



### **Is Your Health A Luxury or a Necessity?**

The 50th birthday celebration is finally over. My last birthday present was a gift to myself and only took 12 minutes – a colonoscopy. After watching Gary mark his half century mark by drinking a gallon of junk and looking like he had horrible flu I was not exactly excited about this last birthday gift. However, being in the health care field for 34 years has taught me that “health is hope and hope is everything.”

It seems we never care about our health until it is gone or too late to get it back. I have had hundreds of clients memorize my favorite verse, “Health is a crown on a well person’s head but only the sick may see it.” So I guess it was time to “polish” my crown.

It has totally amazed me how total strangers love to talk about their colonoscopy experience. So many people have asked me about it who have put it off and are “way” past their 50th birthday. I felt compelled to write about it. Many people have told me they don’t have time for a colonoscopy. If you have 3 days and 12 minutes you have time for a colonoscopy. The first two days you follow a low fiber diet. If you don’t eat many fruits and vegetables and whole grains, you will probably not have to make any diet changes at all. It really is the typical all white American diet. For some reason those two days I totally craved strawberries but didn’t dare eat them. The day before your special test you need to drink clear liquids which for me included 3 Diet Cokes with Lime, lots of water and 4 cups of coffee (way more than normal for me!) From my client’s food records this diet would not be hard for most people until dinner hour. For some reason I craved Red Vine Licorice the entire day.

At 7:00 pm on Thursday the evening before my colonoscopy, I drank the three 8-ounce “colonoscopy special” mixed with Diet Ginger Ale. I got all comfy on my down couch and all ready to watch Survivor. I waited and I waited and I waited. Nothing happened. In fact I got totally bored lying on the couch waiting for the “magic” to begin. I started to think they would not believe me..I really did follow the special directions all week. At 10:30 pm I got tired of waiting to go to the bathroom and I finally went to bed. At 5:30 am I was awake doing the final three 8-ounce “colonoscopy special” mixed again with Diet Ginger Ale. I finally needed the bathroom. Total bathroom time was only 2 1/2 hours from 6 am – 8:30 am.

Gary drove me to my appointment. I had asked him to take the entire day off for a “date day” with thoughts of a nice lunch and shopping after my test. Checking in reminded me of a popular deli counter. There were so many people that we were asked to stay in line. Wow..and here I thought I would be the only one doing this. In the waiting room 3 women and I had a lively chat about what to mix the “colonoscopy special” with...some liked white grape juice and some water. The discussion ended with the ladies requesting that I send them the recipe for homemade ginger ale and Gary rolling his eyes at how the waiting room had seem like another “Chere party!” It was!

At 9:15 am I had my vitals checked and changed into a cute gown and robe. I met Dr. A. I had a nice chat with him and in fact talked to him throughout most of the procedure. Before I knew it I was all done and all I could think of was food. I was starving and I wanted steak. Steak at 11 am in the morning...not normal for me. The nurses talked me out of steak and I ended up at Baker's Square eating a full breakfast and getting so ill I just wanted to go home and to bed. Darn! I had Gary take off the entire day for a "date" day and I was definitely NOT anywhere near "date material" I napped for 5 hours!! The results came back I have a fabu colon! YESS!! I don't need another colonoscopy until I am 60! Colon cancer is the second leading cause of cancer death in the US. I polished my crown of health in only 12 minutes and reduced my risk for colon cancer.

Every day is full of minutes – you choose what you do with each minute ...will your choice for that minute hurt you or help you?? What are you waiting for before you take care of yourself? Is it after the school year is done or when summer is over? Or when things settle down? Or when the bills are paid? Our bodies don't wait. They don't take an IOU on exercise, nutrition or medical check ups! 1/3 of all cancer deaths are due to an unhealthy diet and not enough physical activity. Health is not a luxury, but a necessity. I think the "what ifs" are far worse than 2 1/2 hours of toilet time. And, that day was one of the best naps of my life. Ready to polish your crown? Click here if you want to know more about Cherecoach's 12 week wellness coaching plan.