

Hello Everyone,

It crazy to think that it has been exactly 4 months since our car accident. I just wanted to update you all of how we are doing and our progress since.

Our girls, Marisa and Arya are doing pretty good! Marisa is in grade 5 and just about to turn 11 years old, crazy. Arya is in grade 1 and is 6 years old. They both have a passion for learning and are doing really well in school. Between Kathi (Jason's mom) and I, we homeschool them with the Abeka program. Arya is doing really well mentally and physically since the accident. Marisa on the other hand is still having a hard time getting into a vehicle, she doesn't like to leave the house because she's scared of what might happen. When she has gotten into a car, we have to drive very slow or she'll really start to panic. There is a little bit of progress and watching movies on the iPad to keep her distracted each time really helps when we do have to leave the house. Baby steps.

Jason is also doing better. He was really struggling with PTSD after the accident and not sleeping much at all. He has been such an amazing husband and father, taking such great care of us each and everyday. He's had a full plate with that and running things for the Haven and Eric's house. Now a days he is sleeping better and now that I'm able to do more he's not as overworked all the time.

As for me, I am doing much better these days from 4 months ago! I can do most things now on my own except lift things and turn my neck. I can barely turn my head to the left, if I try there is still quite a bit of pain. Lifting things hurts my two broken ribs that are still not fully healed and my back. I have more energy mentally but physically I still have to take it easy because my neck and my back hurt everyday, some days more than others.

Jason and I are eating healthier now and I'm doing zero sugar (three weeks in now!). The food that we eat can be the most powerful form of medicine. This has really helped my inflammation and pain that went along with it. We are doing a day of fasting and praying every Monday and intermittent fasting every day.

What's next?

Jason and I have been talking with doctors in Lusaka, seeking advice form our loved ones and really been praying about doing some alternative medicine before jumping into surgery. We have a 6 week plan starting January 8 - Feb 19th. I will be receiving a combination of therapies such as Chiropractic Care, Physiotherapy, Exercise Rehabilitation, Massage Therapy, Myofascial Release Therapy, Body stress release, TRE - Tension & Trauma Releasing Exercises and possibly Dry Needling and Shockwave Therapy. I feel like a lot of my pain is muscular and I would like to get that pain under control to see how much pain I'm actually having in my neck injury alone. My back is also very crooked and my body hangs down to the right causing me a lot of back pain.

I have been told by 2 surgeons that I need surgery to replace a compressed disc and screw in a metal plate to join my C6 & C7 vertebrae together to keep the disc replacement in place and keep my vertebrae's from slipping around. So, I'm not in denial that I need surgery, I would just like to explore every option before making that choice. It's not a decision that I would like to make lightly.

How can you help?

Would you lift us up in prayer that the treatments will go well and that I get the relief, strength and mobility back that I have lost. Would you pray that God would abundantly provide the financial support we need to cover the costs. Would you prayerfully consider supporting us financially through this season of healing? We covet your prayers and generous support. Please also pray for my husband and daughters that are so helpful and supportive. Feel free to email / message me for more information. Our PayPal account is: Jason Kumalo - @JasonKumalo

Than you all for your thoughts, love, encouraging words and prayers for the last 4 months. We all feel so loved and humbled.

Lots of love,

Cintia

