physically.

After three weeks, I then started adding in the nutraceuticals/liposomals (liquid supplements) that they sent home with me and the prescriptions that they told me to get. Most of the prescriptions I bought in Mexico, via a prescription that my Oasis doctor prepared, so I could buy them inexpensively and get them through customs. I bought two items from a pharmacy in Canada because they honor the prescriptions from the doctors in Mexico and the price was much lower.

So here is what I am now doing after the three week break of letting the vaccine do its job. Linda will explain how each item works.

A week before we left Oasis of Hope, Jim was given a Lupron injection which was the first part of his hormone treatment. This injection is supposed to last for 3 months. They plan on giving him another injection when we return in September if they think that it is necessary for him to continue the hormone therapy. Prostate cancer is fed by testosterone, so this injection and the pills (bicalutamide (Casodex)) which he began taking immediately after returning home, shut down the production of testosterone causing it to stop metastasizing (spreading) and cause it to begin shrinking, so we can get ahead of it.

He was also taking 3 different pain medications (with a 4th one on hand in case the others didn't work) while we were at Oasis and for the first 2 weeks we were home.

Another quality of life medication they wanted him to take was Tamulosin (Flowmax). This is to reduce the need to urinate during sleeping hours. We discontinued this because we believed that it was contributing to his extremely low blood pressure. He is now taking a natural supplement that seems to be helping to do the same thing called Azo (bladder control with go-less) which can be purchased at Walmart, Walgreens, or online.

Stage one - started 3 weeks after the last vaccine - 21 days

1. Melatonin - this is not for sleep but for the power melatonin offers in cancer fighting. Jim was taking 30 mg while in Mexico, so I assume that is what they sent home with him in liposomal form instead of pills. Melatonin fights just about every aspect of cancer. Jim and many others have an insomnia problem from melatonin. He is not taking it at this time. The doctors want him to get through the protocol below and then maybe try again. He has his doubts about missing another night of sleep.

2. Vit D3, He takes 2.5 ml (which is 15,000 IU) in liposomal form now. He was taking 5,000 IU in pill form prior to MX. Vit D 3 is a great bone builder as well as a necessary vitamin the body needs to be healthy. It is also an anti-inflammatory agent as well as suppresses a certain immune cell which prevents the immune system from responding to cancer. Cancer cells are not programmed to die like other cells are in your body which is why they continue to grow and spread. Vitamin D helps trigger the cancer cells to die, decreasing the aggressiveness of the cancer.

3. Cyclophosphamide - is a prescription drug which we ordered from Canada. This is a low dose chemo drug that Jim takes M-F and not on the weekend. This is considered a metronomic Chemotherapy - lower, safer doses that do not cause the severe side effects but can target certain aspects of the cancer. This

particular drug actually activates natural killer (NK) cells, so they will target cancer cells. It also suppresses T reg cells which try to shut down the immune system prematurely.

Stage two - at 26 days

1. Fibrenza - can be bought on Amazon. It is a systemic enzyme that breaks down the barrier walls on the tumors allowing other medications to attack the tumors. This has 13 systemic enzymes to dissolve excess fibrin (which covers the tumor), cleanse the blood, detoxify the body, and reduce inflammation.

2. Proanselin - (which is called B-17, amygdalin, or laetrile). This comes from the seed of apricots which was banned in the US for many years. This helps with decreasing the size of tumors and increases NK (natural killer) cells. Oasis has been using this for over 60 years with no ill effects on the human body. The many negative conclusions that have been broadcast have no science behind them. Science continues to support the use of B-17 to kill cancer cells and amazingly enough, we are beginning to see apricot seeds and even B-17 being used in the US once again.

3. Baking soda - impacts the tumors' environment. The cancer frames itself with a very acidic surrounding. The baking soda will neutralize this, breaking down its resistance to the treatments that are being sent its way. Jim was taking 2 tsp mixed in 16 oz of water. He tried sipping on this throughout the day as well as drinking it all at once. He didn't mind the taste of it; however, it caused diarrhea for him, so he is not using this at this time.

4. AHCC (Active hexose correlated compound) - this is powder made up of ground mycelia of shiitake mushrooms - It is a strong immune enhancer and a strong antioxidant. This product comes from China (I know, but it is what it is) with an excellent reputation compared to some other mushroom products.

Stage three - at 31 days

1. BAS-Na (a mixture of curcumin, milk thistle, green tea, resveratrol and Boswella) - in this combination curcumin lowers cancer resistance, destroys cancer stem cells (which cause cancer recurrence); milk thistle protects the liver (since it is having to deal with the medications as well as detoxing the body from the die off of cancer; green tea lowers the risk of the cancer spreading; resveratrol promotes heart health, lowers cancer resistance, and is an anti-carcinogenic; and Boswella is a strong anti-inflammatory, it induces apoptosis (cell death) in cancer cells, and it suppresses DNA synthesis in cancer cells

2. Sel-Na (Selenium, Zinc, L-glycine) - this decreases the risk of having cancer, not allowing it to spread, it is an antioxidant, and an immune enhancer

3. Dexamethasone - is a prescription steroid that Jim is taking at 0.5 mg 3 times a day (with food!). In this low dose it will be able to be tolerated over a longer period of time and it helps rid the body of inflammation which is where cancer lives and grows. Jim is only taking this at breakfast and lunch, because if he takes the other one at dinner, he will not be able to sleep at night.

Stage four - at 26 days

1. Ome-Na - Omega 3 and COQ-10. COQ-10 is something that promotes heart and brain health, supports cancer prevention, produces energy, acts as an antioxidant, stimulates the immune system, and protects the heart and brain from chemo drugs. Omega 3's are missing from most people's diets (instead we are heavy on the Omega 6's and 9's). Omega 3 can delay or reduce tumor growth, strengthens cell structures keeping healthy cells from mutating into cancer cells, boosts the immune system and reduces inflammation, can help reduce muscle loss in cancer patients,

2. Metformin - This is a prescription drug that was designed for diabetes. It is being used off label (something other than what it was designed for). Many diabetics take this and research has shown that diabetics who take Metformin have a much lower rate of cancer than non diabetics. It inhibits cancer's stem cell activity which in turn reduces cancer cell proliferation (growing and spreading).

3. Celecoxib/Celebrex - This is a prescription drug that is an NSAID (Non-steroidal anti-inflammatory drug). It works to reduce inflammation which is why they prescribe it for people with arthritis, but it is something that will inhibit cancer growth as well. This is another drug that is known for causing insomnia. Jim is supposed to take one with breakfast and one with dinner, but when he took them, he was unable to sleep. Yesterday, he took one in the morning and none at night and was able to sleep. We are waiting to hear whether they want him to take just the one or possibly take 2 in the morning or one at breakfast and one at lunch to see how well he responds to that. He certainly doesn't want to be taking anything that is not going to let him sleep!

Now he is supposed to continue on this regimen until he returns to Oasis in September. At that time they will do more blood tests, we will have a PET scan, and they will determine how much we have accomplished in 3 months and how they would like to proceed from there. We are excited to see what his numbers look like.

There is one other supplement that Jim started taking with the doctor's permission. It is a product called "Real Build." We bought this on Amazon. Jim has been dealing with anemia for the last several months (and maybe even longer than that, years). A normal hemoglobin level for a man is 14-17. Jim's has been dropping since March and was down to 9 by the time we left Oasis. That is why they wanted him eating 8 oz of animal protein a day, to build that number back up. He had been eating that; however, there was very little improvement in his energy level UNTIL he started taking "Real Build." The change in him in a week has been remarkable.

At this point in time, he is feeling pretty good. He is able to do chores and work on projects. Before, he was exhausted after doing something for an hour. He would have to rest, take a nap, and most likely not be able to do anything the next day but rest. Now he is in the garden for a couple of hours, working on projects, walking here and there, doing computer work, and gets up and does it again the next day. WHAT A CHANGE from two months ago! We praise the Lord for what he is able to do, and the energy he has to get things done.

God is good, and we see His hand of blessing on our lives. We continue to trust Him in this process of healing and ministering to others, and we look forward to seeing His provisions each and every day.

Serving our mighty Savior,
Jim and Linda - #TeamJim

Update - August 7

I continue to get stronger every day. God continues to work as the Great Physician as He allows me to sleep fairly well, continues to give me a good appetite, and allows my body to do a bit more everyday in the areas of working on projects and exercising.

Right now my blood pressure is remaining pretty constant. Even though it is a little lower than we would like, I haven't had a day that it has dropped below 90's/60's. I believe that my anemia has been dealt with through the "Real Build" that I have been taking and that is giving me more energy. I praise the Lord for the projects that I am able to do around the house and property, the flexibility and movement I have regained, and being able to feel almost "normal" again. Some people have asked us, "What is the worship service like at Oasis of Hope?"

Monday through Friday the chaplain, Ernesto, leads singing for about an hour in the treatment room where everyone comes to receive their IV therapies. It can take 3-4 hours to receive all the treatments, so while there, Ernesto will play the guitar and lead those present in praise songs between 10 and 11 AM. Sometime during that hour he has a devotional that lasts 10-15 minutes. Some of the patients or companions are in a leadership ministry role at home, so they are asked to pray or lead the worship in the absence of Ernesto. Ernesto is available to everyone for spiritual guidance and prayer. He makes a point to introduce himself to everyone and then you take it from there as to what you want or need from him during your stay at Oasis.

On Saturday there is no worship or teaching in the treatment room and IV therapy is not a big part of the day like M-F. There are three screens in the therapy room with breathtaking photos of God's creation and Bible verses that are constantly changing everyday throughout the day. Anyone can sit and meditate, whether you are receiving IV therapy or just in need of being still and knowing God is in control.

On Sunday Dr Francisco Contraras, the current director of the hospital following in his father's footsteps, leads the service at 9 AM. Based on the population of the room his heart's burden is that patients and companions are introduced to Christ and His saving work on the cross.

I never would have thought such a hospital existed in the world, but I thank God for His servants at Oasis of Hope!

If there are any other questions about anything, please ask and we will do our best to answer them.

In appreciation for your continued prayers,

Jim and Linda - #TeamJim

Update - August 15

There have been many people throughout our journey who have asked, "How is Linda holding up through all this?" Let's tackle that question in this update.

While we were at Oasis for Hope, we were given two books to read. One was called "Undermining Cancer" and the other was called "The Other Patient."

"The Other Patient" is a reminder that the family of the patient is also going through a very traumatic time in their lives. Sometimes they are overlooked in the process. It is taken for granted that they are supposed to just be there and do whatever is necessary, and they have an overflowing reservoir of energy, stamina, and encouraging words. That's not exactly the case!

In February, I watched Jim struggling with pain in his back (because of a collapsed T12 due to the cancer damage to the spine) and a continuing decline in his ability to accomplish the work he wanted to do. I had to begin taking on more responsibilities, performing his chores as well as my own. By March it became abundantly clear that we were dealing with something much worse than we thought. I started taking care of the animals on my own, shoveling the snow, hauling propane tanks for heat, and having to call on other people to come help me when there were projects that I couldn't do myself. April brought clarity to the battle that we were fighting - the battle for Jim's life and defeating the cancer that was attacking his body.

My life from that point became a bit of a blur. Jim was in excruciating pain and getting worse by the day. I spent hours on the computer trying to find answers. My days consisted of trying to get nutritious food and drinks into him. I would make something, and he would decide he didn't like it, it made him nauseous, he couldn't eat, or he was too tired. So I would make something else. Everyday I cared for the animals, cooked and cleaned dishes over and over again, helped Jim into bed, onto the couch, get dressed, encouraged him to move, and tried to get food into him. He needed help with everything. There were several times that even with my help he just collapsed on the floor. Sometimes I would talk to him and there was just a deadness in his eyes, and he either didn't respond or it was unintelligible. At night I helped him into bed and listened to him toss and turn and moan and weep. I would stay up listening to him breathing - was he sleeping or awake? Was he in pain? Was he going to need something? I would pray for wisdom, healing, understanding, complete surrender, that he and I would have the strength to endure whatever was coming our way.

I got very little sleep for months and ate very little besides what I nibbled on when I was making him something, or eating what he didn't eat. I made very small amounts of everything because he only ate a couple of spoonfuls of something

and then couldn't eat any more. I was frustrated and felt like a failure because I couldn't even feed my husband. Nothing that I tried seemed to make him comfortable. I seemed helpless to do my main job in life - be a helpmeet for my husband. I have been asked what kept me going. The only thing that kept me going was rehearsing God's Word, remembering His promises and the power of His might. I cherished the quiet times when I got to sit down with God's Word and prepare for classes on Sunday and Monday. God's Word was my food, my strength, and my life!

Now don't get me wrong. I am not this pillar of strength and nothing can shake me. I can't tell you how many times over those days, I would get alone and just cry. I shed a lot of tears with my goats, chickens, and dogs. I would be talking to someone and just fall apart. Sometimes it seemed like too much to bear, and I didn't know how I would get through it. I didn't know how to handle looking into my husband's eyes and not being able to find him. Talking to him was like talking to a stranger. His voice was different; he couldn't stay on track when talking; he wasn't thinking clearly; he couldn't remember what was said; his frustration and pain were evident in the dullness of his mind and speech. (I have counseled women from Oasis of Hope, trying to help them come to the understanding that they are not talking to their husbands anymore, they are talking to the cancer, the pain, the medications, and all that that entails.) Each new day, I would wake up with a hope that something we did yesterday was going to help him be better today, only to face a day that was even worse. I couldn't help him, encourage him, hold him, make the pain go away, and there was no smiley face bandaid that I could put on to make it all better. I just sat and watched the man that I knew and loved disappear.

I had many conversations with God during those days. I was willing to accept being a widow if that was God's plan. I knew that my purpose here on earth was to bring glory to God no matter the circumstances that surrounded me. I knew that God would use this whole situation for the good and His name would be glorified. I never lost sight of that, and the ability to cling to Him in the midst of the storm helped me to get up every morning. But my heart just ached as I watched Jim being swallowed up in pain. He was ready to be done with life and go home to be with the Lord, and I couldn't blame or fault him for that.

When we made our struggle public, we received a great outpouring of encouragement and people who began to reach out and let us know that they were praying for us and they were sharing our burden with their Sunday School class, Bible Study group, church, or passing our notes on to other people. There were those who started asking if there was something that they could do to help. I knew I wasn't alone in this struggle, but that still didn't keep me from feeling alone. I needed my best friend to help me through this time, to hold me and let

me cry, to tell me everything was going to be alright, to share his strength with me - but that best friend is Jim!

When we made the decision to go to Oasis of Hope, plane reservations were made, plans were set, and all I could think about is how in the world are we going to manage to get him to the airport, put him on the plane, fly for 2 hours, get him off the plane, and then the car ride to the hospital? Through hundreds of people praying, everything was prepared for our trip, and as we shared in our earlier updates, everything went very well.

Through our time at Oasis of Hope, I watched Jim slowly coming back. Rehydrating, eating, building up his body, and trying to knock down the cancer that was eating him alive all worked together to start the healing process. One day I remember telling our boys that I went for a walk with my husband today, not that man that I had lived with for the last few months, but the old Jim. The hope that we were going to get through this was running high and then one morning, I woke up and took one look at Jim's eyes, and I thought to myself, "Oh no, that other man is back." That was the day he crashed, the Thursday before we came home. Several hours later our room was full of doctors and nurses because Jim had gone into shock. The conclusion was that he went into shock because of the pain that his body was still having to fight. They said that he no longer was going to tell them when he needed pain medication, they were going to give it to him at set times to keep his body from having to deal with that along with fighting the cancer.

It took three weeks for Jim to be able to stop taking the pain medication (and he hasn't taken it since then). He has no pain for which we praise the Lord! Last week he told me that he felt almost normal again. Now mind you, normal is a relative term. He still can't and won't be able to work on anything but small projects and will then need to rest. The more strength the project takes, the less time he can work on it. That will be his life until we get him off of hormone therapy. That may be in a month, that may be 4 months from now, it just depends on what the next set of tests show.

Today I am very happy. I have my best friend back, and we can do projects together. I no longer have to do everything on my own. I still have to do all the heavy lifting, and if there is something that I can't do, we find someone else to come help us. A young man that has been helping us unloaded a ton of chicken food for us. I greatly appreciated that! I could have moved it one 50 lb bag at a time, but I am sure glad I didn't have to! These are the kinds of jobs Jim will never be able to do again. Now we need to work smarter or wait for someone stronger to come and give us a hand.

It has been a hard journey, but 44 years ago I made a vow that said for better or worse, in sickness and in health, until death do us part. For 44 years I have been blessed with a man who loves me and whom I love dearly, and it has been an honor to give him my life as his wife. He has always been my God-given center of ministry on this earth, but over the last couple of months that became a 24-hour a day job. It has been a blessing to me to serve the Lord by ministering to my husband in this way. It is an experience I never want to forget because it brings clarity to what is important in life.

I thought I would end this update with some pictures of my best friend becoming more "normal!"

Thank you all for your thoughts and prayers,

Linda (and Jim) - #TeamJim



Update - August 23

Greetings to all our friends, family, and prayer warriors. We are coming to the end of our daily/weekly reports. One of the last questions that we will address is what are the plans for the future?

Let's start with Jim's continued improvement. He is slowly regaining strength and muscle. He is able to do light work throughout the day, and accomplish many of the projects that need to be done.

We return to Mexico in a couple of weeks, and we look forward to hearing updated reports of Jim's progress from the doctors at Oasis. We will see what new blood tests and new scans reveal. One of the questions that we have is where Jim stands on the fragility of his bones. There may be additional tests they will need to run while we are in Mexico to get answers to that question. We need to know what damage the cancer has done, if any of the bones are mending, and what activities he will and will not be able to do safely.

When we get to Mexico, Jim will receive a couple of treatments for the first two days while they prepare for him to be revaccinated with the dendritic cell vaccine. This is a new protocol. They are finding this to be such a strong cancer fighter, that they want to give the vaccine sooner rather than at 6 months as they have in the past. After evaluating his progress, the doctors will then decide on what treatments Jim will continue for the next three months and which ones they may stop.

So what does the future look like? We continue to live with vigilance. The diet we are following needs to be adhered to strictly. Daily exercise and stress management are both important. Proper rest and healthy living. We will continue to make trips to Mexico to follow up with treatment and testing. We now have a doctor in this area that we will visit to keep an eye on Jim's health.

We will continue to be ministers of God's Word wherever He may lead. Every new day is a new opportunity to share the love of God with the world that so desperately needs to hear the gospel message. Sometimes we take for granted that we will have tomorrow. We don't know how much time any of us has, so we need to learn to make the most of every day.

We thank each of you that has followed us through this journey and for your notes and prayers.

Love Jim and Linda, #TeamJim

Update - August 29

Just a little over thirteen weeks ago, we found ourselves on the doorstep of Oasis of Hope seeking help for end stage, stage four prostate cancer. Our minds were spinning, and we were still bewildered as to how we got to this point in life. Many have said that Jim was the last person they ever would have thought would have been struggling with cancer. I shared with someone that we don't always know why God has placed us on the road we are on, but one thing we do know is that there is a purpose in the plan! We have watched God work in our lives and in the lives of others through this journey. We have also learned to appreciate every day blessings and hopefully, never fall back into the trap of taking things for granted.

Jim continues to grow stronger each day. He feels good and has been able to accomplish many things in a day. He still doesn't sleep through the night, getting up 3 times or so, but we also know that four out of five of the medications he is taking have the side effects of frequent urination and one specifically is frequent night time urination. Three out of the five also have insomnia listed as a side effect. So all things considered, getting up a few times a night and being able to go right back to sleep is pretty good. When we return to Oasis, he will be without all of these medications for a month (some maybe forever - Lord willing) and we are looking forward to seeing what that might change.

We wanted to share a story about someone who went to Oasis of Hope when the medical world had given up on him. Many people know the name Max Factor, the famous cosmetic tycoon. His son's name was Don. In 1986 he had lower back pain (thought to be caused by sitting at a computer for long hours), indigestion, and feeling yucky. When they ran tests, they found extensive cancer in his lungs, liver, and spine - stage four - almost a zero survival rate. He was 51 years old and given possibly 6 months to live if he did chemotherapy.

Upon hearing this diagnosis, he began looking into alternative methods to treating cancer. He went to a lecture given by Dr. Ernesto Contreras (founder of Oasis for Hope) who talked about Metabolic Therapy. The premise is to build the patient up, make them as healthy as possible, and then let their own immune system fight the battle. After his treatment at Oasis of Hope and then 3 months of follow-up treatments, Don returned to Europe to continue follow-up there. He made yearly trips back to Mexico for three years until Dr Contreras told him there was no sense coming back because there was no sign of cancer anymore. The doctors in Britain never asked and didn't even care how someone who should have died came back from Mexico with no pain and no signs of cancer within a couple of years. Don died at the age of 81 after living a full and happy life, 30 years after being given a death sentence.

It would be wonderful to say that all the cases had such a happy ending, but cancer is an evil disease. What it does to the patient as well as their loved ones is devastating! Our group at Oasis became a little family. There are seven families that we have stayed in touch with since our time there. One was given a wonderful NED (No Evidence of Disease) report for a very difficult cancer. One passed away a couple of days after our return home. Four have been in and out of the hospital for various reasons and three are really struggling in their battle. They are all in our thoughts and prayers as we try to keep one another encouraged through difficult times.

Our experience has opened up an opportunity to reach out to patients and families that are struggling with cancer. We are willing to sit down and talk with people who have been diagnosed. Our main message is that there are alternatives! There are people who can help you. As Don Factor learned, there are those who look at the person instead of the cancer. If you know someone who is going through this battle, please feel free to pass on our number or our email address to them. We would be happy to talk to them, pray with them, and help them work through the process.

We are heading back to Mexico real soon. We have watched the Lord prepare the way before us. We are told that all good things and every perfect gift comes from the Father in Heaven (James 1:17). God has richly poured out His blessing on us as friends, family, and even some of our new family from Oasis have shared their blessings with us and our second trip to Oasis of Hope has been completely paid for. We stand amazed at the awesomeness of God. To Him be all the honor and glory!

In our next update, we will share all that we have learned about where we are in this journey. We are expectantly waiting to see the results of the new tests and the progress that Jim is making in his fight (for we know that he is making great progress). We will discuss with the doctors what we can do to strengthen his bones and stabilize his body, so he can go back to some more normal activities and what limitations he will continue to have while bones heal.

We appreciate your prayers and support.

Continuing to serve Jehovah Rapha - The Lord Our Healer!

Jim and Linda - #TeamJim

PS - If anyone has come into these updates in the middle of our journey, we have posted all the letters on our website at walkinlight.net. When the home page opens, there is a link on the left hand side that says "Our Journey Through Cancer." Click on that link and it will take you on our journey from March to today.

Update - September 10

We have arrived safely in Tijuana. We had a nice visit with Jeremy and his family on Sunday evening. We had a good night's sleep at our hotel in ABQ. We got through the airport and on our plane with no problems. The flight was smooth and on time and our ride was there within minutes of our luggage arriving.

We settled into Oasis yesterday and today. We met old friends and have met new friends as well. Jim had treatments today and had a bit of a problem. We think he was dehydrated from Monday's traveling and fasting Monday night into Tuesday for a very large blood draw this morning, and when he was receiving his ozone treatment today (in which they drew more blood), his heart rate dropped real low, and there were lots of people that came running as heart monitors and EKG machines were attached and IVs were being pumped into both arms. Since then, they have been checking in on him and taking vitals every couple of hours to make sure that he has stabilized. He feels fine now, but it certainly added to the excitement of the day.

The doctor came in to talk to him about his blood tests. We were happy with some, not so happy with others, but we will see what Dr Contreras has to say about all these tests and then his scans. What do they mean and what we are going to be doing as we move forward. Jim feels great, has been pain free for a couple of months, gaining back weight and muscle, and feeling better than he has for years for which we praise the Lord.

We appreciate your continued prayers, and we will update you when we have our meeting with Dr Contreras (or if anything else exciting happens between now and then).

Until next time,
Jim and Linda - #TeamJim

Update - September 11

Well, in the past we have sent you pictures of Jim so that you could see his progress. Today, we are going to show you pictures of the inside of Jim - a little different. So why are we doing this?

We have met with Dr Contreras today, so we are updating you on the progress that Jim has made. There have been those (including Jim and I) that have called Jim our own walking miracle. Last time we were here, Dr Contreras said that he was amazed that Jim was walking with all the damage the cancer had done in his body. Today he said that it was a miracle that he was still alive in May.

Today, we sat with Dr Contreras as we looked at the CT scans that were done. Normal, healthy bones should show up white. In the first scan (from April 30), all the dark spots are where the cancer has attacked and set up housekeeping in Jim's bones. It spread from his shoulders to his knees. His cancer has not disappeared, but when you look at the second picture, you can see that his bones are much whiter. Praise the Lord, the white color shows they are healing! Dr Contreras said that he still looks like a Christmas tree but with a lot less lights.

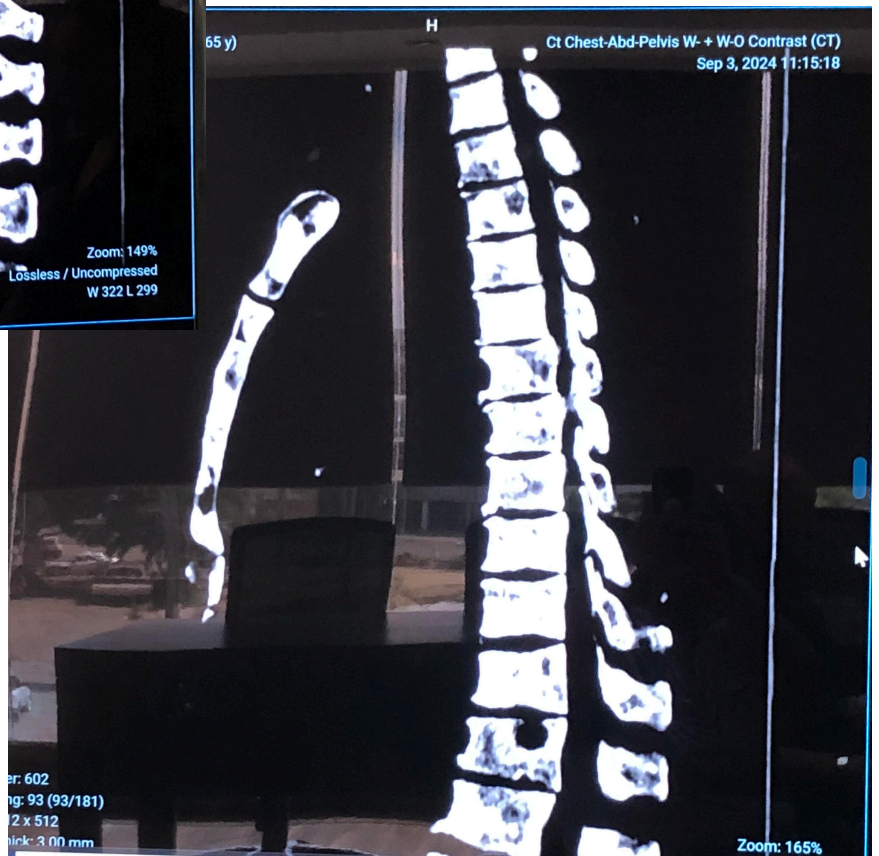
They want to keep him on the same protocol they have him on which includes the low dose chemo and hormone therapy as well as the nutraceuticals to help build up his body. They would like to add something to help build his bones and make them stronger. We will have to do some research on that to see if we want to go down that road. As far as activities are concerned, he can do anything he is comfortable with except for weightlifting or running. We can even go ATVing again as long as we are not on overly rough terrain, jumping, or doing dangerous things in which we could tip over (which we didn't do to start with). Dr Contreras is 72, and he just gave up racing motorcycles, so he could start off-roading with ATV's, so he understood our desire to do this once again.

We praise the Lord, our Great Physician, for the healing that has taken place over the past couple of months. We thank you all for your prayers and support as we have traveled this road together. We have learned so much, met so many wonderful people along the way, and have seen God glorified every step of the way. There is a song called "Mended" by Matthew West, and I would like to share some of the lyrics to end this update. Maybe you can relate to something in this song.

When you see broken beyond repair
I see healing beyond belief
When you see too far gone
I see one step away from home
When you see nothing but damaged goods
I see something good in the making
I'm not finished yet
When you see wounded, I see mended
You see your worst mistake
But I see the price I paid
There's nothing you could ever do, to lose what grace has won
So hold on, it's not the end
No, this is where love's work begins
I'm making all things new
And I will make a miracle of you
I see my child, my beloved
The new creation you're becoming
You see the scars from when you fell
But I see the stories they will tell
You see worthless but I see priceless
You see pain, but I see a purpose
You see unworthy, undeserving
But I see you through eyes of mercy

When you see broken beyond repair, I see healing beyond belief ... You see the scars from when you fell, but I see the stories they will tell ... You see pain, but I see purpose. Isn't it amazing how we view our lives from the negative side? We see the broken, the scars, and the pain. God sees the healing, the stories or witness we can be, and the purpose behind it all.

We need to get out of God's way and let Him steer, and trust that He knows where we need to go to accomplish His purpose in our lives!



Rejoicing in the Lord
Jim and Linda - #TeamJim

Update - September 14

Last time we shared the great news that my bones are healing and as we have mentioned over the last 3 months. I continue to improve and my energy level is increasing. The last few days Linda and I have walked at least 4 miles per day. We begin the morning with a long walk on the beach and then I need to walk at least 15 minutes after I receive the vaccine injection in my leg. Today I received the second injection and Sunday the 3rd and final for this trip, so we can fly back to New Mexico on Monday night.

The evidence of my improved condition comes from the nutritionist, Mariana. She recorded that I have gained ten pounds, my muscle mass has increased by 7 and her recommendation is keep doing whatever you are doing because it is working. She and Dr Loubet are pleased with my blood test results. My anemia marker is almost normal, so I will reduce the amount of animal protein I eat each day. My white blood cells and platelets are increasing and my liver is working well. Lord willing, my kidneys will enjoy the 4 week break from all the medications and continue to keep up with the demand.

Linda and I continue to meet new people while we are here. Today we met a woman (Carol) from Melbourne, Australia. She and her granddaughter are here and Carol has received the No Evidence of Disease report! We enjoy meeting new patients and their companions. It is encouraging and comforting to hear their cancer stories and to be able to reassure them in this new environment. We can explain the treatment process and put their minds at ease to know that we are here to answer questions and give them helpful tips as they go through the process of getting acclimated to life at Oasis of Hope and the at-home treatment protocol.

Rejoice with us as we celebrate the healing news!

We will write again when we get back to New Mexico on Tuesday or Wednesday. Thanks again for your notes and prayers.

Love Jim and Linda #teamjim

Update - September 20

We are home and trying to get back to our routine. We did well coming across the border. This time we went through the medical lane and it took about 15-20 minutes to get through. We were told that it was shorter than going through Global Entry at that time of day.

Our flight was uneventful and quick. We checked into the hotel in ABQ by about 10:30 PM. The next morning we stopped in and visited with Jeremy for a little while and then we went shopping and headed home. We pulled into Black Hat about 7:30 Tuesday evening. This would have been a great trip if I hadn't got sick when we got home. Same kind of stomach issues that I had last time I went to Mexico. Not sure what is causing this. It lasted for 3 days just as it did last time.

They sent Jim home on the same protocol as last time. He has made so much progress in 3 months, they want to see him progress even faster over the next three months. We had a PSA test run once we got home and the level dropped from 1700 to 127. Normal levels are 0-4, so it is still very high but substantially better than it was. We praise the Lord for the healing that is taking place, the strength that is returning, and the people who have stood with us in this journey financially, spiritually, and physically (both in Mexico and here at home).

Jim has started feeling the effects of the Lupron shot that he received in Mexico. This is part of the hormone blocking therapy to starve the cancer. Last time they gave him half a dose and this time they gave him a full dose. This morning we saw his blood pressure going down and his heart rate going up. This is what we experienced a couple of months ago. We would appreciate your prayers for stability with his heart and strength as he deals with this medication. We know that much healing is taking place, but we need to remember that the medications can be very tough on the body stressing the heart, kidneys, and liver.

We again thank you for standing with us through our journey.

Serving our soon coming King,

Jim and Linda - #TeamJim

PS - for those of you who have MAX as part of your TV package, there is a program called "Body Cam (TV series)." Season 9 episode 1 - Crying Wolf, the first half of the program, has a story from the McKinley County Sheriff's Department and you will see our son, James Maiorano III, Sheriff, talking about the events of that day. Just wanted to share that with anyone who may be interested.

Newsletter sent out October 13

Yes, Our Life Has Changed

It is hard to believe that five months ago our lives were turned upside down. As quickly as Jim's health declined, we weren't sure whether we would see our 44th anniversary. We were told by the doctors in Mexico that they were not sure how Jim was alive in May. When we departed from Oasis of Hope in June, they were discussing surgery to stabilize Jim's spine because of the cancer damage that had been done to his bones.

Now fast forward to September. There was no more talk of surgery, in fact, they were amazed at how much healing was taking place in his bones. They wanted to put him on a medication to help build his bones, but we declined due to some serious side effects. We are using a natural bone building complex, plus all the good food that he is eating, bone broth, and the various nutraceuticals he is taking as part of his protocol to help build his body. It may take a little longer, but no side effects.

Jim is starting his second go-round of home treatments. He is taking all the same pharmaceuticals and nutraceuticals as we laid out in an earlier update. He is still on the hormone blocking therapy which is beginning to effect him by making him tired and sapping his energy, but it isn't nearly as bad as last time. His PSA dropped from 1700 to 126, and they want to see it at 0.something. We are praying that he may be down there by December. At that point, we are hoping to stop taking some of these medications.

They would like him to come back again in December, but we may push it off to January. They are continuing to make advances in their treatment protocol, specifically with their dendritic cell vaccine. This is where they create dendritic cells that are trained to only look for the cancer that is in Jim's body. When they find any of these cells floating around his body, they call in the activated killer cells to do their job. They are seeing amazing results from this vaccine, and their researchers are working hard to make more of the vaccine so that patients can bring it home and either give themselves an injection every month or have their health care provider do it. They are talking about having this technology by the beginning of the year. This would mean more time between visits to the hospital and less money in the long run which is important since insurance won't cover anything.

For the next couple of months, Jim is allowed to go back to normal activities being careful to not overdo and listening to his body. That means that life can go back to "normal." The meal plans are going to be a new way of life - eating to beat cancer! We need a more relaxed schedule (not burning the candle at both ends), time for fun and rest, and a stress-free life. After what we have been through, it is easy to look at things differently, and ask the question, "Is this really that important in the scheme of life?"

Ministry Continues

As far as ministry is concerned, we continue to lead our Sunday Fellowship and Monday night Precept classes. On Thursday and Friday, I have been going to the Adult Detention Center and helping inmates with GEDs or college prep tests. As inmates are released, we are willing to continue working with them to help them in their educational needs. I am going through the steps of being able to go into a detox/rehabilitation center to continue to work with inmates that were released into that program and possibly help others that are there as well. We are working with the state of NM Adult Education Program to have a mobile testing center. Jim will be working on the details of that project.

Kevin, the pastor we have been working with for years, would like to start recording his messages and make them available to individuals and churches online and on DVD. We will begin trying to help him accomplish his goal. There is a great need for God's Word to be heard, and Kevin has the heart to reach out to them! We want to do all we can to help him in this endeavor.

On A Personal Note

We have been told that we need to write a book about our journey. Until God gives me more hours in the day, I have documented our journey from the time we heard Jim's diagnosis until now on our website. On the home page is a link that says "Our Journey Through Cancer" and all of our updates are recorded there that document God's amazing sustaining power!

Jimmy is coming to the end of his second year as Sheriff. There has been a big push to clean up the streets of Gallup as well as getting the deputies out into the communities, schools, town meetings, and special events. The goal is public awareness, strengthening the community, and bringing back respect into law enforcement as a whole. Angel has become very involved in the community as well as she has been asked to sit on several boards as well as helping in the voting process. We included a picture of Jimmy and Angel at one of the many community events they attend.

Jeremy has his hands full with five little ones. Shane just celebrated his first birthday in July, the twins, Collin and Kason turned six in September, Hailey turned eight in August, and Brynlee will turn ten in December. We included a picture of their family.

We also included a picture of Jim and I on a day trip to Colorado to see the changing foliage. It is one of those fun things we need to do! However, we decided that we are too old to do that much fun in one day. 450 miles and 12 hours was too long of a day. Next year we will camp out for the night and make it a two day outing. Our 60+ year old bodies will be much happier!

We want to end this newsletter with a heart-felt thank you to all. We know that there have been many of you standing with us in prayer through this difficult journey. We have been overwhelmed by the generosity of many who have financially helped pay for the treatments that Jim has received. There have been those who have jumped in to help when we needed advice, encouragement, and extra hands and muscles for certain projects. We have been truly blessed by this outpouring of love and generosity. We serve an amazing God who has blessed us in ways that are beyond words.

God's Answers to Prayer

- Jim is doing great. He gets stronger everyday. He has been pain free since July and it is easy to see the healing that is taking place in his body!
- Medical bills and expenses have been taken care of in full, thanks to the generous gifts that have been shared with us.
- We have been able to keep the Bible studies going (for the most part) through the travel and health challenges.
- We have been truly blessed and encouraged by friends and family that have rallied around us and prayed for us during this trying time.
- We can see God's blessing and God's hand through this whole process. He has opened doors of ministry to those who are sick, those who are seeking answers, and helping new friends from Mexico as they learn the ropes and go through the ups and downs of overcoming cancer. We can pray, encourage, and reach out to them as they go through the process.
- For the young man, Jason, who has become part of our lives as he has been willing to come help us with heavy projects that are not safe for Jim to do. He has been a true God-send!

Please Pray For the Following . . .

- Two of our new friends from Oasis have passed away and several others are really struggling in their battle for health. Please pray for these families - for those who are grieving and those who are struggling.
- God would continue strengthening Jim, that his PSA number would continue to drop rapidly, and that he has the stamina to accomplish what needs to be done everyday while fighting the effects of the hormone suppression therapy.
- God would continue to provide for our financial needs as we continue Jim's treatment. Hopefully the changes being made at Oasis will mean less trips and less expense because this battle can last a couple of years.
- Jimmy and Angel - their work, their ministry and their children (5) and grandchildren (3).
- Jeremy and Sarah - that they would raise their children in the love and admonition of the Lord!
- For Kevin as he continues to minister, bringing truth to those at his church, his family, as well as churches that are inviting him to come and speak. Also for the steps that need to be taken to record his messages, so they can be utilized by others.



Update - October 31

Greetings,

This is Jim writing this time. Last update was via our newsletter on 10/13, so that's about 3 weeks ago. As you may remember the home protocol is broken up into 4 groups. I was able to get through all 4 groups this time with no issues.

The steroid, dexamethasone, has filled the gap of tiredness from the hormone suppression therapy. The protocol calls for 1/2 mg tablet taken at each meal. I take one at 10 o'clock brunch and the other at 5 pm to prevent insomnia from the steroid. 3 a day is recommended, but I have had to adjust that to allow me to sleep, and sleep is good.

I continue to get stronger every day, and I am doing what I can inside and out to prepare for winter. Garden work, the installation of propane heaters, food prep and clean up and anything else that needs to be done. Rest comes whenever I am tired!

Last week Beth, my sister, and her husband, Ken, came to visit from North Carolina. We had a great visit that included our friend Jason and the boy's and their families. Since Dr Contreras said I could do anything my body permitted me to do except running and weight lifting. We decided to enjoy a beautiful, sunny day and took the ATV's out for a ride. Jimmy found an easy trail and confirmed its rideability the day before, so we had a great time. This was Beth and Ken's first ride, and they loved it. Beth said that Linda and I had big smiles on our faces. I must say it certainly invigorated me and inspired me to want to go for another ride. I never thought I would be able to ride again after they told me that I would probably have to consider surgery because of my damaged vertebrae which is not the case anymore.

Enjoy the pics of our lovely ride.

While the family was together we measured the "men". I am now 1 1/2 inches shorter due to a couple of collapsed vertebrae. I and the boys were all around 5'10" until the cancer changed my body. I am now 5' 8 1/2."

Thank you for your continued interest in our journey.

May the Lord continue draw you near, Jim and Linda



Linda and I standing on the top of Gibson Peak. From here, looking to the south, you could see to the area where Jimmy lives, looking to the west you could see where we live, and looking to the east we could see Mt Taylor in Grants, about 60 miles away. With the sunshine, the scenery, and the company, it was a wonderful day! We praised God for where I am today compared to where I was 8 months ago in relation to my health.



Beth is the photographer so from left to right Ken, Jason, Jeremy and Sarah, Jimmy and Angel, Jim and I. The kids from left to right are Kason, Brynlee, Hailey holding Shane (Collin was sick and asleep on the couch).



Jim and his sister, Beth (finally out from behind the camera!)



Brynlee and Hailey are digging carrots out of the garden. In the background, Kason is also digging out carrots. They had a good time, and they did a great job. Had we not been running out of time and space in the refrigerator, they probably would have stuck with it and dug them all out.

Update - November 27, 2024

Tomorrow is Thanksgiving, and we have much to be thankful for! I praise the Lord that I have a husband with which to share this time of year. Looking back over the last nine months, we realize how blessed we are to have walked this journey together. We have a greater appreciation for life, for each other, for family, and for friends (old and new). God has blessed us with the opportunity to be His witnesses in more ways than we ever dreamed possible. We have been reminded that there is a purpose in our pain. It grows our faith, draws us closer to the Lord, allows us to experience His strength in the darkest moments, and allows us to bring glory to Him as we walk that path that He has put before us.

It has been a hard couple of weeks since we last wrote to you. We enjoyed our visit with Jim's sister and her husband at the end of October. It was during that time that we learned that one of our new cancer family members passed away (and not from the cancer), leaving behind a wife and five young children. Then a week or so later we lost another friend, this time to cancer, again leaving behind a wife and six children. We pray for these families as they grieve the loss of their husband/father/son/brother. It is a reminder that life is precious, and we can never take it for granted.

I went to spend a week with my mother at the beginning of November. I had a nice visit with her and was able to help her with a couple of projects. I had the opportunity to visit with a few friends and some family while there. Jim stayed home to make preparations for the winter (putting in the propane heaters and running the lines for the new propane tank that will be delivered on Friday). There will be no more hauling heavy pellet bags and propane tanks this year, Praise the Lord.

The day I arrived home from my trip, my mother called me. I assumed she was calling to find out if I was safe at home. Instead she told me that my older brother, Keith, had passed away. He had been in poor health for many years, but it was still a surprise. He had gone to the doctor on Monday, and they said he was doing fine. He went to his hunting cabin on Tuesday and his son-in-law found him on Wednesday. Services were held this past Saturday. He leaves behind his wife, Rhonda, his two surviving girls (Rachel and Jessie) and their families. Now there is just my mom, younger brother, Andy, and I.

Jim and I will be returning to Mexico in two weeks for another round of treatments and another Dendritic Cell Vaccine. In preparation for this trip, he had blood tests run a week ago. His PSA number continues to come down. This is the tumor marker that we are watching. It went from 1,709 in April, to 126 in September, to 99 in November (normal is under 4). Another marker they are

watching is the Alkaline Phosphatase. This shows distress in the liver and bones. As the cancer eats away at the bones, these levels increase. A number under 130 would be good. In his first blood test in April, Jim showed a 677. It was 2,011 a little over a month later. It is now down to 343. The numbers that indicated the severe anemia are either normal or very close. So there have been many positive changes. There are also a couple of tests that show that although most of the treatments are to build up Jim's body, there are some that are stressing his body as well. There are some pharmaceuticals (including the hormone therapy) that he is using to kill off the cancer to a point where his body can fight it on its own. These are beginning to take a toll on his liver and kidneys and some of those tests are beginning to show stress as well as physical symptoms he is beginning to experience after six months of treatments.

As we return to Oasis, we will be talking about some of the concerns and possibly transferring over to more natural ways of continuing this battle. The hormone therapy damages the bones, heart, and brain function. We will seek wisdom and direction to keep moving in the right direction of killing the cancer, but we also want to build up his body, so we don't do damage in the process. If we change up the protocol, we will closely monitor his progress by more frequent blood tests to observe what his body is doing and make sure things are moving in the right direction.

Please pray with us as we seek wisdom and that God would direct us and the doctors in our next steps. We stand amazed at how much healing has already taken place. It is wonderful to see what Jim is able to do each and every day. We know that God is Jehovah-Rapha - The Lord who heals. He has given us amazing bodies that have the ability to heal themselves if we just give them what they need. We continue to rest in Him and trust Him to work in Jim's life and in his body, so that he can continue to minister to others in his day to day life.

We again want to thank each one of you as you have stood by our side through this journey. We so appreciate the cards, visits, emails, texts, phone calls, and most importantly - your prayers! You have encouraged us and upheld us! We pray that each of you has the opportunity to enjoy family and friends during this holiday season, and remember to give thanks for your many blessings!

We will reach out again when we return from Oasis of Hope in the middle of December.

With a heart full of gratitude,
Jim and Linda - #TeamJim

Update - December 18, 2024

As promised, here is the latest from our recent trip to Oasis of Hope in Tijuana, Mexico. We had good flights and automobile travel. We actually got from the San Diego airport to the hospital in record time.

While at the hospital I, Jim, had blood drawn to update my blood tests and to make my vaccine. The good news is that my PSA has gone from 1700 in April to 76 in December. I still have 76 more points to go, but progress is looking very good.

The not so good news is that all the treatment is taxing my kidneys. Without going into great detail, I have a slow digestive tract which inhibits me from drinking comfortably for hours after I eat. The staff at Oasis had some suggestions for getting more water to the kidneys, so that is my new job. Based on the progress of my cancer battle, we return in March for another vaccine and if my kidneys cooperate, they will be up to another CT scan, so we can see what the tumors are doing.

We had the opportunity to meet a number of new patients. A family from Bulgaria and another from Guatemala were certainly a surprise and a challenge to converse with. Linda, the teacher, did a great job of explaining a number of tools we give out to make the treatment process a bit less intimidating. Elizabeth from Guatemala was so appreciative that she did not want to release the bear hug she had on Linda the morning we left.

We continue to be in contact with those we met and do our best to encourage them and answer questions as they battle this evil disease.

We wish all of you a Merry Christmas and God's will for your lives in 2025.

Love Jim and Linda - #TeamJim

Update - January 19, 2025

We come into this New Year with thanksgiving for all the blessings we have been given over the last year. We stand in awe of an awesome God who heals and strengthens and continues to give us each new day, so we can bring praise and honor to His name!

We appreciate your prayers and concern as we travel God's journey.

The short version to follow. If you want an in depth update read on.

The results of my blood test on Thursday were good and bad. As I mentioned before, my kidneys are overworked. The changes I made over the last month were not enough to reduce the blood urea nitrogen (BUN), but it did help some other areas.

The other bad news was that my PSA increased from 76 in December to 87. We believe that had to do with stopping the hormone deprivation therapy.

So, I have a phone consultation with Oasis on Jan 20th to discuss hormone therapy and other matters. On Jan 29, I have an appointment with the nephrologist to discuss kidney health.

We would appreciate your prayers when it comes to these appointments and being able to gain the knowledge to move forward in battling cancer.

Thanks for being part of #Team Jim!

As I, Jim, got discouraged about the results of these most recent tests, the cheerleader, Linda, got scientific and pulled out all my test results, and upon review, we noticed that in Aug/Sept my BUN blood urea nitrogen dropped about 8 points. Thinking through the "what was different," we remembered that I had a CT scan at the beginning of Sept. I had a blood test at the end of August to confirm my kidneys were up to the detoxing of the CT scan contrast. My numbers were not great in August, but they let me get the scan. In September when arriving at Oasis another blood draw was done and that is when the BUN had dropped 8 points. Conclusion, I was taking spirulina and chlorella to help detox the contrast. Obviously it worked. I started taking them again on Saturday, and we will see what the BUN is when I get my next blood test results in March before getting another vaccine at Oasis.

PSA, it was not what we were hoping to hear, but we will discuss this topic and a few others with Dr. Conteras on Monday. The backstory of my hormone therapy

(ADT) is this. At the end of October, I was feeling almost normal. I had energy, strength, and was really enjoying being alive! Then November came and went, and I was losing energy by the day. We believe that the reason for it was the ADT. It may be to the point where my body has no hormones to operate on, so, no gas, no power. The other problem that caused me to stop the ADT was that the lack of hormones was making it impossible to think clearly. I can go on and on with side effects, and if you are interested in knowing more, just google the side effects of ADT. It is not pretty and I was not willing to go through any more of it nor put Linda through the stress of it. Linda and I are exploring some treatment options to compliment the vaccine, and Lord willing we can update you soon. However, a more practical expectation is going to be sometime in March when I get blood tests again. At that time we will see if a CT scan is approved, and we will go over the results of that scan with the doctors in Mexico.

Update - Feb 2, 2025

Winter greetings of sunshine and warmer temperatures from New Mexico to you!

Linda is the writer in the family and has a poem for you to begin our update. We thought we would share the joy of new life in the barnyard.

Our dog went over the fence one night
chasing critters from the grounds.
She crossed the wires and shorted out
electric fencing all around.

Perceiving the lack of zapping power
three bucks took a midnight walk
down to where the does hang out,
so they could have a talk

More than talking took place that night
With the five does that make our team
And five months later, lo and behold
Our five became fifteen.



For more pictures, you can go to our website at <https://www.walkinlight.net/copy-of-2023-kidding>

Today's update includes the conversation we had with Dr Contreras and our meeting with Dr. Patel, the kidney doctor.

The short story is that Dr Contreras felt that returning to the ADT (hormone therapy) was a necessary evil. He understood what we are going through, but felt we needed to stay the course. He did allow us to change the dose on the Lupron injection; however, we have not found an affordable provider in the U.S. as yet.

We had some great news from the kidney Dr. You have to wonder when he steps into the room and asks you, "Do you think you have a kidney problem?" He was very easy to talk with and answered all our questions. But from the very beginning he wanted to put our minds at ease and assured us that there is nothing wrong with my kidneys and explained why the blood tests were being interpreted with concern. With this great news in hand, I can get a CT scan in March, so we can evaluate tumor activity.

We are scheduled to go to Pennsylvania to help Linda's mom with some projects in February and have reservations at Oasis in March for another vaccine. Lord willing, my blood work and CT scan in March will bring more outstanding news.

We continue to seek the Lord for healing and strength. We know that He is the Great Physician and we entrust my life and health into His hands everyday. We pray for wisdom with each step of this journey and for God to open up opportunities to share God's power and love with those He brings into our lives.

Until next time, we thank you for your prayers and support along this road. We know that in all that we go through there is a purpose, and it is an opportunity to bring glory and honor to the Lord.

Jim and Linda