

Hi,

My name is Gail I'm 68 years old, I was diagnosed with [Dedifferentiated Chondrosarcoma](#) in my upper left arm, it was a really big decision to either have my arm removed or keep it on, the problem was that the prognosis was so bad that I decided to have it removed and give myself a fighting chance and now over 5 years on I'm still here.

It did change my lifestyle quite a lot, I researched natural remedies to assist in my recovery, I don't eat processed foods and I eat as organic as possible.

I started to drive again after 3 months, I have been swimming which I really enjoyed (and no I don't go around in circles lol)

I enjoy painting. I'm a member of a shooting club where I shoot competition bench rest targets and so far I have won 2 gold 2 silver and 2 bronze medals.

My best advice is to enjoy the life you have x

