Hepatitis C and Earth Day

April 20, 2015 By Lucinda K. Porter RN

All the seasons run their race in this quiet resting place...
~Austin Dobson, “A Garden Song”

Hepatitis C is running its race, but so are you. Like the tortoise in Aesop’s fable, hepatitis C patients seem to be winning this race slowly. But what about that other race, the one that pushes us to go, go, go.

When I feel like I am racing around, it can be hard to slow down. It helps me to create something, build something, or plant something. When I put seeds in the ground, I’m not just planting a flower, I am sowing seeds of hope.

I can also plant and cultivate ideas. I must nurture these as I would a new seedling; water them every day and be sure to give my ideas room to grow.

Perhaps your idea is to find ways to get stronger and healthier. Tackle this as you would if you were learning how to garden. Gather information, talk to experts, join a support group, watch “how to” programs. In time, your creation may become a quiet resting place, a respite from worrying about hepatitis C.
What better time to plant or grow something, than this coming Earth Day. Better yet, how about today?

The best time to plant a tree was 20 years ago. The second best time is now.
- Chinese Proverb

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