



A HEALING ILLNESS: How Illness Healed Me

Prescott Gibbons

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At age thirty-seven, I was diagnosed with having "some form of Leukemia".

Before I got this diagnosis, I thought I was fairly healthy from my daily yoga, three-mile jogging, and reasonably good diet.

After I got the diagnosis, I had to make some big changes in my life. To help me recover, my father invited me to live with him for a while, which was odd because he and I had been somewhat estranged since he and my mother got divorced when I was age five.

To help myself recover, and avoid the bone-marrow transplant my doctors were recommending, I tried various forms of alternative medicine; acupuncture, chelation, herbal and homeopathic remedies, a session with a Native American healer in Santa Fe, etc. Not to mention a Club Med vacation, and a home-town romance.

All of these helped a little, but the real remedy turned out to be something in my heart and mind, something that allowed the consequences of my illness to heal my illness, heal me.

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