



# Myasthenia Express

## Myasthenia Gravis Manitoba Inc. March 2012

### Vol. 1 No.31



339 Boyd Ave, Winnipeg, Manitoba Canada R2W 1P1  
(204) 582-5456 [mginc@mts.net](mailto:mginc@mts.net)

## President's Report

By Diane S. Kowaliuk

Our next meeting will be held on Thursday, March 15, 2012 from 7-9 pm at the St. Boniface Hospital. Dr. Richard Tapper, Chiropractor, will be a guest speaker.

In November we had our annual elections and on our website <http://mginc.mb.ca> is the list of our new executive. I would like to take this time to thank all the executive members for their support, co-operation and hard work, another fabulous job. Also to our members and families who take the time to attend our meetings and share their experiences, trials and tribulations.

At our meeting in September we had a presentation from Caroline Heath on healing of the body, mind and spiritual needs. Presentation explained to us all three are required to help the healing from the inside out. Caroline also has myasthenia gravis and has explained how all of the above is helping her deal with the disease.

For our fundraising event for the year we had sold Grey Cup Tickets and the members were great sellers. Within a month we were sold out. Great job!!!!

For our March meeting we have decided to have an actual support group meeting to share our trials and tribulations and get caught up on upcoming events etc. In the last few months we have had new members and they need information from our existing members on how to cope with Myasthenia Gravis.

We are planning our spring get together for our May 17, 2012 meeting day, as a social function since we do not have a Christmas Party in January. Pizza will be served at this meeting at St. Boniface Hospital.

I would like to take the time to reflect on what a fabulous support group we have and how important it is to bring your family and friends to our meetings. This is an education process for all of us, which provides us with a buddy system, a person who you can contact to talk, cry, vent and laugh or just listen to you. So don't be shy come on out and enjoy a wonderful evening with friends.

Submitted by  
Diane S. Kowaliuk  
President

# NOBODY No's...

Why can't we just say "no"? Is it a fear of offending others? Are we worried we will be perceived as lazy? Or perhaps as one of those lesser super heroes? Saying yes all the time may appear to be the right thing, but what happens when saying yes all the time contributes to ill health?

In this edition we will explore the healing power of mind and spirit. One of my biggest nemeses is my desire to do it all and do it well...textbook perfectionism. That desire puts enormous pressure on my time and energy, increases my stress level and ultimately wreaks havoc on MG symptoms. This is a lesson I learned the hard way.

I have been blessed with a full remission for several years now with only minimal symptoms once in a while – always rearing their ugly head in times of high stress and poor sleep. These little reminders help to keep me in check and having MG has definitely taught me not to sweat the small stuff. I have been forced to become much more organized and efficient, with a pretty good head for solving problems. I have also given myself license to rest and relax on a regular basis, even if it is just to sit back for an evening to watch TV or read a book. My biggest accomplishment...I have learned to say "No."

You may have noticed that we did not produce a fall 2011 newsletter. While I enjoy my role as the Editor, the fall months were extra challenging for me due to several unusual stressors in my life. Getting the newsletter out in a timely manner was important to me and I hope of value to those who read it, but it just wasn't in the cards unless I was willing to push myself too hard. That was why I said, "No, at least not right now." I am grateful for the understanding of the Chapter executive.

I am a strong believer in the need to set priorities; to ensure that what is most important to you, and to those who depend on you, does **not** get sacrificed. Am I proud to say I couldn't get something important done? No, of course not, but in the long run it really was a relatively small thing that was trumped by bigger priorities. I am sorry it didn't get done, but I'm happy that the other priorities in my life did get the attention needed and my symptoms never did rise again. The balancing act of being a modern mother, wife, daughter, sister and friend with a full-time career sometimes teeters on the edge, but no one else but me can keep it from tumbling over. That is my responsibility and why I learned to say "No." (At least once in a while...)

Now everybody No's.

**Corinne Elson**  
Editor

## Quotable Quotes:

Efficiency is doing things right.

Effectiveness is doing the right things.

**Peter Drucker**

Sometimes the most urgent and vital thing you can possibly do is take a complete rest.

**Ashleigh Brilliant**

# ANNOUNCEMENTS

## 2011-2012 UPCOMING MEETING DATES

The following are the confirmed dates for our meetings for 2011 and 2012 location is St. Boniface Hospital at 409 Tache Avenue – Basement south Entrance – AG 001 & 2 by stairwell – **watch for our bright red signs.**

<u>Date</u>	<u>Time</u>	<u>Location</u>
<b>March 15, 2012 – Thursday</b> <b>Guest Speaker: Dr. R. Tapper,</b> <b>Chiropractor</b>	<b>7:00 to 9:00</b> <b>P.M.</b>	<b>AG001 &amp; 2 south end of</b> <b>basement</b>
<b>May 17, 2012 - Thursday</b>	<b>7:00 to 9:00</b> <b>P.M.</b>	<b>AG001 &amp; 2 south end of</b> <b>basement</b>

Please try to attend each meeting, we appreciate your attendance, participation and assistance in so many ways. Bring your family and friends, and learn more about Myasthenia Gravis.



### **Congratulations to the following winners of the 2011 Grey Cup raffle tickets:**

#### 1st Quarter

Correct Score **Susan Wardekker**

Reverse Score **Liliana DiMartino**

#### 2nd Quarter

Correct Score **Katherine Kelsey**

Reverse Score **Ruth Elson**

#### 3rd Quarter

Correct Score **Tim Silk**

Reverse Score **Howard Sedlovitch**

#### 4th Quarter

Correct Score **Andy Mandziuk**

Reverse Score **Joan Parker**

*On behalf of the Executive and members of Myasthenia Gravis Manitoba, Inc., we thank you for your support of our Chapter's fundraiser.*

# My Healing Journey – “Myasthenia Gravis”

## Caroline Heath

Have you been told by your medical doctor that Myasthenia Gravis is an incurable disease?

Has your life been turned upside down struggling with this insidious disease?

I am here to share my healing of Myasthenia Gravis with you and an alternative way to heal that is safe, no side effects and natural (non-invasive). It is called *Energy Medicine*. It is the healing of the *whole* person, mind, body and spirit. In truth, we are all one energy with three distinct characteristics. *Energy Medicine* assists the person to heal themselves on all three levels and in all areas. We are triune being consisting of these three parts and for healing to take place we need to heal all the parts in order to heal the whole of us. *Energy Medicine* encompasses healing the mind, body and spirit in a very gentle way.

It is my deepest desire to assist others to heal from this devastating disease or any disease for that matter. I have personally experienced it myself and know, first hand, what this disease is like and how it can ravage the body, and lower our energy physically, mentally, emotionally and spiritually – on all levels – and bring our life to a standstill at times.

It is unfortunate, however, that people with Myasthenia Gravis have not yet allowed themselves to try this new way of healing because it is not the norm. It takes courage to step outside the box of our comfort zone to break through the negative beliefs society holds about *Energy Medicine* and that conventional medicine is the only way to heal. Not true!

I have experienced great success in my own healing of Myasthenia Gravis through *Energy Medicine* and conventional medicine as well. However, in my case conventional medicine only addressed the physical body with drugs. *Energy Medicine* addressed the whole of me – the mental, emotional, physical and spiritual levels (mind, body, spirit).

The single most important factor in healing Myasthenia Gravis or any illness is addressing the *root* cause, which predominantly starts in the mind.

It is crucial to assist the person to understand the link between their thoughts and the illness/disease they have thus created playing out in the body.

Myasthenia Gravis is an autoimmune disease, which means that the immune system is attacking itself. If one's body is attacking itself, the person is therefore doing the same thing to themselves on a mental and emotional level as well. Illness/disease is a disconnect from the Body and Higher Mind. Before every major illness this is always a (trauma) trigger point preceding.

Each person has their own particular reason as to why they got ill. Each person will heal when they deal with their own specific root cause pertinent to them. There are many root causes, however, in Myasthenia Gravis, and in my own case as well, there seems to be some theme of lack of love for self, a self-loathing, self-hatred, feeling not good enough – “to do with self” – a non-acceptance of self. In healing any illness/disease the person has to take responsibility for thus creating it in the first place and take an active part in their own healing. Drugs help with the symptoms. To heal one must first correct the error in their body. Illness/disease is a disconnect from the Body and Higher Mind. All illness/disease is created first in the mind. All illness is self-created. Even conventional medical doctors are now seeing how people make themselves sick. Most people do this quite unconsciously. They don't even know what hit them – they take no responsibility that they created the illness/disease in the first place.

Each one of us are the creators of our reality, our life experiences and life can show up no other way for us than in the way in which we *think* it will. We think it into being through the energy of our thoughts we think, words we say and by our actions. As mentioned before, all illness is created first in the Mind.

Nothing occurs in your life – nothing which is not a thought first. Thoughts are like magnets, drawing effects to you. The thought may not always be obvious and thus clearly causative, as in “I'm going to contract a terrible disease.” The thought may be (and

usually is) far more subtle than that. (“I am not worthy to live.”) (“My life is always a mess.”) (“I’m a loser.”) (“God is going to punish me.”) (“I’m sick and tired of my life!”)

Thoughts are very subtle, yet an extremely powerful form of energy. Words are less subtle, more dense. Actions are the most dense of all. Action is energy in heavy form, in heavy motion. When you think, say and act out a negative concept such as “I am a loser”, you place tremendous creative energy into motion.

It is very difficult to reverse the effects of negative thinking once they have taken physical form. It takes an act of extreme faith. It requires an extraordinary belief in the positive force of the universe – God.

Healers have such faith. It is a faith that crosses over into Absolute Knowing. They know that you were meant to be whole, complete and perfect in this moment now. This knowingness is also a thought – and a very powerful one. It has the power to move mountains – to say nothing of molecules in your body. That is why healers can heal, often even at great distance.

Thoughts know no distance. Thoughts travel the world and traverse the universe faster than you can say the word.

I knew in my heart that this disease could be healed. It was a total certainty within me – this place of knowing was a place of intense and incredible gratitude. It was a thankfulness in advance that this Myasthenia Gravis could be healed. I accepted this in my reality.

Looking back, prior to this disease, my world was falling apart. My father and sister had both died of cancer two weeks apart from each other. I felt betrayed by a dear friend and the breakup of my engagement to be married. This all happened within a few months’ time. I cannot put into words the loneliness, the pain, the sorrow I felt at this time in my life. At the same time, feelings of not being good enough, self-hatred, self-loathing, not smart enough engulfed and consumed me.

On my journey back to health I did a lot of inner work. I monitored my every thought, the words I spoke and every action I took. I knew that I was the

creator of this disease and that it was up to me to heal it.

I began to see and understand the link between how I had disconnected from my *body* by my immune system attacking itself on the physical level and how I was attacking myself on the mental and emotional level by unconsciously turning “*inward*” on myself by the negative thoughts, belief patterns I held about myself.

I realized that the doctors could help my body with the symptoms of this disease but only I could heal the mental pattern in my mind that I created through error in my thinking against myself – which was the root cause of this disease.

I knew that if I could clear the mental patterns that created this disease then healing could take place. I also knew that if I was willing to do the mental work of releasing and forgiving myself I was well on my way back to health. I began to clear and release the mental patterns of lack of love for self, self-loathing, self-hatred, feeling not good enough, non-acceptance of self, betrayal, the pain, the sorrow and loneliness of the loss of my loved ones.

I took responsibility for my actions. I ceased all criticism of myself and others. I accepted myself just the way I was and that I was enough. I praised myself on a daily basis. I spoke my truth, if I meant “no” I didn’t say “yes” instead to please another. I stayed true to myself.

I realized that if I was empty of love for myself I had no love to give to others for how can you give from an empty cup? I began to see the magnificence of God’s creation in me. As my love for myself grew so did my love for God grow deeper, stronger and more loving. Love is the greatest healer of all – love builds up, fear pulls down.

It doesn’t matter how long we have had negative patterns we can begin to make changes today. The thoughts we hold and the words we repeatedly speak have created our life experiences thus far up to this point. The past is gone – we can make changes only in this present moment if we so choose.

By changing my perspective I changed my perception of myself and my life experiences – the inside of self

and the outside of self. It was metaphorically like peeling the many layers of an onion – or the many layer and areas of myself. All areas, all levels of my being and consciousness were being cleansed and brought into balance. All parts of me came into wholeness for Soul Spirit conceives, the Mind creates and the Body experiences (the feeling). All the parts of me were no longer separated. All parts of me were now integrated and brought back into “Oneness” – “Wholeness”.

Today my body is symptom free and medication free. I can ride a stationary bike six to seven miles a day. I also do resistance training to build up lean muscle mass to counter the effects of the Myasthenia Gravis disease. I follow a nutritious diet and get eight hours of sleep a night. I do my best to live my life from a place of love – with a desire to assist others on their healing journey.

Integrated Energy Services: *Energy Medicine* healing assists us to reconnect to the God part of who we are. It is through error in our thought process that we separate in the first place. Reconnecting to God is the secret to all healing. This healing reconnects us with the Divine energy within each of us. It is beyond any *technique* or *formula* that we have had to work with on this planet until now. This healing brings in light and information.

When I connect to this energy and give healing I give up my attachment to the outcome – it is between the healee (the person receiving the healing) and the Divine within – for the Divine Power within (each of

us) can correct and erase all errors, all pain, and all separation. This healing is life changing. God within is the healer, however, we must do our part in the healing process in partnership with Spirit because we are the one who “disconnected” or “separated” Body from Higher Mind.

In closing, this disease has been my biggest gift. I have learned through this disease to life from my heart space, loving, approving and accepting myself just the way I am, trusting in a loving God to provide for me all that I need, on all levels and in all areas of my life experience. The more love I have for myself, the more love I have to give.

*Metaphysical* means to go beyond the physical to the mental cause behind it.

*Incurable* means that the particular condition cannot be cured by “outer” means at this point. We must go within to affect the cure.

*New Thought* – Miracles happen every day. I go within to dissolve the pattern that created this and I now accept a “Divine” healing and so it is!

Louise L. Hay    Heal Your Body  
Hay House Inc.    USA 1982, 1984, 1988

Neale Donald Walsch  
Conversations with God an Uncommon Dialogue  
Book I (Putnam & Sons NY)

## **In Memoriam**

**It is with deep sadness that we relay the passing of the following valued members of the Myasthenia Gravis Manitoba family:**

STANLEY KLOS    May 9, 2011

JEAN ANN ROBERTON (nee MUNDIE)    June 29, 2011

MARY EDIGER (nee ENNS)    January 4, 2012

MARGARET (PEGGY) LOUISE SHADE    February 16, 2012



## Exercise Fit for MG

The Wellness Institute at Seven Oaks is once again offering the following program specifically geared to patients dealing with Neurological Conditions:

### Neurofit – 8 weeks

Neurological conditions such as MS, ALS, Guillaine-Barre syndrome, dystonia, Parkinson's disease, post-polio syndrome and Huntington's disease can affect your quality of life and ability to stay active. This exercise program, led by exercise professionals, builds the abilities needed for activities of daily life. **To register, call 632-3910.**

**\$100/session or \$175 for Tue and Thu (in the same month).**

**a. Tue, April 3– May 22, 9:00-10:00am c. Tue, May 29 – July 17, 9:00-10:00am**

**b. Thu, April 5– May 24, 9:00-10:00am d. Thu, May 31– July 19, 9:00-10:00am**

## Group Support

**Get Better Together!** is a **free** six-week workshop designed to help Manitobans with ongoing health conditions to take control of their health. Learn to solve problems and set goals to live a better life in each of the 2½-hour sessions. You'll receive a copy of the book *Living a Healthy Life with Chronic Conditions* and you're welcome to bring a support person. The program is also available in French.

**Get Better Together!** is a province-wide program and takes place in all Manitoba regional health authorities.

Please visit [www.wellnessinstitute.ca/gbt](http://www.wellnessinstitute.ca/gbt) see the program dates and phone numbers for programs throughout Winnipeg and around the province.

**Registration is FREE!**

---

## Wanted:

### **Your stories, feedback and comments**

Please contact me at [scelson@mymts.net](mailto:scelson@mymts.net) if you would like to share your story and experiences, suggest topics for future newsletters or just to provide feedback. Everyone's MG experience is different, and we

can all learn so much from each other. Thank you for taking the time to read this publication and I hope to hear from you soon.

*Corinne Elson, Editor*

---

## **Resources:**

MG Manitoba Inc. Website: <http://www.mginc.mb.ca>

The third edition of the book, You, Me and Myasthenia Gravis, by Deborah Cavel-Greant, is available for purchase for \$20.00. Contact Verna Kapkey at 204-586-6784 or [mginc@mts.net](mailto:mginc@mts.net)

Our drug alert card has been printed “**Drugs that worsen the symptoms of MG**”  
If you have not received this card contact Verna at 1-204-586-6784

## **Myasthenia Gravis Manitoba Inc.**

### **Membership Fees:**

\$10.00 -- Family

\$ 5.00 -- Per Person

### **Please submit your fees or donation to:**

Myasthenia Gravis Membership  
Maureen Silk  
614 Munroe Avenue  
Winnipeg, Manitoba  
R2K 1H8

### **Literature**

If you, or someone you know has Myasthenia Gravis and needs information on the illness, we do supply literature, in the form of previous articles, pamphlets, etc. for members and their families. Contact, Verna Kapkey at 1-204-586-6784 or [mginc@mts.net](mailto:mginc@mts.net)

### **Please note:**

This newsletter is intended to provide the reader with general information to be used solely for educational purposes, and that any medical views expressed in this newsletter are those of the individual author and do not reflect any official position of the Myasthenia Gravis Manitoba Inc. Chapter.

Always consult your physician or health care professional for medical advice.

