

# Share Your Story Of Victory!

Now 10 healthy years after my victory over Chronic Fatigue, I am still inspired by peoples amazing self healing journeys. My current project is a book to share people's success stories. It is to provide hope to those who are currently dealing with illness or who wish for a higher level of health.

Here is where you can help. If you (or anyone you know) have a true story of how you overcame any type of illness and have gone on to accomplish a new level of optimal health, here is the opportunity to share your message.

You will have your story credited to you in the book. Full and updated details for submissions and project progress can be found on [www.healthstories.co.nz](http://www.healthstories.co.nz) or kindly send your story via email to: [editor@healthstories.co.nz](mailto:editor@healthstories.co.nz)

My motivation in doing this book stems from the huge impact other peoples inspirational stories had on my recovery. At the age of 17 I was a fitness fanatic who almost overnight became absolutely exhausted and could not attend school, even though I was doing well and enjoyed learning. It took many doctors, specialists and months before I was finally diagnosed as having Chronic Fatigue Syndrome (CFS). It is an autoimmune disorder where your immune system attacks your own body, leaving you in a state of chronic fatigue. A terrifying diagnosis yet there was a relief in being able to put a name to what I was experiencing; I had a reason to feel this way.

With time I developed gratitude for this illness; it pulled me up short and made me look at my life. I realised that I wasn't suddenly struck down with a terrible illness – as it had first seemed - rather I had been cultivating an environment for illness to flourish for many years leading up to that point.

The key factor in my recovery was the mind, body and spirit relationship. If any one of these is not in balance it is harder for the body to maintain health.

Diet is far more important to health than I ever realised. We are in an age where people are waking up to how diet can affect their health and longevity. The amazing healing properties in our everyday fruits and vegetables are just astounding. Fruits and vegetables in their natural uncooked state are packed with vitamins, minerals and vitally important live enzymes. I eat lots of fresh raw vegetables, fruit and nuts.

Thoughts affect all aspects of your life. The saying; 'You get what you focus on' is so true. Before I understood this, my self image was very poor and I could not accept compliments from people. As an experiment I wrote down all my self thoughts and was amazed to see many times more negative than positive thoughts. The sooner I could love myself, the sooner I could get better.

I began to meditate and live with an attitude of gratitude. Visualisation is used by peak performance athletes. I started 'seeing' and 'feeling' myself in a state of renewed health, in the workplace and off sickness benefits.

With my new diet & self image I got off sickness benefits, started part time work and within 3 years I was working full time and an active member of society. Now 10 years further along, every day seems to be even better. Having learnt the keys to health I look forward to a long and energetic life free from the fear of illness.

You too can help show people that illness can be the catalyst for new beginnings and a more vibrant life. Your story *can* make a difference. Thanks for your help!

*Kathy Fields*

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