

# The gift of learning

discover

The quest was on to find a more natural way.

Evolution is a process often unrecognized until we look back along the path we have travelled. In the throes of the struggle it is difficult to recognize the gift of learning it has brought; and so it was for me, an Island girl for the past fifty-three years.

Coming off the birth control pill threw my body into a tailspin. The natural flora in the bowel had been totally depleted, upsetting the natural balance. Allopathic medicine prescribed for the diagnosis of ulcerative colitis only made me sicker. I later learned this was due to die-off, a process of killing yeast too quickly, resulting in an overloaded bloodstream.

The quest was on to find a more natural way. Many potions, vitamins and herbs were tried but only worked for the short term. The symptoms always returned so the quest for that magic elixir continued.

Fate intervened when I filled out a coupon and won a thirty day supply of vitamins. A tin arrived in the mail, containing thirty individual packs of pre-measured vitamins and minerals. This was the start of a turn-around as the body grew stronger, recovering from its emaciated state.

Synchronicity appeared again as I stated "Someone has to be able to help me get better."

A set of circumstances came together to connect me with an Iridologist. (Iridology is the study of evaluating the state of the body by viewing the eyes. [www.bernardjensen.com](http://www.bernardjensen.com))

"When the student is ready the teacher will appear."

The Iridologist stated that there was no evidence of ulcerative colitis. So what was it that was causing me so much misery for the last nine years? The answer was Candida Albicans—an over-run of yeast which had gone systemic throughout the body. She put me in touch with a Naturopath who was able to eradicate the yeast and re-colonize the colon with probiotics. In just three weeks I was cleared, back to my normal self, a self that had been absent for too long.

So what was the gift from this experience?

As a researcher, I began to direct the focus towards various natural healing modalities. Identifying a mind/body connection, I stopped managing an illness and focused on getting well instead.

*"When the student is ready the teacher will appear."*

Additionally, I changed to a cleaner diet, eliminating all the whites (flour, sugar, bread, rice).

Further probing led to a discovery of universal law and the idea for my first book was born.

The student was indeed ready, and many teachers appeared to offer their knowledge and support.

Overcoming adversity often requires us to reach for strength at a core level, a strength that never whispers but loudly shouts, "I made it!"

"I won!"

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Favourite topics include healthy eating, baking, theosophy, universal law, mind/body connection, quantum mechanics and energy healing.

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So, what was the gift from this experience?

