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I aspire to walk.



I aspire to dance.

This is my goal. This is my dream.

Where there's life, there is hope.

I believe in possibility.

I believe in miracles and blessings, great and small.

I am witness to loving kindness that is pure and heartfelt.

I dance in everlasting gratitude.

Call to Action!

This letter serves as my final appeal for financial assistance to help me sustain my rigorous therapy regimen this year and finish out my stem cell treatments in India in March, 2010.

My unwavering financial support...I couldn't do it without you!

I have entered into a transformational and life-changing journey. The gift of Human Embryonic Stem Cells is awakening my body after 17 years of paralysis and I am defying the odds. Since beginning this journey in May 2007, I have raised a sizeable amount from the sheer generosity of people who have believed in me. I have immense gratitude for the steadfast support from friends, family, and my community.

People often ask me how I have managed to survive financially, along with raising the necessary funds to continue my stem cell journey. It hasn't been easy. A generous donor, who has shown me unwavering belief and compassion, has made it possible for me to sustain my living while writing my memoirs. My manuscript is almost complete and my goal is to have it published early next year.

My body is saturated with stem cells after five intensive treatments spanning over 22 months. I am allowing myself time to strengthen and assimilate the stem cells by maintaining a rigid physical therapy regimen, daily yoga practice, massage, walking in my leg braces, combined with various healing modalities. I envisage returning to Delhi for my final treatment in March 2010. At that point I will determine how far I've progressed and what my next steps will be. March 2010 will also culminate the filming of a documentary on my journey, which will be pitched to film festivals and television networks globally.

PROJECTED EXPENSES	
March 2009 Stem Cell Treatment	\$15,000
Airfares (myself plus 1 caregiver)	\$ 5,000
Unforeseen medical costs/antibiotics etc.	\$ 500
Miscellaneous expenses (ticket change fees, Taxis, food, private yoga sessions, Cellular telephone charges etc.)	\$ 1,500
Total Amount to be raised:	<u>\$22,000</u>

Words cannot begin to describe my feeling of regaining sensation and renewed muscle strength after 15 ½ years of paralysis. The word miracle comes to mind, yet I know it is science. I am healing yet I am capable of achieving more. I visualize every pure embryonic cell gestating from a perfect state—that God spark—manifesting perfection throughout my physical body. I do not know the divine potential of these Human Embryonic Stem Cells. It is life giving life.

I am able to walk on my knees on my own, and I can now lift from a squatting position. I am able to rise up out of my wheelchair and walk with the use of leg braces and a walker. I work daily strengthening, patterning movements, meditating, and believing.

I am continuously reminded that my journey *is not* about me. While my ultimate goal is to walk again, mine is a journey for humanity. A million candles can burn from the light of just one single flame. That magnificent light never snuffs out, but burns eternally in the hearts of all who believe...or even those of us who are simply curious. My journey is about *others* lighting my way and helping me along my path. In turn I am able to quietly cast a golden ray of hope for humanity by holding true to my vision. My community has supported me, faithfully igniting the wick of my life waxing love, faith, compassion, and encouragement for each baby step of progress I make.

Yours truly with love, peace, and hope,

Amanda Boxtel

Thank you for your contribution to help me realize my dream.

Personal donations to my stem cell bank account are critical and will be used to purchase flights for myself and caregivers, along with living expenses while in India. You may send a check directly to my stem cell account in the name of:

Amanda's Stem Cell Therapy in India

If you would prefer to make a **tax deductible donation** to my account with the National Transplant Assistance Fund to be used purely for medical expenses, please make your check payable to:

NTAF Midwest/West SCI Fund. Note in Memo Section: **In Honor of Amanda Boxtel**.

Please Mail to:
Amanda Boxtel
PO Box 3767
Basalt, CO 81621

My History, My Story

On February 27, 1992 at the age of twenty-four I sustained a complete spinal cord injury at T11/12 (that is, no feeling or sensation below thoracic vertebrae levels 11 & 12). I recall the accident vividly in my mind's eye to this very day. I was downhill skiing. Everything happened in slow motion. A freak somersault and in a split second I shattered four vertebrae. It was as though somebody turned off a light switch. An electric current zapped through my legs and in an instant there was nothing.

15 1/2 Years with No Changes

I have always been an active woman. For 15 1/2 years I investigated various alternative healing therapies yet my body showed no improvement. Still, I kept my legs supple and alive using various alternative healing therapies. I was paralyzed with no sensation or movement from the top of my pubic bone down. While I arrived at a place of acceptance with my paralysis, I have always had an uncanny insight that one magical day my legs would support me. Secretly, I never gave up hope.

HOPE Restored!

While my spinal cord injury took away my ability to walk, it didn't take away my ability to dream. TODAY I am turning my dream into my reality on baby step at a time. On June 25, 2007 I was the first US Citizen to undergo Human Embryonic Stem Cell (hESC) Therapy with Dr. Geeta Shroff in Delhi, India. During my initial two month visit, I not only witnessed astounding improvements in my own body, but with many patients who had life restored within their bodies and a newfound reason to not give up but LIVE!

New Sensations & New Muscle Power - I Am Defying the Odds!

I am committed to a 2-3 year treatment plan as advised by Dr. Shroff. Through the generosity of my community of supporters, I have undergone five treatments in India in a twenty-two month period. Since my first stem cell treatment in 2007, I now have increased sensation with light touch and with deep sensation tingling all the way to my toes; my burning nerve pain has almost dissipated completely; my bladder and bowels are beginning to function again; and I have increased muscle power in my legs including gluteal muscles, quadriceps, hamstrings, adductors and abductors, and a flicker in my calf muscles too. Hope is now a part of my vocabulary!

Amanda's Medical History

Amanda Boxtel

D.O.B. 12/15/1967

On February 27, 1992 I sustained a T11/12 spinal cord injury in Snowmass Village, Colorado.

In medical terminology I fractured T10-L1 with anterior dislocation of T11 on T12 leading to T11-12 paraplegia—Frankel Class A. Right T10, left T12 ASIA Impairment Scale A paraplegia with an asymmetric sensory zone of partial preservation to the left L1 dermatome, secondary to a T12 fracture.

A Denver surgeon performed a posterior spinal fusion with Edwards instrumentation and posterior iliac bone grafting from T10-L1. The date of the surgery was February 28, 1992.

For eight years I was terribly incontinent with an overactive neurogenic bladder. In August 2000 I underwent a life-changing surgery which successfully implanted the **Vocare Bladder System** into my abdomen and S3 nerve root. With the Vocare Bladder Implant I had a posterior rhizotomy of S2-5 in addition to implantation of the stimulator in the lower right abdomen and the electrodes on bilateral S3 anterior roots. S3 was chosen since direct stimulation of it produced the greatest increase in bladder pressure.

Follow Amanda's Journey by visiting her Blog:

www.amandaboxtel.wordpress.com