

The Path to Health and Happiness

There's so much confusion that comes with growing up. I remember in my earlier years and even close to my teenage years, I had this desire to be active in such a way as to enjoy life like my classmates and siblings did, with their playing tag and running around playgrounds and having so much energy that it makes them jittery- but with an unknown roadblock. I would attempt to work out with my dad and brothers, only to be shaky and need to sit down after a few jumping jacks and take far too many water breaks. Then, after working out on my own to find strength, I found it impossible to gain any sort of muscle or recovery from my weak state. Some of this can be attributed to my age, but the divide was seen with those my age as well. At recess, others could run about for longer than five minutes at a time, while I had to choose between either a smaller level of participation in their games or feeling weak and too tired to keep on going in good health.

After years of dealing with these problems and chalking it up to lack of sleep and exercise, I brought up the issue to Dr Ulrich here at PIB in my annual checkup. She took my concerns seriously, and spared no time in looking for solutions. Soon, we thought that we had found answers, and worked on recovery, but even with that help I found myself easily fatigued and with an inability to physically improve.

Dr Ulrich continued to support me through my struggle, and rather than dismiss my feelings and say that there was no helping things- as some would do- she kept looking and made sure that I would come to a better, more healthy place.

It took many more months of tests and calls, but eventually I was given- through a call directly from Dr Ulrich- a diagnosis that would be life changing. I discovered that I had a very high level of Celiac Disease, meaning that I would no longer be able to eat gluten. No more fresh bread, sharing food with friends, or easy shopping trips. My entire lifestyle would have to change.

Immediately, and in every appointment since, Dr Ulrich has been so kind in helping me navigate this change in my life, and has shown so much concern and care for my health's improvement. After some time, I finally began to improve. I can now go for runs and lift weights while feeling an actual improvement in strength and endurance. I can play with younger siblings and family members without the need to sit down so often. I can enjoy my life to a fuller extent without worrying about feeling weak, lightheaded, or exhausted. And I owe it all to the care and support of Dr Ulrich, whose presence and effort through this whole journey has meant so much to me.