



## **Comeback Time**

November 27, 2017

Danny Gokey's songs have had an intense home in my heart over the past few years. As you know one of the last blogs that I wrote was right after my surgery in Beverly Hills. Danny's song "Tell Your Heart to Beat Again" spoke to my heart in ways that were straight from Heaven as we drove home from LA up to the North State. "Rise" was strong on the radio when I opened Tamara's Healing Garden again, this time in Mount Shasta, and lately it's been his song "Comeback." This song blared as we left UCSF this week.

You see, I have suffered a lot, and one of the recent diagnoses was: Endometriosis. It is an "incurable" autoimmune disease, and if you have read my previous blogs you know that it was the cause of severe pain, hemorrhaging, and confusion surrounding my 4<sup>th</sup> abdominal surgery in 4 years in early 2016. After finding out that I had a golf ball size endometrioma removed during my mesh removal, neurectomy, hernia repair surgery in January of 2016, I was perplexed and validated after being misdiagnosed and treated poorly in Siskiyou County. My life had been turned upside down, and I was so unsure about what my future held.

After much prayer and processing, I was led to a specialist at UCSF who then discovered among other things 3 endometriomas on my right ovary. I tried the traditional 1<sup>st</sup> gentler treatment protocol: birth control. I had never even been on synthetic hormones before conceiving my 3 children, but then at 35 years old I decided to give it a go. I bled for 45 days straight, the endometriomas grew! I was weepy and moody and in pain so I considered my other options...Lupron? Laparoscopy? No way! This girl was going to attempt natural means.

I called up Dr. Davis, and he had me take a natural hormonal panel test, blood draw tests for viral load, toxic burden screen, and hair analysis just in case any heavy metals were causing a surge in estrogen. After all of the testing, I began a strict protocol of shifts in diet and lifestyle and supplements and emotional trauma healing techniques which I will go into detail about in my Endo Blog.

I returned 1 year later to my specialist this past Wednesday. I was hoping these masses hadn't grown. I mean Endo is an incurable disease in which women who have it are susceptible to ovarian diseases and destined for hysterectomies most of the time so I was hoping the news wasn't shocking. I did know something was going to be different

though as all severe bleeding has come under control in the last 6 months, and my cycles have regulated.

Tim (my hubby) and I analyzed what different results would mean and where we would go depending on the news. I reluctantly shared with my MD that I had quit her protocol, and had opted for natural healing methods, but had been feeling better related to female monthly problems. She took notes and even wrote down the name of one of my researched Chinese Herbs and we headed in to the ultrasound room. I am no stranger to these ultrasounds, and the measuring and medical jargon discussions between MD and team, so I listened as attentively as possible trying to figure out what all of it meant, and when the exam was complete, Dr. G asked me to get dressed and meet her back in her office to talk. I looked to my husband and asked, "So what's the news?" To which he replied "I don't know."

As we entered her office she shared with us that there is not a trace of endometriosis on either ovary! I was gob smacked! "Nothing?" That's right folks...No trace of Endo, just 2 healthy happy although slightly misaligned ovaries were staring right back at her, and the following conversation was even cooler. She did encourage me to keep doing what I have been doing!

I honestly feel like I have been given a Christmas miracle! A Thanksgiving Hallelujah! Wow! Healing is possible. The body is such a miraculous creation and if you keep the faith and listen as your heart begins to beat again you will be guided by the One who made you to find hope and healing in ways you never could have ever asked or imagined. Just as Danny's song says, "After a season of night falls and push backs-After the heartache of wrong turns and sidetracks-Just when they think they've got you game set match-Here comes the comeback!"