

## **Teresa (Buenos Aires, Argentina)**

I have suffered from the illness for 24 years. I was lucky doctors had the diagnostic in a short time after I began to feel visibly symptoms like having a strong sore throat, high fever, pain in all articulations so strong I felt weak rest prostrated, pericarditis, a constant fatigue, high decrease in my whole vital energy...

I was at such a pain that I understood for the first time the abyss between health and illness and how society reacts driving you to a crisis situation. Suddenly, you lose everything, work possibilities, family harmony, any project you have in life. The way you relate with others, CHANGES radically. At that moment the body pain was so deep that I wasn't able to see how to get out of it.

But six months after I began to feel a little better. I felt alive again and the greatest miracle took place six months after the diagnosis: I WAS PREGNANT. It was marvellous to think that a body captured by such an illness could recover and generate a healthy new life. My son NAHUEL was born giving my husband and me a great happiness.

After that period, suddenly the symptoms disappeared and I had a normal life again but I never left my medications. That period coincided with the first inauguration meeting in 1993 from the Asociacion.Lupus Argentina - ALUA, and since that day I have been participating in, and SOMETHING changed in me: Fear against the unknown, being out of control, all these sensations were always in me, changed when I met so many people who suffered the same illness, even though their symptoms were different.

Normally LES hurt kidney quite early. In my case it happened after ten years, when I didn't expect it. I felt many steps backwards... I had to make a great effort to accept it; reflection and calming down let me face quimiotherapy.

When after this, it came neurological compromise, Cerebritis Lúpica-CNS, I suffer another shock; it wasn't also unexpected. But this time my reaction was quick. I had to do my best to revert the situation...fortunately it didn't take much time "to come back". Of course the sensation of going backward was there again. But as I had learnt a lot through my pain and having struggled against it, I was better prepared to react.

I think all is inside us, each one of the answers and reasons to get well. Going by the way I recognize we do a metamorphosis like the butterfly and the difficulties were transformed in daily dare. The last eight years I'm in remission. I clearly know that the illness has not disappeared; only their symptoms in this moment are not present. Meanwhile I enjoy "this springtime". I enjoy life of course with my limits, but I am ALERT.

Of course, I would expect not to have a relapse but if it comes I think I'm prepared for it. I discovered my inside strength and now I know how to use it when it is necessary and I think that everybody can do it. What makes the difference is our own desire to live.

I hope my testimony can show that to find the way to "SANATION", what is more than a CURE from illness, is on each one soul.