



My journey with MS began 20th January 1994. I awoke on that Saturday, I had no feeling on my left hand side, thinking I may have had a stroke my doctor arranged for a MRI. Back then, Auckland was the only place that had one and I was diagnosed as having MS. Right from that point I was determined to keep moving my left hand side, feeling confident my body knew what to do.

However, I totally underestimated that feeling of exhaustion. I took 2 years

off my career as a teacher and made huge lifestyle changes.

First, I removed all my amalgam. I was lucky only having two fillings.

Second, I made huge dietary changes, eating basically fruit, vegetables and protein.

Then I tried colour therapy, yoga, Tai Chi and Reiki.

I had been a top sportswoman, I found it very hard to give all my sports up, but I soon learnt that I no longer could without serious repercussions.

I have been fortunate to carry on teaching and after 48 years, 20 of which were as a Deputy Principle, I have finally retired at the age of 65. I go to bed most nights at 8.30 but as I am an early riser that works for me. My best time of the day is before 2pm, then tiredness sets in.

My son was 6 when I was diagnosed with MS and I often worry about what he has missed out on but he assures me he didn't. My husband is hugely supportive, looks after meals, helps with housework, helps with pulling me up when I get stuck!

The MS Trust were a huge help in the first two years and have continued with support for almost 30 years.

All I can add is I have accepted my MS and have learned to live along side of it.

Pam

To make a donation - <https://fundraise.msnz.org.nz/faceofms/MS-waikato>