

This has been a hot Summer, has it not? Well that is not all! In addition to our usual activities and the eventual preparation for Hurricane Dorian in early September, we attended an informative presentation, by Dr Daniel Falk on August 1st, on Stem Cell Therapy at his Conway office. Dr Falk has enlarged his physical office and staff to include Holistic Healthcare along with his Chiropractic treatments. Bob & I really respect the quality of his work, which has made a significant positive difference in our lives. My knees were badly damaged back in the 1980's with a car accident. I was interested in the Stem Cell treatment because the internal cell damage still exists, even though I have been pain free with chiropractic care. Many people select an artificial knee replacement, but I did not want any more surgery!! Stem Cell therapy, I believe is the answer. I decided to go for it and on August 14th, I had the stem cell injection. Then on August 16th I had a PRP injection in my knee, which consisted of my own white cells taken from my blood and injected into my knee, which works with the stem cells to repair the damaged cells in the knee. Matthew Meehan, the new nurse practitioner prepared me and made the injections. I wear a brace to make sure the knee joint stays in place during the healing process. I am writing this on September 12th and I have to say the knee feels great! Bob says he has not seen me walk, with the confidence I now display as far as he can remember. I really wanted to share this in my newsletter, as I am sure it may help many people out there, who like me, don't want surgery. I took Dr Falk's picture while he was giving the presentation.



Now for a couple of other notes. I added a picture of our lake, prior to the hurricane. Sorry, you will have to wait until the September newsletter for the other pictures!! I also stuck in there some wildlife pictures. One is our resident baby bunny rabbit. I haven't named him yet.

Now we all know what a gecko is right? A type of lizard that sells car insurance! They are common place around here, and can pop up almost anywhere. These two were on the cover of our crawl space. I wonder if they were mating? They were there for quite a while. When I talk to them they cock their heads and look at me with their big eyes.



Once in a while, one will get into the porch and the cats will pick it up. If I can catch the cats, I can usually take it out of their mouth. One time the tail got bitten off, but someone said it will grow back?