

Antonia (Toni) Brasted Publishes New Book For Health & Spirituality

Toni Brasted Ph.D., CG-C, RA - *Writes the Spirituality Corner, page 5*

About the Book

“they shall lay hands on the sick, and they shall recover.” — Mark 16:18, KJV“anointed many sick people with oil and healed them”, — Mark 6:13, KJV

Hopefully this book will be a humble reminder to all of those involved in healing work, which combines two healing techniques that are as powerful today as they were in the Biblical times.

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Anointing with essential oil was commonly practiced throughout the Scriptures for many different purposes. The New Testament mentions it specifically in connection with praying for the sick. Today’s Aromatherapy is practiced in many different settings and variations but a common denominator among all aroma therapists

is the sense of reverence towards the miracle of nature in the form of essential oils. They know that fragrance can affect the mood, calm, relax and release emotions.

Today’s energy work also comes in a variety of methods, but what all of them have in common is the unconditional love and the spiritual meaning of healing.

I am delighted to announce the release of my book **The Healing Power of Combining Hands on Healing with Angelic Energy and Aromatherapy**, published by Balboa Press a Division of Hay House.

Available at: Barnes & Noble, Amazon.com. and Balboa Press Book Store.

Search by the author name, Antonia Brasted

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A ‘year of unraveling’ when a man’s immune system hijacked his brain

BY DAVID GOLDMAN AND LAURAN NEERGAARD

Sometimes, the immune system runs amok and attacks the organ that makes us “us” — the brain. It’s called autoimmune encephalitis but one California man dubbed it his “year of unraveling.”

Christy Morrill went for a bike ride with friends, stopping for lunch — and no one noticed anything wrong until Morrill’s wife asked how the outing went. He’d forgotten. And he would get worse before he got better.

Of all the ways autoimmune diseases can damage the body instead of protecting it, hijacking the brain is one of the most bizarre. Seemingly healthy people can abruptly spiral with confusion, memory loss, seizures, even psychosis. Doctors are getting

better at diagnosing it, thanks to discoveries of a growing list of rogue antibodies responsible.

With early diagnosis and treatment, some people can fully recover. But it’s still tricky. And five years after that first symptom, Morrill has resumed normal daily functioning but he grapples with lost decades of “autobiographical” memories.

The 72-year-old literature major can still spout facts and figures learned long ago. He makes new memories every day. But even family photos can’t help him recall pivotal moments in his own life.

“I remember ‘Ulysses’ is published in Paris in 1922 at Sylvia Beach’s bookstore. Why do I remember that, which is of no use

to me anymore, and yet I can’t remember my son’s wedding?” Morrill wonders.

Autoimmune encephalitis is an umbrella term that covers a group of brain-inflaming diseases with unwieldy names based on what rogue antibody fuels them.

Morrill’s neurologist sent him for specialized testing, trying to get to the bottom of a really unusual type of memory problem. Meanwhile Morrill’s wife, Karen, thought she’d detected subtle seizures — and one finally happened in front of another doctor, helping to spur a spinal tap and diagnosis.

Morrill had what’s called LGI1-antibody encephalitis, a type most common in men over age 50. He started treatments including high-dose steroids to tamp down the brain inflammation, and an anti-seizure drug.

He used haiku to make sense of the incomprehensible, writing of being “unhinged” and “fighting to see light” as delusions set in and holes in his memory grew. Months into treatment he finally sensed improvement, wondering if the “meds coursing through me” really were “dousing the fire. Rays of hope?”

Today, Morrill still grieves memories lost of family celebrations and travel — but he focuses on making new memories with his family and is back to enjoying the outdoors.

“I’m reentering some real time of fun, joy,” Morrill said. “I wasn’t shooting for that. I just wanted to be alive.”

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