A Tincture of Inspiration for Hepatitis Awareness Month

May 6, 2018 By Lucinda K. Porter RN

Sundays are my day of rest, but viral hepatitis ignores the calendar. That said, human beings need time out from their busy lives in order to change the world. Today's blog is dedicated to restoring one's purpose. We can change the world tomorrow after we replenish our energy.

I begin with a quote by Norman Cousins, "Never deny a diagnosis, but do deny the negative verdict that may go with it."

Norman Cousins was an amazing man. He was diagnosed with two life-threatening illnesses and in both cases used humor along with medical treatment to heal himself. He later went on to help shape the way we look at illness, showing us that illness need not rob us of being fully alive.

In my own life, I find that the key to health is freedom from fear. Being sick is one of the scariest things in the world, so being sick and fearless is a huge challenge. Many people before me have done this, inspiring me to rise above my fear and to live in the reality of illness without the pain of fear.

How do I do this? It is a practice. Support, good information, choosing a trustworthy medical team and trusting their advice are part of it. Meditation, stress-reduction, exercise, good sleep, a healthy diet and lots of fun also help to keep me fit and out of fear.

Also, I figure fear isn't going to improve my health, so why not just skip it.

Another thing I do is try to change the current reality. Serving the greater good helps me feel fully alive. In this case, the greater good is participating n the elimination of viral hepatitis. We can do this. Tomorrow when you are rested, please do something to observe Hepatitis Awareness Month.

Tweet @hepatitismag. I want to know how you are taking care of yourself and how you are observing Hepatitis Awareness Month.

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