

CORAC Health & Wellness
Hep B Remedies/Treatments
Video Transcript
By Susan Robinson, Reg. 8

Anne Hajak:

0:00-6:54

Okay, today is June 8, uh, I don't even know what day it is. And it's our Hep B Remedy class. I posted for those of you on right now...I posted the notes to this class, uh, for these remedies on my website, right next to where it lists the class time, so you can download that. And then, um, I also sent those to CORAC, so they will be posted by the class when it's on, when they post the class.

I also posted the notes from the Smallpox class on the CORAC. I sent that to CORAC finally, so that the people who weren't on for that class can go and print those as well. So, um those are all from this book (holds up book, *Vaccine Free* by Kate Birch), *Vaccine Free.*, that we've looked at before as we were going through.

Um, I just copied the pages of all of the remedies. Um, we're not going to go over the remedies. We are going to go over the ones that are in your kit. And for any remedy and any issue, that's the one you're going to want. You can see in my book I highlighted them in orange. Um, so we're going to go through those.

Because for any ailment, those are the remedies you want to go through first. The ones in your kit are the ones that are most used and they are used for many things. They are not one-trick ponies, so they do quite a lot, and um, you know it doesn't matter because of symptoms. If the description fits, then that's the remedy for it.

So, um, now in Hep B, what I've also read, if you guys haven't seen it, is that the people who are getting the "Hep B like" symptoms are either vaccinated or they are children being nursed by vaccinated moms. So the people that are getting these Hep B-like symptoms, er, I think there was maybe one or two that didn't fall into those categories. So, you know, I don't think we'll be seeing a whole lot of this. It depends if shedding has anything to do with it at some point, but I haven't seen as much talk about this as the whole money pox thing. Ah, so. Um, oh, and speaking of that, you probably already know, but varicella and variolinum are the two preventative remedies for that. I recommend having both of them on hand. Varicella is chicken pox and variolinum, is the, I don't know, it seems to be the thing for everything, you know: preventative covid, preventative smallpox and definitely monkeypox. It's one of those in there for that too. So that's out there.

Um, and update to do spike protein, 1M instead of 30c. 30c is not enough. So if you've had any, if you've ever had covid, then you would, I would recommend taking spike protein 1M once a day for 7 days. If you think you have ANY lingering symptoms I would do it twice a day for 7 days. If you have a small child, I'd just give them, if they're you know, like a baby, I would only give them just one dose, one drop, once, and see if they have more symptoms, then you might need a consultation to figure out, 'cause it shouldn't hurt them or anything; remedies don't do that. But it's such an odd thing. Ya know we're dealing with weird stuff that isn't normal.

Ok, so into our Hep B Remedies. The first one, ACONITE, which you guys are familiar with. So, it can happen from, they are susceptible because they have been in a wind, and they get a cold wind and they come up with something. They clearly have been exposed to monkeypox, so that's what they get.

Um, constant pain in the upper gastric region, radiating to the navel, or alternating from the liver to the stomach. Can be a high fever with a chill, (hard pulse?), and a lot of anxiety. Remember that ACONITE is, "I'm gonna die." So, any or all of these is what you want to look for, especially the "gonna die." They are going to be EXTREMELY anxious.

And, the next one is BERBERIS. Let me check the spelling. They are in the kits from my (?). If you've gotten them from other places, they may or may not be in there. But those are in my kits. So, dry scaly tongue with lancinating or oppressive pain in the liver region. Um, and that is going to be a worse pressure, radiating pains with a bubbling sensation. Morbid appetite alternating with anorexia or great thirst, alternating with dislike of ANY kind of drink. They could have constant uneasiness in the stomach, a lot of gas, this one's a long one, pale stools, or profuse diarrhea, dark urine, mentally and physically tired. Concentration is difficult, so the least interruption will break their chain of thought, and then we have BRYONIA.

6:55-11:10

Another one, you guys, so again, worse movement automatic should again should think of BRYONIA. Sharp pains under the liver that radiate to the shoulder blade or into the ribs. Of course, everything is worse motion, and better if lying on the painful side. So those are a couple of key notes, we call 'em, that you want to have in there. Some remedies are worse lying on the painful side and some are better when lying on the painful side. So BRYONIA is better. Bitter taste in the mouth, yellow coated tongue. Sensation of a lump lodged in the stomach. Marked irritability, and they want to be left alone. They may hold the sides of their chest. Extreme thirst. And this is an affinity to the right side: right side of the chest, the lungs, liver.

Alright, the next one is CHAMOMILLA. One thing you can give CHAMOMILLA to a teething baby, crabby, for sure crabby. So, extreme irritability, capriciousness, so we say that in homeopathy what they mean is whoever it is we think of a teething child, if they want their pacifier, they throw it, they want some water, then they don't want it, they want you to hold them, then they want down. Then, they scream for you to pick them up and then you know they want to arch their back. They just go back and forth; they want their favorite toy and then they throw that or refuse it or turn their head away. So, a very irritable person. They want something, then they don't. Probably ask you for soup, then say, "I don't want the soup." Yellow tongue, bitter eructations (meaning burping), green stools (like grass green), can be hot yellow stools, hot urine. Remember, they may not have every single one of these, but that irritability, um, having green or yellow stools, hot urine, those are all very unusual things, so if you saw one of them, I would go for this one. Can be yellow skin, with eruptions of itching. Impatient and demanding. Feels that he cannot be healed fast enough, so I would add to them, (impatience boxall?) remedy to what they are drinking for sure. That will at least settle their mental state down while you are working on physical.

For all of these, in the world we are living in, I would just start at the 200c for sure. Everything is just not normal, so I wouldn't even bother with the lower potency.

11:11-15:02

The next one is CHINA, spelled like the country. The beginnings of, uh, chronic liver dysfunction, the tongue is yellow, the lips are dry, again we have a bitter taste in the mouth. Even water tastes bitter. And so things like that, some of these things that are really unusual, like green stool, water tasting bitter, really unusual, highlight things like that, that are really really unusual. Um, just it helps when you are looking through a bunch of remedies to have some things jump out at you. Um, the liver and spleen swollen, swollen abdomen, causing difficulty breathing after meals. It says putty-like frequent stools, flatulent bloating, debility from profuse, and make sure to highlight, this is with CHINA, is always indicated with loss of fluids, dehydration, it doesn't matter the cause. So debility from profuse exhausting discharges and loss of fluids. So, whether the person just dehydrates easily, whether this happens to be because of this, CHINA is the answer. Severe diarrhea, and again some of these things we're looking at, keynote, so when you're looking at CHINA, obviously your loss of fluid, looking for kind of these strange symptoms that tell you this. They might not have every single one of these, but they're gonna have a few of these, and obviously the strange things. Like even water tastes bitter—just that alone, I would choose this. With dehydration you always want to go here. So the next one is hemorrhages are profuse with loss of sight and ringing in the ears. Another very odd symptom. So if you see that, go for this remedy. And the other thing, um, when you highlight these, you know then you'll be able to find them quickly.

Same thing, I would go through and just highlight like I did. The remedies that are in your kit, um, with any symptom for any ailment, there is a huge list of remedies. The ones that you're gonna see, I'll show you this again (shows book). So when they're bold, that means they're found, they're used more often. When they're capital and bold, they are used even more commonly. And I think there's bold and total capital. So you have here, you can see the difference in how they're written. So you know that they're more common. And that's why, you know, most of those bolded ones are the ones that are in our kit. So, like I said, our kits have all the important ones in there. So, don't worry there's ones you don't have. They are highly uncommon. Like the next one, I don't even know how to say it, CHIANATHIS. I have never even heard of that. So, you know these odd remedies, a lot of them are ones that you know, are extremely rare and that you know, are not even used by practicing homeopaths.

15:03-19:10

So, the next one, MERC VIV. And remember, it's the same as MERC SOL, S-O-L. So, depending on what kit you have, that is the same thing. Mercury is always a serious state, almost always. That's the first thing she says. More serious cases in the acute form, or chronic. Skin is jaundiced, liver sore. Think what mercury does to you, if you get mercury poisoning, you're in trouble. So, mercury is usually for serious states. The tongue is dirty, yellow, leave imprints of the teeth on the tongue. Excessive salivation, which means, um, they may also be drooling. I mean it can be a little drool, it can be a lot of drool. You or somebody you know may have even had just a cold or flu where they're like, gosh, I'm dabbing at my mouth. You know, that's a mercury acute. And, bad breath. Mercury, very usually, there is bad breath, or they smell. Sometimes you walk into a room and a sick person, they smell, you're like gosh, there is not a good smell in here. That's a mercury state! And it's not because of having gas, it's not a gas smell. It's just not a good smell. Um, coming from any part of their body, it doesn't matter, it's going to be a bad smell. So, um, you know it's the breath you smell across the room, or just a bad smell. Um, the stool is clay, greenish, very difficult to pass. And she's written in here, followed by a never quite-done feeling. So, you've gone, there's nothing else coming out, but it doesn't feel like everything's out. Every cell of the body seems to be turned from healthy to decrepit inflame, can even be necrotic. Mucous membranes may be ulcerated. So here's one of the big things. Now, this can be, doesn't have to be, this serious of a state, but when they're going back and forth, on hot and cold, um, I'm hot and cold, I'm hot and cold, now I've got the blankets on, now I've got the fan on me, now I've got the blankets on, and back and forth, that's a big mercury keynote. Remember, they may not have every one of these symptoms. In and of itself, when you have really bad breath, you want to look

at mercury. Look it up and see if it fits the rest of your situation. If you ever have drooling, you want to look at mercury. That's another mercury keynote. Regardless of the other ones, look it up first. Um, and then, if they're going back and forth, they may not be drooling, they may not have the bad breath, but if they're going back and forth from fever to chill, hot and cold, fan and blankets, again, you want to think mercury. Go there and see if there's a couple more symptoms there. If there's not, try it anyway. You know, those are called keynotes, so. So something is going on. So, when they take that mercury, it's going to even out the body temperatures to one or the other. Probably right in the middle, typically. Hurried speech, unstable, and impulsive. Quarrelsome, distrustful, suspicious. Um, I don't know if I always see that. Acute, they'd have to be pretty far gone to get that, but some people tend to have different symptoms. So, but you know, think about people who are kind of losing it, they're so sick they're losing it. You know, they think someone's coming out of the closet to get them, or there's a you know, there's a bad guy in the hallway, or you're poisoning them with soup, or you know, although when they get to that point, that's all mercury.

19:11-22:25

Alright. NUX VOMICA. Acute or chronic liver pains that are sharp. Worse moving around, worse touch. Aggravated by clothes around the waist. So they're definitely going to want to be wearing jeans. They could be aggravated from, um, being given some kind of allopathic, you know, conventional medicine to use for their acute, and it's not agreeing with them. Sour, bitter, eructation (burp). Nausea, in the morning after meals. Bitter vomiting, so even if they say, "If I could just throw up, I'd feel so much better," You know, they don't need to throw up if they get the NUX, and they'll feel better. But if they do throw up and say they feel better...again NUX? Ineffectual urging; you're probably not going to hear this a whole lot from somebody, they're not going to tell you. Ineffectual urging with constriction of the rectum. What this means is they're trying to go to the bathroom and nothing is coming out. So, it seems like something is going to, but it just won't. They still have that urge. And then, obviously, it's feeling constricted as well. Pale or yellow skin, blotchy with hives. Affinity to the digestive and nervous system. NUX, you can often be irritable. Not quite as bad as CHAMOMILLA, but, you know, maybe. Chilly. And what they'll be irritable about is the inefficiency of others. And they can be over wrought and high strung. And they might be craving strange things. Um, like alcohol, stimulants. They may want caffeine, they may want coffee. Loss of appetite. Big keynote for PHOSPHOROUS, unquenchable thirst for cold drinks and ice. Long stools, bleeding disorders, so nose bleeds, vomiting blood, blood in the stool. Dreamy, sympathetic states. So phosphorous (...?), not very sympathetic to those around them. Can be close to death, a state of collapse. Through all stages, as long as the symptoms match.

22:26-24:56

Okay, here's a fun one: PHOTOPHYLUM. PHOTOPHYLUM is always major diarrhea. Copious, usually very smelly. She says, "wide humid tongue." I guess if it's a humid tongue, I'm not exactly sure what that would mean. I guess it's not dry (laughs). Putrid taste in the mouth, thirst for large quantities of water. The putrid taste is a keynote. Vomiting mucus. And here's an odd one, so I would highlight this: sensation of distention of the abdomen, ameliorated by lying on their stomach. That seems like an odd thing. Homeopathy, we're always looking for SRP's: strange, rare, peculiar. The stranger, the better. (laughs) Our favorite things to hear. Pain in the hepatic region, better with rubbing. Profuse, yet painful stools, and more than what has been eaten. That's it, that was fast!

24:57-27:25

So, of all the other ones that are here, PELEDONIUM is not, it's a liver remedy, um it's listed here. That's not the most unusual in the world. HYDRASTIS is usually more often used, um, I don't think I've ever used that successfully. It's usually for sinus infections. But, it's never been the one for anyone I have dealt with, but it has worked for other people. So most of them are just not ones that you see very often, that are

listed in here. So, okay, I missed a page. She missed a page, to tell you the truth. Here, she missed a page. She's got a bunch listed that she didn't write about. Alright, I know that looked a little strange. Okay, so CINA. We talked about that one before. It listed a bunch that she didn't write up. I wonder if she fixed that. Um, CINA is very close to CHAMOMILLA. They are going to be extremely crabby, crabby, VERY crabby. Also going to be very, so you might want to put a little, write it by CHAMOMILLA. And if they're like CHAMOMILLA and they're very crabby, green as grass stools, what they ask for they will then throw it, or don't want it, arch their back, it's very similar. Um, just can be a little, it can be a hair beyond CHAMOMILLA. Um, let's see, yeah, don't wanna be touched but may want to be carried. Pale or blue discoloration around the mouth. They may be always picking their nose, uh, they also could have an itching rectum. So that is CINA.

27:26-28:52

COCCULUS. COCCULUS can be vertigo, imbalance, dizziness. It can be from being very exhausted. So, um from taking care of a loved one and then they feel sick, or if they've been somewhere where they could get this, which in the normal world is not common, that would be you know, um, another keynote of that. Worse from loss of sleep. The world seems to spin and they need to lay down. And then, they have symptoms of motion sickness. So this is what you do take if you are motion sick. Think "motion sickness," that's the symptoms they're going to have. So, remember, we are not looking for what causes something, we're looking for the symptoms. So if they have HEP B and they're having motion sickness-type of symptoms and they have vertigo, then COCCULUS. Can be crabby. So, it's really that dizziness, um, and motion sickness symptoms that you're going to look for.

So, remember these are the ones that she's got listed that she didn't put in her book, the descriptions of.

28:53-30:20

GELSEMIUM. GELSEMIUM is a sleepy remedy, so the eyes will be droopy. They will be tired, they will feel heavy. Symptoms with GELSEMIUM can come on slowly, and just kinda, just eek along, and get worse and worse. There is sleepiness, the heaviness, so you'll see their eyes droop. And it's easy to get it confused with BRYONIUUM because, obviously, if they're tired, they don't really want to move. But, it's when they get up and move. It doesn't make their symptoms worse, they're just too tired to want to move. So, it's definitely the half-mast eyes. Laying around, sleeping. They could have vertigo as well, um, what's the big thing for GELSEMIUM...let's see, they will typically not be thirsty, they may feel like their heart's gonna stop beating, and they may have mild anxiety. It's not going to be the "I'm going to die," like ACONITE, but they can have anxiety.

30:21-31:59

SEIFER SALT (?). SEIFER extreme pain. Symptoms are very painful. When somebody needs SEIFER, they're often crabby, um, easily overstimulated. So, they may want quiet, they may not want to be around people. Can be a very serious case of hepatitis. May have angry outbursts. They'll be cold and aggravated by cold, whole body or any one part. Do not want drafts, do not want any part of them uncovered. And they will complain extensively about their pain. And again, sensitive to light, noise, sound.

32:00-33:46

So, now we have HIPPOZAENIUUM. Different Books. And that one isn't in your regular kits, but that, I think it is in the COVID First Line Kit. We'll go over that one. Of course, it's not in the index, but let me find it on another page on my page. I'm going back to the small box section. It's here. Alright, in my book, if you guys have this book, it's on page, HIPPOZAENIUUM is on page 178. Low forms of malignant

ulcerations. Could have pustules and ulcers all over the body. So it's typically pustular infections that will show up with HIPPOZAENIUM.

33:47-36:19

KALI BIC, (one of my favorites...I may say that about everything?). KALI BIC is usually known for sinus issues. It can be a little crabby. Um, let's look up and see what their skin stuff is, though. Skin ulcers, deep and sharp border(?). They could, it could show up, so usually with KALI BIC, there's a sinus part to it where your sinuses are stuck and whatever comes out is usually clear, maybe white, but you know what's in there is not coming out. It's very thick and stuck. So, I would think there'd be a sinus portion to it. If you were using KALI BIC, needing KALI BIC, but they are chilly and worse in cold, pain moves from one spot or organ system to another, or pain felt in just one small spot. Complaints at the same hour daily, so things are worse at the same, specific time every day, whether it's noon or whatever. Whatever time, it will be the same time it will get worse. They may vomit ropes or strings of mucus. They'll crave sweets. And they may have joint pains that alternate with respiratory or gastrointestinal symptoms.

36:20-38:05

Now, KALI CARB. They are not going to like change, they are going to want things, eh, structured. They may want their bedsheets in a certain way. They again are going to be chilly, worse from getting cold, and not liking drafts. They'll have stitching pains. Their symptoms are often worse from 2-4am. They'll get stomach pain from cold drinks. They may possibly have a cough with it. It is very well known for KALI CARB to have a cough. Low back pain. Alright, so let's see.

38:06-40:02

LACHESIS. Another crabby one. Usually left-sided symptoms. Be very crabby, could lash out. Intense, could be suspicious or paranoid. Even when they're sick they might be speaking a lot. Now, they will be hot and worse from heat. Their symptoms will be worse when they wake up. Sometimes their symptoms will start on the left and move to the right. They'll be worse lying on the left side. They will not want tight clothes on. They won't want anything around their neck. They for sure won't want anything tight around their waist or their stomach, anything in their abdominal area. ?Worse at night, but most especially upon awakening. May have heart palpitations with it. Alright, next one...

40:03-43:37

Is LYCOPodium. Put that in here: LYCO (typing). Alright, they're going to be domineering. They have some anxiety about their health. They're worried they're not going to get better. Their symptoms will be on the right side, and they may go from the right to the left. Their symptoms will be worse from 3-8pm, somewhere in that range. And they also may be worse in the morning on waking. It's a good liver remedy, keep that in mind, since it's something affecting the liver. They're worse at missing a meal; they're better outside or open air, so they, um, even if they might be cold or it's cold out or cool out, they may prefer open air. They may want to go outside. Stool begins hard or with constipation, then turns soft, or becomes liquid. And this acute or chronic hepatitis that this will work for. They may have loud rumbling in their abdomen, be bloated and distended. This will be better eructation and passing gas. This will be worse with even small amounts of food. They can get full with only a few bites of food. At the same time, they might have a huge appetite and they, while they're eating, get even hungrier. Now, that, I think, covers it. Yeah, and the next one is MERCURY.

43:38-44:37

So, And we're still talking about doing a class on repurization(?), so we'll get to that. And looking at the remedies. So remember to look for the strangest thing you can see about a remedy. Highlight that in your

book, whether you have Orki, or if you're going through this one (shows book). Highlight those things so that your eye goes to, you know, the most interesting thing in that little paragraph about each remedy. So, you know, it saves you a little bit of time. And you know, when you do have time, after you're dealing with an acute, and you found whatever remedy works, go read a little bit more about it, so just every time you know so you're getting a little more familiar with the actual remedy instead of, you know, blindly going, "this one worked, I have no idea why." Eventually, little things will become more familiar over time. They will. (chuckles) I promise (chuckles). So, any questions?

44:38-52:25

Q1: What are you, what is your MATERIA MEDICA you have?

This one? Well, I probably have twenty, but this one is the desktop guide, yeah, the Roger-Morrison. Um, so he has He kind of goes down, I think I've shown you guys some of these pages before. Here's CHAMOMILA (shows book). He goes down sections. It's kind of to the point, and um (Oh, that's nice). Yeah, so that's the body system and what not. And these books all cover constitution as well, so keep them in mind when you get, re, you know that there's, there's constitutional symptoms in there and rubrics, so um, and I actually would recommend more than one MATERIA MEDICA, as I was thinking about it. Um, you need to cross-reference to see what the common things are in a remedy, um, in more than one, because you know, when you're looking through it, like he's got things highlighted like a lot of the KEY NOTES, which is helpful. But when you're looking at something, um, like I didn't get this one until my third year of school. Um, so when you're looking at, um, a remedy and you have another book to look at, they both kinda pick their favorite things and they've got the KEY NOTES, but what they fill in on top of it is different from author to author. So when you can look at one, then look at the other, and go these are the same, this is kind of the bottom line of this remedy. It's kind of helpful. So um, Fautok is one. I think his books are fairly inexpensive but whatever, so Fautok is a nice one to have, to cross-reference, cause he write big (chuckles), and he doesn't have a ton of information. Boericke, seems, I think, Boericke's nice, I think, again, he's not, I don't think his book is very much...this is the Boericke one I've told you guys about. Um, a lot smaller writing, which at my age, is a little annoying. But this is the one, where, I think I picked them all up before I started school and slammed them shut. And didn't look again until I started school. Um, but anyway, when you have that cross-reference of a couple, different. This one's expensive, the Desktop Guide, I'm sure it's around \$100. Um, but that one, um, that one is specifically just looking up the remedy itself. Um, ooh, I forgot! I was going to tell you guys, Kate Birch who wrote, who did this book (hold up book), for infectious disease, I would recommend getting that. At this point, when we don't know what's going on in the world, I think it's \$40, does it say on the back? You can look on, um, I would recommend it for the infectious diseases because we're just not going to have each other forever. And she has a lot of explanations. You know, her background is like Biology, and you know, she's very heady, but I like that she spells things out. Um, that she describes how to dose, and she kind of you know just explains homeopathy a bit at the beginning of her books, and, that's helpful. You know, eventually when you read it a bunch of times, being lay people, it will make more sense. You know, every time you kind of go through a little bit. But, I like her explanations. I find that they're you know, they're nice to have, especially you know, we're not going to have each other forever. But anyway, I didn't even know she wrote this one, and a colleague was taking about this (shows Kate Birch book). It's an acute book. And it actually, I think it was about \$38 on Amazon. Um, but she has, she's got some in the back, remember CINCHONA is CHINA, but she has a nice little write up about the acute use of the remedies in the back. She's got little, see the little colored tabs there on the side. She has what things I told you guys, and kind of drawn out more on, you know, fevers are not bad, um, what you look for in a fever, uh, so she's got some more explanations in the beginning of this on how to figure out what to use, um, look at this, she's got and it's not that thick, look, it's like, what, an inch or so. But, determining skin colors, um, but it's got acute. So it's got your cough, and, um, you know, she'll start, so here's first aid (shows book). So, it's a lot of what we've talked about, but having it in a book

form, besides having it in, having a class that you can listen to, you can refer to this. And I thought it was kind of, you know, she's got coughs and colds. I know the other Schmucklers(?), I don't think he had a great cough section, isn't that what you guys were telling me? Or not a good...remember, too, when you're looking, you want to look at the bolded first. Those are going to be more common for that, she is listing all that she's looking up in a repertory, but the ones you want always are going to be, look for your bolded, capital, and again, what's in your kit. Go for those first. Some of these are like, I have never used them, or like they're just not very common to use. Like HECLA LAVA. I have not used that much. She's got that in the back of the book. Um, but I like what she says that everything is, you know, so you know, that she describes what everything is, so you don't just have the Latin there. Or, I think that's helpful for lay people who aren't dealing with that all the time. So, Volanic Ash, abscesses, growths, toothaches, bones, hurts, one does not forget. Though I haven't actually used that, I have heard of it as a remedy, but I haven't used it, so I'm just saying, go for the ones you have in your kit. But, she does have a write up in the back, but don't be worried in any book where you have extraneous remedies that are not common. We all can't have every book. We have a million. So, you know, and remedy, but these two, because I think, you know, some of you didn't find things in Adam Schnuckler's acut book that you liked. It seemed to be missing a few things, so I think that has some great descriptions in this one. So, I recommend that one too. And I can put a picture of it on my website, I should probably put a picture of a bunch of them. I make a book list, and maybe I'll put them in order and you can look them up and see what you think. So this one came today, so I was excited to look through it to see if, um, you know, I think this is helpful. So, anyway, any other questions?

Well, you guys can think about it and email me if there is something. Um, I know I had thoughts in my head, but my brain's kinda mush now. So, I'll be putting more classes out. I'll probably be doing more during the day during the summer. So, I'll put those out on my website. And so, probably the next one, every other week, is what I plan on doing, so good (thank you). Good to see all you guys! You're welcome—we'll see you in about 2 weeks! Enjoy the weather. I hope it's warm where you are. (chuckles) Bye!