

Subj: Re: BVT
Date: 07/10/97
To: Frame It 7

What happened with you and bees?
Jessie

Article
with Leitch

Subj: Hi and Bees
Date: 97-07-17 10:00:23 EDT
From: Frame It 7
To: JLLBody

Hi Jessie,

Sorry I haven't been on-line for a while, my husband broke his collar bone while riding bikes with our son over the 4th of July weekend!! So since we own our own business, I've been going to work every day ... and my MS doesn't always like that!!!! Anyway, I was laying in bed this morning thinking about e-mailing you and knew that if I waited until the evening, I'd be too tired again!!!

About the bees ... did you sting where your symptoms were? ie: numb hand, sting in the hand? or did you sting along the backbone? I assume that you started 1 per day and was that every day or every other day? when did you increase? Should I notice anything after only one sting?

I found a local beekeeper and I'm going to try to get intouch with him again today or tomorrow (he hasn't been home the several times that I've called).

Are you on Betaseron or Avonex? I'm thinking that might be my next route. Were you on Beta or Avnx while stinging?

Thanks for being helpful and supportive, I'm hoping to feel a difference from the stinging!! take care.

karen

Subj: Re: BVT
Date: 97-07-18 10:38:58 EDT
From: Frame It 7
To: JLLBody

Dear Jessie,

Thank you for the info ... and the prompt reply!!! Yes, I have a beekeeper locally and my husband and son are going this evening to get my first batch. I have to work at the shop on Sat., so, I probably won't do my first sting until Sat evening or Sun morning. Even though I've never been allergic to bees before, I'm a little apprehensive because my body has changed so much since my diagnosis ... I seem to have become allergic to so many more things. (I'll have my EpiPen handy!! not to mention my nurse sister-in-law!!)

I hope the renewed stinging helps you and I can't thank you enough for your help and support. I'll let you know how things go.
fondly,
karen

Subj: Bvt-Continues.
Date: 07/18/97
To: Frame It 7

Dear Karen:

Some facts you might want to know before as you embark on this journey....

You will probably have some pain on the first stinging. I wouldn't go beyond 5 stings the first time. Some people think the inflammation is an important part of the treatment. If it gets bad you can take aspirin but that may decrease the benefits. I would advise doing the stinging early in the morning the first time so you and your nurse sister in law can observe changes. Also the pain will diminish with time so you will be less sore by evening.

Do you have special interlocking tweezers or a left-over from the 60's roach clip?
Makes the whole operation a lot easier.

Some people use ice to numb the site before stinging. I never use ice anymore: Too time consuming. But I did at first and it helped.

If a bee gets loose during the stinging session, stay calm. They react to "the smell of fear", my Dad told me. A zenlike approach is recommended. If loose, they always go towards the light so a person assisting you need not be alarmed if a bee escapes the jar.

Once a bee has stung it cannot sting again.

When collecting bees at a hive, wear light clothing. Gloves and a veil are also helpful. Do not wear black.

Meat tenderizer works very well if a person gets stung accidentally.

If I think of anything else, I'll send it along. Feel free to call me. I check E-mail most days after work.

Jessie



Subj: Re: Bvt-Continues.
Date: 97-07-20 14:01:15 EDT
From: Frame It 7
To: JJLBody

Dear Jessie,

I GOT MY BEES LAST NGHT!!!!!! I think we're going to try it this afternoon. Thanks for the additional info. I was going to email you with several last minute questions, and oddly enough, you answered every one of them!!! I'm a little apprehensive about the allergy thing, but once that is over I'm not particularly worried about the sting itself ... easy to say know!!

I know you started BVT up again and are you getting any results from stinging yet? I hope so.

I have Pat Wagner's book and am going to follow here sting chart, except that I think I'll only do about 4 stings the first time (thanks for the recommendation, I really wasn't comfortable doing 8 right away).

Our bee keeper seems very nice and sure knows a lot about bees!!!!!! What do you do about bees in the winter? do you order out!?

Well, I'm ready to start but my "nurse" isn't available until later today ... so I'll just have to keep thinking about it!!

Thanks again, I'll let you know how it goes.

karen

Subj: Re: Bvt-Continues.
Date: 07/20/97
To: Frame It 7

Dear Karen

Did I say start with 8? My goodness gracious. I usually tell people 5. My eyesight must be going Could have been a painful error. Sorry.

Concerning bees in the winter, there are some days that go to 50 degrees or more . Those are the days you must try. When I was walking better, I just made my way out to the hive and if bees were not at the opening, I tapped the hive a little with my cane. That is when the bees came out to investigate and they easily went into my jar with the honey.

Good luck today Jessie

Subj: BVT
Date: 97-07-21 16:07:06 EDT
From: Frame It 7
To: JJLBody

jessie,
well, I did it!!! 4 stings last night and I have severe flu like symptoms and extreme fatigue today. what do you think, normal? It all went very smoothly and really isn't such a big deal after all, I think the hardest part is going to be keeping up the regime. I'm sorry to have misled you with that last email you sent. No, you did not say 8 stings (that was from Pat Wagners book) and Yes, you did suggest no more than 5... I'm sorry, but in my haste to communicate, I wasn't very clear!! I do have a few questions if you don't mind.

#1. is this flu stuff normal and how long might I expect it to last??? should I continue stinging everyother day, even though I'm experiencing these symptoms, or give it a rest?

#2. What is your take on the tylenol/ibuprofen/advil controversy? with all of these flu things, I'd sure like to pop some ibuprofen!!! but, I'e read there might be a problem, any advice?

#3. benadryl cream on itching is that ok? my nurse friend was not sure if it would interfere with the treatment or not?

well, we'll just trudge forward and see what happens. I guess we don't have too many alternatives do we?

take care, thanks again,
karen

ps: has Rona done this?

Subj: Re: BVT
Date: 07/21/97
To: Frame It 7

Karen: To answer your questions...

#1 I remember the first week or two as being pretty painful :I was really tired and swollen. Flulike symptoms didn't occur for me. If they include fever, I would consider taking tylenol because people w. MS function poorly w. elevated temps. Of course you know that. Or perhaps wait say 24-48 hrs and see if the flulike symptoms continue.

#2 Anti-inflammatories supposedly are not recommended. Tylenol may be okay. All this is merely opinion. I toughed it out. You have to decide...that's one of the problems with this treatment: There are no official procedures. Pat Wagner, by the way, is a bit of a crackpot. Apiarists can't stand her.

#3 I had alot of itching too come to think of it. I used cool soaks.

Rona didn't try this.

Keep me posted.

Jessie

Subj: bees???
Date: 97-07-29 16:21:38 EDT
From: Frame It 7
To: JLLBody

Dear Jessie,

Hi, it's been a while, how are you fairing? Have the Bees helped you?

I'm afraid that I'm not doing too well with it, and am not sure if I should continue.

I have had 4 sting sessions (the stings themselves really aren't so bad). I did 4, 4, 6, and 6. I am getting, what I would call, rather violent flu like symptoms. The other night, about 8 - 10 hours after stinging, I had a 103 temp, extremely achy, nauseous (sp? who really knows how to spell that word anyway??) etc, etc. It's the temp/fever that bothers me the most. What's your take? do I keep going? can I do any permanent damage that you are aware of? I expect it to stop, but it actually seems to be getting worse!! We've decide to try stinging every third day ... good choice or bad??

I have twenty stings on my back and soon will run out of room. The two that I tried on my arms were the worst...terrible swelling, heat, redness...it looked as though there was a softball under my skin (it felt like a basketball!!!)

Jessie, I'm really not a whiner or complainer. I only tell you these things to get your opinion. If I know that this was OK, then I'd be fine about it.

Let me know your thoughts on this, there really is no where to turn when doing this therapy, except to someone who has been there.

thanks, karen

ps: at this point there seems to be no noticable improvement

Subj: Re: bees???
Date: 07/30/97
To: Frame It 7

Dear Karen:

Have had a guest (dear old friend) here all week and have not answered e-mail til now.

As for the stings, I remember my first two weeks as pretty miserable. How about reducing the number of stings each session? Try only two instead of 4-6 each time. After a while your body does adapt.

I would (seriously now) try the cool soaks, even walking around all day with a wet bandana around your neck. It is a good non-chemical way to get your body temp down. If you are still having the intense pain and fevers after say another week, then I would consider stopping.

Oh one other thing that I just thought of, don't sting up too high on your spine for a while. The neck area really hurts me still but below the waist is less painful. You could also try the hip area or inside or outside of upper thigh.

We are all different and it does seem you are having a fairly strong reaction.

It would be wonderful if it helped you. It seems to be helping me....higher energy level- More stamina since I restarted.

Hope my advice is helping and not compounding the problems.

Keep me posted.

Love, Jessie

Subj: thanks
Date: 97-07-31 21:53:29 EDT
From: Frame It 7
To: JLLBody

Jessie,
thanks, once again for your help!!
My husband called Charles Mraz the other day (when we were frantic!) and he said about the same things that you did. Go to every third day, drop back to 3 or 4 stings, but keep trying. So I did.
The results were not as bad as they were with 6 stings ... for some reason, my body may be more sensitive than others to bee stings. I still had a fever (about 100-101 range) but not for very long... much more "do-able". I'll give it a try!
I'm glad to hear that it seems to be working for you.
thanks again, sorry about the panic email!!
karen

Subj: Bees
Date: 08/14/97
To: Frame It 7

Dear Karen, Are you still doing the bees? Jessie