

“I just got off the phone with a Lyn, a member from Albany. She said that she was going downhill fast with her P.N. and her G.P. didn’t have much to offer. Lyn had read the article regarding B6 Toxicity put in our newsletter several months ago, so she then went back to her doctor and showed him the article.

Tests were done and it was found her B6 level was several times the max to what it should have been and was threatening her with a premature death. It appears Lyn’s body can’t process B6 well and the B6 had been building up because B6 is contained in the medications she was taking.

She changed medications and her B6 level has now returned to an acceptable level.”

What a great story, this kind of feedback gives us a shot in the arm. Many thanks to Lyn for sharing her story and giving us permission to publish it.

2. Email from Peter H, the co-ordinator of the P.N. Group in South Australia detailing what has been happening re: the P.N. Group in South Australia:
*“Dear all, (He outlined where the PNSG – SA Oct meeting will be held and attached an agenda for it.):
Our guest speaker is Anita Bonnett from Adelaide Pain Support Network. Anita is a guest speaker at information sessions at the Pain Management Unit., QEH as a person with lived experience of chronic pain. She is at the Adelaide Pain Support Network for their monthly meetings”.*
3. Email from Alike WA stating their AGM will be in November.
4. An apology from Murray Cox.

Accepted:

Phil R

Seconded:

Faye H

TREASURER'S REPORT (as of 30/09/2025)

RECEIPTS	\$	PAYMENTS	\$
Membership D.D.	220.00	1 x Web Site Hosting	9.23
Postage Rec'd (Dr Prax Book)	10.00	Postage (1 mth)	35.10
Donation	85.00	Misc (flowers)	107.90
Accident Cr. D.D.	0.00	Stamps (discounted)	60.00
TOTAL	<u>315.00</u>		<u>212.23</u>

7163.41

BANK ACCOUNT

Postage (1 mth)	35.10	Deposits	315.00
Stationery			
Webpage D.D. (1 mth)	9.23		
Misc (flowers)	107.90		
Stamps (discounted)	60.00		
Balance c/f	7266.18		
TOTAL	<u>7478.41</u>		<u>7478.41</u>

Balance c/f

ACCOUNTS FOR PAYMENT

1 month Postage	70.55
1 month Website	9.23

TOTAL: 79.78

Approved: Barbara M. Seconded: Phil R.

PLEASE: Include your name and payment details when paying online. Faye (our Treasurer) cannot identify payments without this information.

GENERAL BUSINESS:

1. **Virtual Meeting Attendees:** Ninetta G and Peter H (PNSG – SA).
2. **New Members and/or Guest(s):** None
3. **PNSG November 2025 Monthly Meeting:**
 - a. Phil mentioned he would be away for the next meeting in November and asked if anyone would be prepared to take the meeting.
 - b. Faye H and Ron G have offered to stand in for him.

4. **Annual Membership Fee:**

- a. Ninetta calculated that there were about 70 members on our register. Some phone numbers had been disconnected so it was hard to get in touch with them. Therefore, it was decided that if the annual fee is not paid by the end of December 2025, as it is well and truly due by then, it will be assumed the member no longer wishes to be a member and will no longer receive correspondence from PNSG, including newsletters.

This may appear harsh however members have been asked at least 5 times to bring their membership up to date., It does take a lot of time and effort to phone around to remind members to pay and it is time that we ill afford. So please if you wish to continue as a member then please pay \$20 into our bank account or post a cheque for \$20 to Phil R today.

Please see page 1 for our bank details.

5. **Neurological Council of WA – Etta:**

- a. Etta arranged a workshop in October for small charities (like us) to maximise opportunities e.g. working effectively and receiving grants.

6. **Peripheral Neuropathy Support Group – South Australia**

PNSG 2nd Support Meeting in Adelaide. (Here's an email sent by Peter H our PNSG Social Group Coordinator in SA):

The South Australian involvement is well and truly helping PNSG to meet its objects.

PNSG – SA has grown to around 14 attendees, with numbers building as the group continues to cement relations with the Diabetes Aust and the Cancer Foundation. It has been found that the meetings are good for people with P.N. to mix with other like-minded people as one person reported “it was great to be among fellow sufferers” with opportunities to meet together socially and share.

7. **Promotions:**

- a. Dr Prax – Heal Better Health Center:

Dr Prax has suggested that as the body is capable of healing itself, we must find the right way for us. He believes in the Paleo Diet for some people and has pieces of equipment to help with supplements etc. He is giving us another presentation in December to enlighten us and we all agreed to this presentation.

8. **Last month (Sept 2025) we watched a presentation - Acupuncture as an effective treatment for PN – Steph O’Flynn and Steve H:**

1. Steph O'Flynn and Steve H gave us an interesting presentation discussing how acupuncture is helping some PN sufferers.
 2. Unfortunately, the recording of their live presentation was not usable and therefore not worth sharing with members.
 3. Phil R will try to assemble and document information on the relevant points presented and circulate with members.
9. **Lenka Psar-McCabe - Palliative Care of WA** – Phil R will try to arrange for Lenka to give us a live presentation at our meeting in February 2026 to share with us how we can maximise our quality of life whilst living with PN.

There were no further subjects to discuss, and the meeting closed at 10:33 am.

Next Month: Phil is unable to attend to chair the meeting next month on the 10th of November as he's going AWOL. Therefore, the meeting will be chaired by Ron G and Faye H. However, Phil is in Perth until 4th November and reminded the meeting that the Eastern States are now 3 hours ahead of us here in the West and he will be contactable while he is away.

Next meeting 10:00 am to 12 pm at The Niche, located at the corner of Aberdare Road and Hospital Avenue, Nedlands, from 10:00 am to 12 noon.

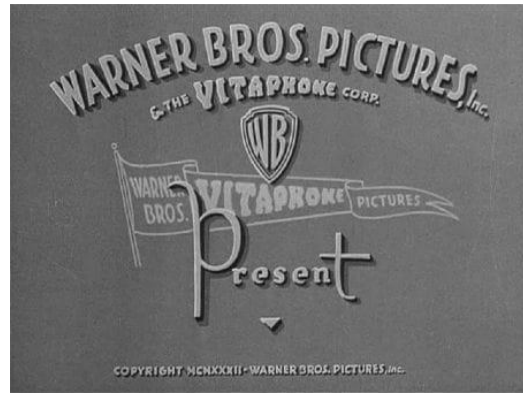
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Here's an article from Dr Prax – Heal Better Health Centre - USA

The Moment the World Found Its Voice

“Ninety-eight years ago today, October 6, 1927, a crowd gathered inside the Warner Theatre in New York City. The lights dimmed. The orchestra began to play.

For the first few minutes, everything looked familiar. Black-and-white images flickered across the screen while musicians filled the air with sound. The audience knew this new film, *The Jazz Singer*, was supposed to feature something special using a new sound technology called Vitaphone. Most expected only background music or a few songs.



Then Al Jolson turned to the camera and said, “Wait a minute, wait a minute. You ain’t heard nothin’ yet.” The audience froze. Then they erupted in cheers. For the first time, they heard a real human voice coming from the screen, perfectly matched to the actor’s lips.

It was a moment that changed storytelling forever.

Warner Bros., a small and struggling studio at the time, had taken an enormous gamble. The technology was fragile and expensive. Critics said it would fail. But they believed that if people could both see and hear a story, it would awaken something deeper in the human experience.”

They were right. Within two years, silent films were gone. The world had entered a new era.

The Lesson Hidden in That Moment.

The human voice had always existed. What changed that night was not sound itself, but the ability to connect it and bring what people saw and what they heard into perfect sync.

Your body works the same way.

It has always had a voice. It may not speak in words, but it speaks clearly through signals like pain, stiffness, tingling, fatigue, swelling, or even calm and strength. Each one is communication. Each one has meaning. The problem is not that the body stops speaking. It is that most of us were never taught how to listen. And that is not your fault.

For decades, people have been taught that when a symptom appears, the next step is to see a doctor. And doctors have been trained that when they hear a symptom, they must treat it, usually with a medication, a procedure, or a referral to a specialist. Specialists then focus on one part of the body, often missing the bigger picture. That is not their fault either. It is simply how the system was built.

What gets lost in that process is the conversation. The curiosity. The question of why the symptom appeared in the first place.

Because every symptom is a message. It is your body trying to say something. It could be asking for more rest, better nourishment, less stress, or help removing something that is standing in the way of healing. Sometimes it is one cause. Often, it is several working together.

True healing begins when we stop muting those messages and start understanding them. When we look at the body as one connected system instead of separate parts. When we learn to bring what we see and what we feel back into sync.

Just like Warner Bros. did not invent sound, we do not create healing. We rediscover it.

Your body already knows how to heal. It just needs to be heard.

Ninety-eight years ago today, the world learned to listen in a new way.

And now, nearly a century later, we are on the edge of another new era.

People are beginning to turn away from simply masking symptoms. They are beginning to ask deeper questions, to look for the cause behind the pain, and to give their bodies what they need to heal. They are realizing that the body has been communicating all along, and that silence is not the goal.

Many cultures around the world have understood this for generations. And now, more people in the Western world are beginning to remember it too.

The body has always had a voice. We just have not been listening.

But that is starting to change.

Are you listening?

What is your body trying to tell you right now?

On a lighter note, and things to think about...



"I SOUND FUNNY? YEAH, I'M CALLING FROM MY CELL PHONE!"

Amusing Quotes...

"When I die, I want to die like my Grand- father who died peacefully in his sleep. Not screaming like all the passengers in the car which he was driving."

~Will Rogers

"What's the difference between knowledge and wisdom? mmmm... well let me see:

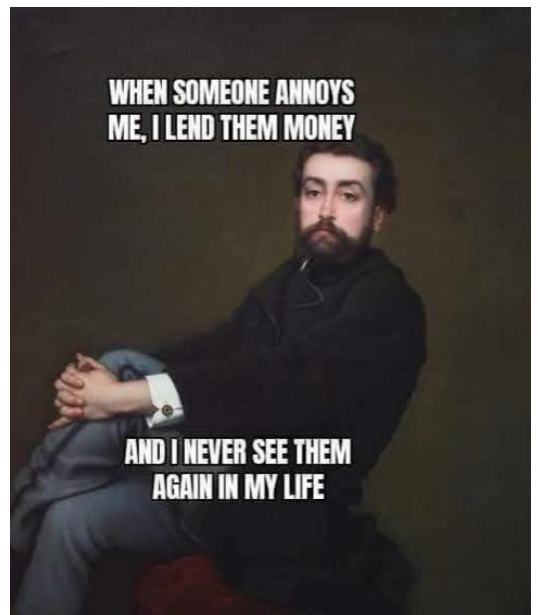
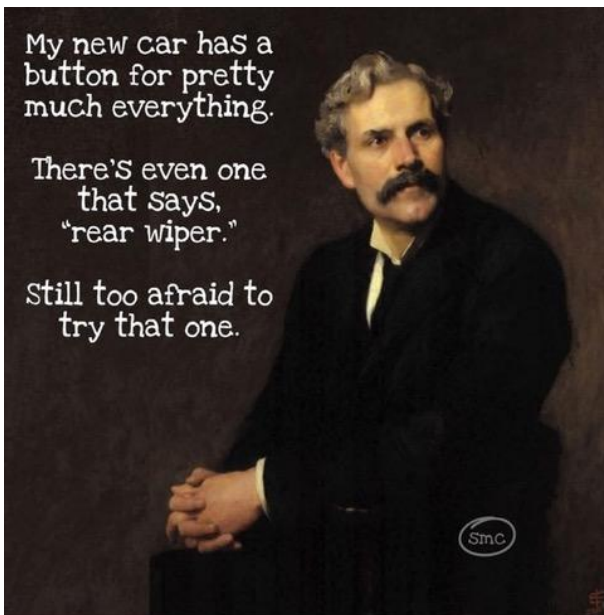
Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad."

~Miles Kington

"Why waste your money looking up your family tree?

Just go into politics and your opponent will do it for you.

~Mark Twain



"Mummy, mummy, can I lick the bowl?"

"No darling press the flush like everyone else!"

(*Thanks to a member from South Australia for this gem).

Thank You and Good Night!