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Dear life,

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 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 Madison's Strong stronger and strongest my body was so weak I could not breath I did not want to eat anyThing not even candies.

When I felt a little better I Went back to school.
And everything looked so different kids got
taller I noticed new kids and
I had to do extra work I was so miserable. The
last medicine I took gave me diarrhea
My mom said that's it we must do something
else

This is when I meet dr. Bill sears. the first thing
he said let's do it in baby steps
It is going to take time, but you will feel better I
promise and he gave me a hug.

None of the doctors I saw gave me a hug
that I felt great.

CHAPTER 2.

Dr. sears first appointment your body needs to be stronger

And he suggests to take juice plus.

And I said sure it looked like a jelly bean and I was right it tasted good

Then he said 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 min every time the good thing was I got extra time on my iPad

And after a week I felt way better I could breath again I did not remembered this feelings when your nose is open.

CHAPTER 3.

next appointment dr. sears suggest using nety pot

I could not use it was hard it did not go from ether nostrils so I use 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 Starbucks and wanted my delicious donuts my mom said we can not I thought My mom was joking than later I understand it was

Not a joke and I started to be serious and Lessening to my mom

Because she cares about me and I want to be healthy and not to suffer with breathing

I noticed a difference in a few months specially when I snore at night it was all gone

not any more I was getting better and better And now I'm used to it

CHAPTER 4.

Next dr. sears talked about sport how important it is for me.

I started basketball he also said swimming every week

I felt better And better.

I really wanted to be on my ipad as before but I know now it hurt me

CHAPTER 5.

Next appointment we talked about my mouth
He said I breath from my mouth and my nose
Is stuffy all the time so he ask me to exercise
mouth breathing he said hold your breath and
let it out slowly
He said it in a funny voice to. I Remembered it
was so funny.

Chapter 6

Last dr. sears sent me to orthodontist
He said I might need expender to expand the
jaw so I can breathe better and have more
room before I know it my mom already made
the appointment

First week was painful, but I got used to it I
know that I really needed it after 6 months
The orthodontic took it out it was the best day
of my life I was so happy.
I felt so different

I visit dr. sears every 2 months to see how I feel and every time it was better and better.

Today I am in different stage of my life I am more aware of my health I am always making sure not to forget my juice plus specially after been so sick all the time.

last winter I was not sick even one time. everyone around me was sick I remember one time I spend the night in my grandpa house sleeping 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 for everyone who support me and love me

Liran Hashalom

