

1 - *Hope* you shall have, no matter the cost. Whether in God, or Science, or yourself is irrelevant, it is the hope for any improvement that matters.

2 - *Experts* you shall not listen too much. Doctors, Internet, specialists, no one knows what tomorrow brings.

3 - *Fear* you shall look in the eye. One cannot escape, ignore or fight against "the queen" of all negative emotions. One has to accept its presence, welcome it, analyze it; it will then disappear by itself.

4 - *Accept* the reality as it is. Despite everything, if one loses certain organic functions or senses, one has to accept it and begin to adapt to it, without thinking it's irreversible.

5 - *Plans* you shall have, whether they're big or small is irrelevant, but keep on building something, keep your mind busy.

6 - *Food* you shall not neglect. Nature is bountiful, fruits, vegetables, hive products... As long as they're of quality, use and abuse them.

7 - *Alternative therapies* you shall get an interest into. Acupuncture, osteopathy, Chinese medicine... They don't replace our traditional medicine but they can be of use for an additional care, - but beware of them quacks and their snake oil!

8 - *Love* you shall. The love one receives from their close circle is very important, but it's the love for Life in general that will push you away from the disease.

9 - *Improving yourself* you shall. Trials are made as to make us change, to make us become better persons.

10 - A *black belt of patience* you shall become.

Everything goes with a smile, of course.

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