

Dealing with Multiple Ailments

I have gone through some very difficult times facing variety of ailments personally/ in family, when future looked too bleak to carry on. Some of these are listed below:

1. Chronic stomach ache 1961 onwards- which changed the course of my life, limited to few options
2. Knee joint pain and joint replacement
3. High blood pressure (up to 200/110)
4. Diabetes (fasting Sugar 250, PP 350 and Hb1Ac 11.2)
5. Tinnitus
6. Eye haemorrhage
7. Enlarged prostate
8. Enlarge hernia
9. Dryness related bleeding from different parts of the body
10. Severe gastric problem, developing symptoms of real heart attack
11. Vertigo
12. Spondylosis
13. DISH (Diffuse Ideopathic skeletal hyerostosis)
14. Depression
15. Insomnia

The purpose of the above description is not to convey how can I help in facing these diseases and face them with courage, but and more importantly to *illustrate how they provide great opportunities*, which may not come on your way, unless you pass through such experiences.

[For perusing a short write up on one such experience, please click here and read carefully till the end.](#)

Hope this will help people in taking a serious note of this lesson for life.