

The days of medical miracles are with us

by Liesl Garner

The miracles of days through medical nightmares are with us too. Long days spent wondering or worrying about outcomes, outcomes coming in exactly the wrong ways – the ones we'd prayed against, and we shake our heads and cry our tears and stumble through how to go on.

The outcomes for some are radiant, the prognosis, the diagnosis, the suggestions for more water, more berries, and long walks go heeded and life takes on a rosy glow. Surgeries are successful, arteries are unclogged, and dads are warned they'll soon have 80% more energy – much to the surprise of those who have long struggled to keep up with him.

There are test tubes and beakers filled with questions and people in lab coats with many degrees scrutinize evidence, with trial and error, hope for a test with no errors that will bring an end to wringing hands, wishing and waiting for health.

There are champions of causes who never give up who won't sit by silently, who stir the pot and bring focus to the forefront, who raise our awareness and open our checkbooks to help pay for the people in labcoats who will someday break the code and find the cure.

Working together we get through every phase, the ups the downs, the confusion and the fight to win. And we are made stronger for the love we share through thick and thin, through good times and bad, through health and wellness, and the times we spend our energy being determined to be healthy.

And every part of the equation is a miracle. How we get through heartbreak, how we learn to listen to good advice and come through our illnesses, how there are people who's hearts and minds spin continuously with one goal of bringing health to others, and how there are champions who won't let us forget that we are still in the fight of our lives.

GREAT END – Let's applaud those in our midst who strive to provide health and wellness to others – let's applaud those who are fighting for their health. Let's be thankful for what health we have – and for the health that so many people are fighting for us to achieve!