



Learning the Hard Way

I'm back to full time work and healing well. My last newsletter was pretty "raw" but I wanted to help people avoid my mistakes in thought and action. And I needed to process what had happened to me.

I knew last summer something was very wrong. But I trusted my dentist, his skills and intentions. In his world, if the x-ray doesn't show it, it doesn't exist. It didn't occur to him that a more sophisticated technology might be needed. HE trusted HIS tool— and didn't listen to his patient. I knew in my bones that something was very wrong and I didn't trust MY tool. I didn't self-advocate. I didn't listen to my intuition.

The universe tells me loudly and clearly when I need a path correction. I don't get tapped, I get smacked over the head. I am nearing the end of a long journey. I've learned many things from this experience regarding the medical and dental professions, and about alternative medicine. I'll be sharing those things as I research and integrate that knowledge. I hope that what I've learned will be of benefit as I continue to share it.

Two things I'll be writing about in the future are the "silo effect" in Western medicine, and the reality that we will not have western antibiotics available to us very soon, and will be needing to transition to herbal antibiotics.

On a personal note, I have learned two important things:

One:

People are amazing. As soon as word got out that I wasn't feeling well, I had more soup and green drinks than five of me could consume. I received acupuncture, hands-on healing, and I was on a list for remote Reiki. People offered to do errands or whatever I needed without my asking. The support of my community of healers and friends was astounding and heartening. I feel very loved and allowed to be human and vulnerable. The reason that I am strong and well again today is no doubt due to the kindness of these people. That, plus a blessedly strong constitution and a healthy peasant body.

Two:

Never, ever, for any reason override your own intuition. I can't tell you the number of people who have come to me and said, "I know something is wrong, I can feel it. Help me figure it out." Often after months, or even years of testing and consulting, the doctor may say that it's a psychological problem. We all have psychological problems, but people know when something is wrong in their bodies. It has been my honor and privilege to help many people find the root cause of what is wrong with them and to help them heal— and to trust their own knowing that something needed to be addressed.

East and West



After my last article, I received over 30 emails from people telling similar stories. They knew something was wrong, but weren't heard or taken seriously, and their situation became much worse. Often they told me that the answer was ultimately breaking with their western practitioners and seeking alternative or holistic care. Clearly I touched a nerve. Alternative and integrative/complementary medicine are essential to the total system of care that we need in this country and the world. We must work together.

Doctors are human too. Sometimes when they are unable to fix something, they feel the need to attribute cause. All their training and hard work make it very difficult for them to feel helpless in the face of someone's pain and suffering. They are caring people, that's why they are in healthcare. There is also enormous pressure on doctors, with 15-minute appointments, insurance coding, etc.— and the pressure keeps increasing. Doctors need to learn to say, "I don't know what's wrong with you, but let's keep trying to figure out it out" or, "Let me refer you to someone who might be able to figure things out."

There are wonderful doctors who manage to balance their time and put patients first, and I applaud them. They were not present in my situation, so I have changed my entire team of practitioners. I now have a "deep bench" that includes an integrative internal medicine doctor, a new dentist (who asked to read my article about my experience to better understand what he was dealing with), and others with open minds and spirits.

So my message here is not meant to disrespect traditional healthcare providers. I am very lucky to include among my friends and colleagues doctors, nurses, aides, dentists and other traditional providers, along with homeopaths, herbalists, acupuncturists, Reiki practitioners, massage therapists and so much more. All of these people are integrative practitioners. They understand that we need to include in our care the tools and research of Western medicine as well as the older knowledge of herbal medicine and many other time-honored practices. East and West. And they understand that listening and respect for a patient is essential.

My vision is almost back to normal, and with a little non-traditional vision rehab I expect to be back to my baseline myopic self. My sinuses will function the way they were meant to. My energy level is about 80%, I'm working my normal long hours and loving it. My social life is returning. I got through it.

But I will now remember: Take your own advice and listen to yourself. Trust your Inner Knowing.

Namaste,
Wendy