

I don't need another Dr., but I do need help with understanding this whole health thing

By Dr. Jeanette Gallagher, NMD

"I don't need another Dr., but I do need help with understanding this whole-health thing. Can you help?"

Yes, that is exactly how Dr. Jeanette Gallagher can help you if you are facing a health crisis, or if you just have so many questions and 'Dr Google' is just too much information for you to understand for your particular case.

Dr. Jeanette can help you answer some questions if you are feeling overwhelmed and unable to understand what is happening to you, such as:

1. How you got sick in the first place
2. What you need to do to follow your doctor's instructions
3. What will take place when receiving treatments

Additionally, she can help you realize what other options you have to feel better, such as:

1. Choices in the course of treatment
2. How to spread out or rush into the work you need done
3. Knowing how to ask and get the care that you think is important
4. What questions to ask to find support systems you never knew existed
5. Understanding how to live the fullest possible life in the face of health challenges

We all think that health and wellness is about having the body and energy of perfection that we had at age 30. Our body's age and all the anti-aging compounds from the internet are not going to stop the process and overnight make us hot teens again.

This is not about losing our hope and faith in a healing outcome, but it is about accepting where we are, finding ways to ease through it gracefully and to allow all the pain, suffering and grief to flow through us. Internalizing all the feelings may worsen your health condition and prolong its presence.

If you have questions about your life or if you have recently been asked to help with another loved one's life, Dr. Jeanette is available to be the person who has knowledge, education, experience and compassion to help guide you through casual conversation with the difficult or super silly questions, no matter what they are about.

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Here are some additional questions you may have so you can feel safe in asking the hard or easy ones.

Questions:

- My mother is sick and I have no clue how to start helping her
- My father is developing dementia and my mother is afraid
- I am noticing my memory fading and am scared to talk to anyone about it
- I have to go into the hospital and get some tests done but I have to take a cab, I have no one to help me
- They said I need to go to rehab but what does that mean, and who will feed my cats
- I am in the emergency room and need to get treatment but I am a single parent and my kids are with me
- My doctor said to trust him/her but I am feeling I need more than trust, I need answers (I need to ask questions, get answers, share solutions and options, make choices, and time to sit with this)
- I have a significant disease and it will be okay because all my friends have already gone through it ,but I am scared and I have no clue what to do, I don't care what my friends say because this is me who this is happening to
- I have been staying in a marriage for fear all my life and there is no way out (rather, I don't want to be alone so I will take what I have, it is not really that bad, is it?)
- I have suffered abuse of some kind in my past and now I am sick, so how do I trust anyone
- My doctor gave me all this information and I have no clue what to do next
- The ambulance came and they did not get my insurance card, how are they going to know what to do (they did not get my information so how can they help me)
- I have been in pain for decades and no one can help (first mental, emotional and physical being challenged)
- I have ironclad end of life papers set up and nothing is going to let me die
- I see the world as kind and loving but my healthcare experiences are proving otherwise
- I see the world as a 'dog eat dog' experience, so now what do I do to get help when I am down

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Above are some examples of questions I hear from clients, and there is someone here to listen to you talk, tell your story, share what did not work and explore how to find things that will work.

Life is to be experienced and to have uplifting and glorious days even in the face of feeling crappy and broken. Open a window, turn on the radio, dance with yourself in your thoughts and love the one you're with – YOU!

Please reach out and ask questions. Listen to the radio shows for additional inspiration and thought-provoking concepts. Wishing you love, light and healing happiness,

Dr Jeanette Gallagher, ND

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