

Written by: Liran Hashalom

October 2018

CHAPTER 1.

When I was in third grade I missed so many days of school. I love missing school, but this time I was not happy to miss school and especially I missed the weekend.

I was so sick all the time. My Mom took me to the Doctor and every time we went, he gave me different types of medicine. Strong, stronger and strongest. My body as so weak I could not breathe. I did not want to eat anything, not even candy. When I felt a little better, I went back to school, and everything looked so different. Kids had gotten taller, and I noticed new kids. I had extra work to do so I was miserable. The last medicine I took gave me diarrhea. My Mom said "That's it. We must do something else."

This is when I met Dr. Bill Sears. The first thing he said was let's do this in baby steps. It is going to take time, but you will feel better, I promise. Then he gave me a hug. None of the Doctors I had seen ever gave me a hug. I felt great.

CHAPTER 2

Dr. Sears said at my first appointment that my body needs to be stronger. He suggested I take Juice Plus. I said sure, because it looked like a jellybean. I was right, it tasted good. Then he told me to use saline twice a day. I was thinking sailing, at the beach, but NO he means SALINE. Then last was the steam inhaler. I called it the breathing machine. I didn't like it at all, but I had to use it twice a day, 10 minutes every time. The good thing was, I got extra time on my iPad. After a week, I felt way better. I could breathe again! I did not remember this feeling when your nose is open.

CHAPTER 3.

At my next appointment, Dr. Sears suggested using a Neti-pot. I could not use it. It was very hard to do. It did not go through either nostril, so I used the sinus rinse bottle. It was easier to use. Next was my diet. I started eating gluten free and non-dairy per Dr. Bill Sears recommendation. It was hard at first. I remembered when I was in Starbuck's and wanted my delicious donuts. My Mom said we can not have donuts. I thought she was joking. Then later I understood that it was not a joke and I started to be serious and listening to my Mom, because she cares about me and I want to be healthy and not to suffer trying to breathe. I noticed a difference in a few months, especially when I snore at night. The snoring was all gone. I was getting better and better. Now I am used to it.

CHAPTER 4.

Next Dr. Sears talked to me about sports. How important it is for me. I started basketball. He also suggested swimming every week. I felt better and better! I really wanted to be on my iPad like before, but I now know it was hurting me.

CHAPTER 5.

Next appointment we talked about my mouth. He said I breathe from my mouth and my nose is stuffy all the time. So, he asked me to do mouth breathing exercises. He said hold your breath and let it out very slowly. He said it in a funny voice too. I remember it was so funny!

CHAPTER 6.

Last, Dr. Sears sent me to the orthodontist. He said I might need an expander for my jaw so I can breathe better and have more room in my mouth. Before I knew it my Mom already made the appointment. The first week was painful, but I got used to it. I know that I really needed it. After 6 months the orthodontists took it out. It was the best day of my life. I was so happy! I felt so different. I still visit Dr. Sears every 2 months to see how I feel and every time it is better and better.

Today I am in a different stage of my life. I am more aware of my health. I always make sure to not forget my Juice Plus, especially after being sick all the time. Last winter I was not sick, even one time. I even spent the night at my grandpa's house, in the same bed, while he was sick, and I did not get sick. It took a lot of work from me and my whole family. Thank you to everyone who supports me and loves me.

Liran Hashalom