



## Surgery Not Needed Anymore

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**COMPRESSED FRACTURE IN L1 AND L3 VERTEBRAE, HIGH BLOOD PRESSURE, STOMACH GASTRIC, SLEEP PROBLEM DUE TO SIDE EFFECTS OF MEDICATION, EXPERIENCED RECOVERY REACTIONS, PET DOG INJURY, AND HEALTH IMPROVED**

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In 2005, my parents invited me to attend the Longevity elementary and intermediate course. I refused. When the opportunity came again in 2006, I had allowed it to pass.

### **Compressed fracture in L1 and L3 vertebrae, side effects of medication**

When I fell from a ladder later that year, I was rushed to the hospital. The X-Ray showed a compressed fracture in the L1 and L3 vertebrae. This meant I wouldn't be able to walk for a very long time. But, I am grateful that my arms and legs were still fine. I was bedridden and my legs felt numb. Excessive worrying caused my blood pressure to rise. I was in lots of pain, however, I refused pain killers, and high blood pressure medication. The side effects of these drugs gave me stomach gastric, nausea as well as deprived me of sleep.