

On being sick

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When I am sick I don't exactly want to do much of anything. Sitting in my room is a source of knowledge for me but even this brings sadness when your body doesn't feel well. Some days I have reflux and this is when the body regurgitates the meal you had for breakfast, lunch or supper. I had my stomach operated on in 1998 but over the last year I have been burdened with reflux increasing on a daily basis sometimes twice a day.

It is difficult to know what to do. When you can't sleep lest you upchuck you tend to sit at the computer, drink something to flush your system, and pray for an end to the unceasing nightmare of being sick.

Being sick is no fun. Not only am I presently dealing with reflux but I also struggle with a brain that malfunctions continuously. This means I have head pain and shakings which don't usually get quelled. My dystonia leaves my brain in extreme pain and there is no one who can tell me why. The result though is a brain that is burned from continuous pain. I normally take a Tylenol once each night and often an allergy pill to stop allergies which are a daily problem.

I'm also into spiritual understanding of sleep but except for rare occasions I don't sleep anymore, or at least not normally. This means my natural man is awake as is my spiritual realm and I am forced to take sleeping pills so I can get a modicum of sleep. I don't like it but the results are I sleep well enough to function for a handful of hours each day.

Now don't forget the effect on my voice. I don't try to speak often just enough for communication sake. If I try to speak to much I can get close to a Dystonic Stroke which leaves me weak and unable to move for hours or days. If I try to exercise beyond a certain point, especially now during a time of great exhaustion, I really do tend to come close to the Dystonic Stroke.

What is a dystonic stroke? I guess you could say its a term I had to create to explain the event. I become a semi-invalid forced to lie in bed for days or weeks or when it first happened for months. I can communicate only slightly and that is usually with grunts or whistles. I prefer lying in bed for most of the day and

can barely get out of bed except to use the bathroom though as time goes on I can drive.

The Dystonia leaves my head in constant pain though I get used to it enough to leave the headache pills alone until I'm ready to lie down.

Complicating these matters is severe sleep apnea which prevents me from resting. I can sleep sitting here at the computer but so far don't sleep easily elsewhere.

There are other physical problems I am presently dealing with including neck issues, a twisted spine, whiplash, a pinched nerve which leaves me limping in my foot and other issues beyond the understanding of men. My desire is to put God first but my body requires careful maintenance. I don't have much time to do much of anything except work on the computer. When my voice is okay I can speak out but prefer time alone to pray as it is my key defense to keeping quiet. I wouldn't be able to handle things otherwise