Living with and Healing Liver Disease from Hepatitis C

February 26, 2016 By Matt Starr

If one thing in life is constant, it is change.

I have felt the lows of being sucked dry from hepatitis C, a liver transplant, and ongoing liver disease, along with the highs of living a purposeful life I love and eventually, healing. When I felt the fear creep into me and become a heavy burden, I faced it and opened to a new purpose in my life. I began to fight back with meditation, nutrition, and moderate exercise, along with various eastern and biological medicines, to find ways to search beyond the emotional and physical blows I had suffered.

Eventually, after various medical treatments that felt like being a boxer against the ropes and still absorbing body blows, I managed to get on Harvoni and ribavirin for a 6 month treatment. I was recently cleared (dare I say cured?) from a 30 year battle with hepatitis C.

I worked hard and became healthier, buoyed by a life purpose, to help other people going through similar difficulties of chronic disease and illness, especially involving hepatitis and liver disease. Defining a life purpose catapulted me onwards, as I needed to heal myself to be able to help others. I began using various positive actions to enhance my new vision of my reason for health.

You can find reasons to love your life too, and a heart-felt life purpose is one beginning.

How do you want to live? Determining your life purpose might take time. It can involve personal reflection, reading, keeping a journal, or conferring with others. It might lead you to ask questions. What is my unique contribution to my family, my work, my community, and myself? What difference do I want to make with my life? Finding and claiming a life purpose gives me, and can give you, a powerful sense of direction for your healing process and your life.

Following an embraced life purpose is fulfilling, and when you decide what difference you want to make with your life, regardless of your illness or chronic disease, the ripples extend beyond yourself, touching others, and loop around before settling back with you.

We are always changing, in one way or another. If you want any help on how to make changes to design your life purpose, and to learn and work through ways to achieve that purpose, or establish positive actions for yourself, send me an email or sign up at the bottom of my home page for a free 30 minute Discover Healing Session, at www.StarrWellnessCoaching.com

Bowie sang brilliantly about changes:

Strange fascination, fascinating me,

Changes are taking the pace

I’m going through

Ch-ch-ch-ch-Changes

Turn and face the strange

Ch-ch-changes

Oh, look out you rock ’n rollers

Ch-ch-ch-ch-changes

Turn and face the strange

Ch-ch-changes

Pretty soon now you’re gonna get older

Time may change me

But I can’t trace time

Let your changes be about growth and learning, starting with establishing to yourself what your life purpose is. Meditate, eat healthy food, get some exercise outdoors if possible, appreciated what you have, help others. All of this, and more, can address mind/body healing.

I’d love to further live my life purpose and help you by being part of your healing journey. We can work on any of these strategies, one at a time, until you find your answers.

Anything is Possible.

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