

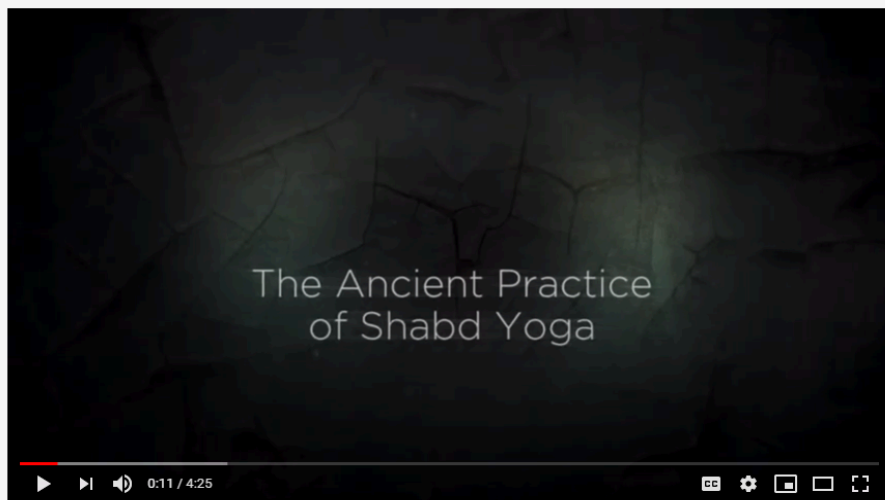
My Healing Record

Summary

Born January 1970

- 20+ arthroscopic/orthopedic/general surgery procedures
- 20+ doses of procedural/operational grade anesthesia
- 20+ doses of procedural/operational grade antibiotics
- 20+ doses of low grade antibiotics for sinus infections and comparable bacterial related infections
- Orthopedic not requiring surgery: Broken ulna and radius, broken left hand, broken right thumb tip, broken left big toe, fully Ruptured Achilles tendon, torn right quad, detached right bicep (persists today)
- Childhood Internal Medicine: A collection of childhood issues in mouth and body, non life threatening
- Adult: Autoimmune run wild. Parasitic imbalances run wild. Leaky Gut, Alopecia, nearly lethal Calcium mishandling, poor cartilage integrity, global bankers. and much more...

Severe depression from age 25-28. Chronic pain from age 25 to 49 and still persisting more on than off.



The Ancient Practice of Shabd Yoga

4,553 views • Sep 3, 2018

86 1 SHARE SAVE ...

Learn to Meditate.

Shabd Yoga is my favorite flavor.

<https://www.youtube.com/watch?v=zZlip8x6-BM>

Others have success with Vipassana, T.M., Jyoti Meditation and many, many others.

Tao

Childhood (0-9)

- Underbite
- Ankelos Teeth ripped from jawbone
- Upper Jaw Expansion
- 8+ Cavities
- 5 Retainers
- Braces
- Allergies to Nature
- Allergies to Cats!
- Sinus infections and lots of antibiotics
- Knee problems requiring ultrasound
- Tick professionally removed from ass crack... (maybe that's when it all started?)
- Adult physical by female military doc at Fort Jackson SC when I was nine?
 - Yes. She did. No. I didn't know I should have felt violated. (what was that about??)
 - Yes. I wondered what happened. No. I didn't mention it to my Mom who was outside the room.
 - About an hour later my Mom and I were walking out of the Commissary
 - I heard a female voice. A woman called me from behind. I turned around and turns out I had dropped my wallet and she had picked it up.
 - AND IT WAS HER!!! The doc who had probed me an hour earlier!?!
 - Mortified...
 - Mentally, even though I recall her as attractive, she became my Chucky!!

10-18

- Compound fracture of both bones in left arm. Set without anesthesia by military doc. Only time I've ever passed out.
- Broken big toe
- Numerous sprains
- Numerous cuts scrapes and bruises from wrecks on bikes, mopeds and motorcycles
- Allergies to Nature
- Allergies to Cats!
- Complex Allergy Testing and prescription Shot regime
- Lack of forward flex/mobility? (earliest sign of FAI?)
- Binge Drinking and light recreational Drugs
- Dip, Chew and Cigarettes
- Healthy weight

18-25

- Allergy Shot regimen
- Numerous strains and pulled muscles
- Broken left hand
- Broken right thumb
- Partially torn right quad
- High Liver Enzyme count resulted in being declined for Health Insurance when trying to leave parents policy
- Testing for Hatfield McCoy Disease?

- Two surgeries on Rectum area - 1) Fistula in Ano 2) miscellaneous malfunction...(Surgeries 1 & 2)
- Lack of forward flex/mobility? (FAI?)
- Binge Drinking and light recreational Drugs
- Dip, Chew and Cigarettes
- Healthy weight

25-28

- Sacroiliac Joint Malfunction - 1 year of dyskinesia prior to meeting a "Chiropractor"
- Fully Ruptured Achilles Tendon (Surgery 3)
- No proper healing from Achilles - Walking and running disfunction
- Depression
- Lack of forward flex/mobility and increasing regular lower back pain? (FAI?)
- Binge Drinking and light recreational Drugs
- Overweight by some
- Increasing problems with sacral area after plane flights, Thought to be related to loosen sacral joint (but not what it was)

28-30

- Started meditative practice by accident
- Started yoga half assed
- Quit all caffeine
- Quit all nicotine
- Lack of forward flex/mobility and increasing regular lower back pain? (FAI?)
- Continuing problems lower back AND sacral area after sitting but most especially after plane flights!? Thought to be related to loosened sacral joint (but in fact was screaming FAI)

30-35

- Became Vegetarian by force
- Quit Drinking voluntarily
- Visit to orthopedic for lower back and knee. Lower back undiagnosed. Knee had torn cartilage.(Surgery 4)
- Introduction to Acupuncture via acupuncturist #1
- Introduction to Muscle Testing, used by Acupuncturist #2 for Allergy Testing
- Acupuncture for Allergies with Acupuncturist #2 for two sessions - treatment lasted 2-3 years!?
- Lack of forward flex/mobility and increasing regular lower back pain? (FAI?)

35-40

- Lower back and knee problems. Lower Back undiagnosed. Both knees had torn cartilage. (Surgery 5 & 6)
- Lack of forward flex/mobility and increasing regular lower back pain? (FAI?)

40-42

- Severe Respiratory problems . \$1500 simple breathe testing that took 45 minutes from a non-licensed tech? WTF?
- Vitamin D Deficiency. 1000mg with no thought as to the idea it might have nothing to do with qty going in...
- Lower Back, Right shoulder and knee problems. Lower Back undiagnosed. Right shoulder impinged. Knee had torn cartilage. (Surgery 7 & 8)

- Partially ruptured Bicep!? During shoulder impingement surgery he realized bicep was almost ruptured. He cut and re-attached to chest. First day out of sling I dropped tape measure. Instinct was to chase it as it fell with my hand. Snapped the bicep from the chest. Have partial popeye to this day.
- Voluntary Vasectomy (Procedure without general anesthesia)
- Significant Problems with swollen and painful testicles and scrotum post vasectomy for numerous years...
- Dropped items on left foot and created ingrown toenail on left foot. Two weeks later did same to right foot.
- Lack of forward flex/mobility and increasing regular lower back pain and pain in sacral area and hips? (FAI?)

43-44

- Lack of forward flex/mobility and increasing regular lower back pain with hamstrings now made of barbed wire.
- It was fix it or forget it time. Lower back and resulting hamstring problems flaring so bad they became Paralyzing
- To Mexico for 6 weeks to learn yoga from yogi
- Learned to better manage pain during 6 weeks of “yoga training”. Felt “okay” upon departure. Could walk with limited pain and could sleep through night . Flight home triggered everything and back to square 1. Depressing.
- Practiced yoga for 4 months. Not as good as with the help of Pro but got to feeling better. Could walk with limited pain and sleep through the night.
- Then, 1 hour flight to Las Vegas and could not walk 100 yards when I got off the plane. THE PLANE THE PLANE. Yes, there was something very special about the plane the really f---ed me up.
- Setup Ortho appt.
- Decided if they could not diagnose lower back, would either 1) ask them to sever hamstrings or 2) suicide myself
- To orthopedic with severe back, hip and hamstring strain. Sciatica. Left shoulder pain. Groin pain.
 - FINALLY! Low back diagnosed with severe FAI Impingements, torn/detached labrum both sides, slight tear in one of the glut muscles
 - A simple 30 seconds range of motion test was all that was truly needed to diagnose hips. In fact I asked Yogi about lack of “flop” of foot when in corpse pose and he just thought I was tight...
 - Flop test was done by Ortho AFTER the xrays on the hips were done and problems were known.
 - Likely dealing with this for 25 years undiagnosed via a 30 second range of motion test. (Surgery 9 & 10 both hips done separate times)
 - Left shoulder impingement (Surgery 11)
 -
- Discovered significant bacterial infection 6 weeks after each surgery. Pre cancer blood screening negative
- Sought doc for chronic Bacterial Appendicitis. He didn’t believe such a thing existed. CAT scan with die showed nothing. He told me “everything was fine”?! WTF.
-
- Sought new doc. He was open to idea of low grade, chronic Bacterial Appendicitis. Had seen 3 cases in 30 years. He also suggested colonoscopy (Procedure with twilight anesthesia)
- Bad groin pain and weakness. Double Hernia (Surgery 12)
 - When asked how long before i could return to chiropractic care, he said “chiropractic doesn’t work” -- What a blind master of his domain he was.
- Started chasing issues with inflamed ileocecal valve.

And by this time...

- **Leaky gut** >> Acupuncture, Herbs and Clinical nutrition

- **Alopecia** >> Acupuncture, Herbs and Clinical nutrition
- **Autoimmune** >> Acupuncture, Herbs and Clinical nutrition
- **Sciatica** (turned out to be from parasites, nothing mechanically pinched as is the case for 40% of all sciatica? >> Herbs and Clinical nutrition)
- **Bruxism** (turned out to be from parasites, ez fix once true problem was diagnosed instead of treating the symptom >> Herbs and Clinical nutrition)
- **Severe Gall Bladder Pain** >> Gallbladder cleanses and Phosphood liquid and Maelic Acid
- **Oh that Liver?** Massive Flour Bag where my **liver** was supposed to be >> Coffee enimas MAGICAL! OMG. My liver folds over now!
- **Adrenal Fatigue** >> Acupuncture, Herbs and Clinical nutrition
- **Kidney pain** >> Acupuncture, Herbs and Clinical nutrition
- **Pancreatic Pain** >> Acupuncture, Herbs and Clinical nutrition
- Foot pain and shoe pain. Tried to go barefoot as much as possible
- Left shoulder problems. Shoulder still impinged slightly (Surgery 13)
- Left shoulder still not working as fully expected. Frozen Shoulder. Chiro fixed (but could there be some snapping scapula in my future?)
- Ingrown toenails on both feet cycle through problems every 3-4 months

45-47

- Long slow recoveries. Self lead Yoga for pain management
- Lingering hip and sacral dysfunction.
- Could not walk a mile a year after hip surgeries. Respiratory problems and physical weekness
- Acupuncture, Herbs and Clinical nutrition for all kinds of stuff
- One session of **OrthoBionomy** by a master practitioner and I could walk 3 miles.
 - Felt like wd-40 inserted between skin and body cavity.
- Massage therapist indicates problems with Right Scapula area. Don't know about that but right shoulde problems are getting worse (remember already had 1 surgery and 1 snapped bicep there, so surely they are causing that? (not))
- Chiro indicates right hip does not move as expected in many regular / routine exams
- Ganglion cyst or bone spur showed up on top of right foot
- Ingrown toenails on both feet cycle through problems every 3-4 months BUT Toe Socks to the Rescue!!! Not healed yet but a lot lower stress and have been close to full recovery several times. Still hopeful!

48-49

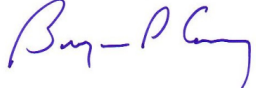
- Felt as good as I had in many years at beginning of year.
- Walking 3 miles 5x a week and fairly comfy although occasional hip pain and sometimes severe.
 - Right arm shoulder still not free to move overhead without crunching and pain
- Worked construction for 8 weeks while being mindful of various limits. Felt pretty good. Had to wear tennis shoes.
- Rested a month and went back for another 4 weeks. Health slid out of control.

- Could hardly move when I got off plane coming home.
 - Full right side disfunction with both shoulders, both forearms, right knee and both feet.
- Went to doctor with complaints of right and left shoulder pain, left forearm pain, right and left hip pain, right knee pain, right foot bump.
- Diagnosed with:
 - Bone spur on right foot
 - Probably small partial tear of right knee cartilage
 - Right Shoulder -- Worn but no major tears. 1 of 4 tendons torn 50% but should be non issue
 - Hips appear aged but labrum intact and cartilage exists?
 - **What the heck? That can not be. Something is causing all this pain?**
- Self Assessment - it's SNAPPING SCAPULA!!
 - Tremendous pain when windmilling right arm
 - Thud in my back near scapula
 - Massage therapist had said several times there were issues there unfamiliar to her
 - Chiro had said right hip does not move in correct direction during routine exams when I bend over..
 - AHHH HA! Snapping Scapula (bone interference between Scapula and rear of rib cage)? Based on some preliminary self tests seems to be mechanical bind vs bursitis...
- The right shoulder stuff not cleaning up well. Trail pointing to the left arm and should disfunction ?! Pain is a bitch to track...
- A LOT of stuff happened with bad docs and billing...
- Here's what surgically happened in 2019...
 - **Bone Spur right foot surgery.** That miraculously cleared up some back and leg issues?! It seems I was carrying my entire body off to keep the spur from snapping over the tendon? The billing folks tried to bill as a right ankle replacement...for 4x the cost. And it wasn't just a "mistake". The surgical center billing folks were without a doubt in collusion with a new third party billing consolidator in southern CA. Documented somewhere...
 - **Left Forearm Surgery AND Right Hip Surgery (same anesthesia)** -- He did the rework on the right hip. Turns out there was a chip in the cup that was not showing on the MRI? He said he went to touch the labrum and a bone chip flapped back and forth in place with it. HE also cleaned up the other burrs. (that made a huge difference btw. Not perfect, but the constant pains are greatly minimized). After that he moved to my left elbow. He removed a spur the size of a b-b on the inner elbow, he removed a small ganglion cyst in the inner elbow and he stitched up a tennis elbow type tear. (two different insertion points). There was a huge problem with the wrap on the left arm. It was way too tight. Caused super nausea in recovery. It was pulling my arm in a way that was putting pressure on the tear in the shoulder. Tore it all off the first night home.
 - **Left Shoulder Surgery** - Repaired the SLAP Tear in the shoulder. Much better

None of this "fixed" the snapping scapula. Xrays and such showed nothing? There is a knot under my right shoulder scapula. There is a popping in my right collarbone where it connects to my chest. At this point, I'm tinkering there is an impingement in that collarbone/chest joint that is in fact causing me to carry funny and thus creating that knot in the middle of right shoulder blade. Need to get in for an xray to see if that's it... (then COVID hit)...

To Be Continued...

Regards

A handwritten signature in blue ink that reads "Bryan P. Canary". The signature is stylized, with the first name "Bryan" and last name "Canary" being more prominent than the middle initial "P".

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