

STICK WITH IT, DAD WAS RIGHT!

by Tara Squires Smith



I remember the day my life changed all too well. I was driving my oldest son Ethan back from the dentist. The appointment was quick and we were looking forward to the afternoon off to do something fun. Traffic was heavy that morning. We were stopped for a red light in a busy 5-way intersection. I had my left hand on the steering wheel and turned to say something to Chris, my youngest son who was in the back seat when a car ran the other red light. The driver swerved to avoid a head on collision with an oncoming car and slammed into the back of mine instead. Wham! A jolt like lightening hit the hand gripping the wheel and shot up my neck into my head. My head, which was still facing the back seat, somehow whipped sideways and hit the steering wheel. What just happened? My first thoughts turned to my sons, Ethan in the front and Chris in the back. Were they okay? Thankfully, yes.

The police came first, then the ambulance. Medics checked us out and everyone seemed fine. My neck was hurting, and I was pretty sure I had a mild concussion- - I felt lightheaded and nauseous. But I opted out of going to the hospital as the boys were really shook up and I just wanted to get them home. As the evening progressed, I realized I wasn't as okay as I thought. The pain in my arm and neck was getting more intense, moving up into my jaw and eye and down into my hand. The head symptoms were getting worse as well. I decided to see my primary care physician the next day and the first set of tests began.

Fast forward through the next two years. I had X-rays, MRIs and CAT scans which all led to new doctors and ideas of what was wrong and how to fix me. I had hand surgery, months of physical therapy, injections and tried a variety of medications. I saw every kind of specialist, hoping the next one would have “the” answer. I was desperately looking for the cause of my pain, which still involved my entire left side, starting with my eye and traveling down my neck and into my shoulder. The brain fog, vision issues and fatigue were worse. Nothing I tried seemed to bring any real or lasting relief. Fighting the maze of insurance paperwork, I wondered, *will I ever feel normal again?* Life went on and so did the pain. I felt defeated and out of options.

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Just when I thought my life would not change, something interesting happened: COVID. We seized the opportunity to spend a winter in Arizona, renting near Margy and my dad (David)). Our then 13-year old Chris came with us; because of COVID he was able to do remote schooling. In the months that followed I worked at To Your Health

(TyH), a company my Dad dreamed of starting to help others with fibromyalgia and other chronic pain conditions since he had found natural therapies helped his fibromyalgia.* Margy made that dream happen for him in 1994 and since then, thousands of people have benefited from both of their life experiences. So when they asked if I could continue their legacy, I accepted the challenge In June 2021, we did indeed move the fulfillment part of the business to Maine. They stayed on to assist the transition from Arizona.

Another interesting thing occurred. Looking at all those supplements every day and hearing the stories from so many about how this one or that one helped their quality of life began to nag at me. Really? Although I took the supplements Dad sent me, I didn't practice what he and so many others preached. Sure, I took vitamins D3 and C and Olive Leaf Extract when I got sick. Or Multi-Gold™ a few days a week. But that's all. When we were well, the supplements stayed in the cupboard.

With so much pain and brain fog left over from the accident, I thought if I'm going to do my best for TyH, I need to figure out what to take to see if makes a difference for me. Using everything I'd learned working at TyH, I came up with my own daily program. Tara's Program. I started slowly, adding one supplement at a time, until I reach my supplement intake goal. Day after day I kept to my program and day after day, I felt more energetic and less achy. I worked some long-g hours in the beginning and I could not have done it otherwise!

Today my brain fog is completely gone and my focus is back. My energy level is better than it's been in 10 years! Is my neck or shoulder cured? No. Do I still have bad days and pain when overdoing? Yes. But I recover more quickly and the pain is not interfering with my life as before. More importantly, I learned a valuable lesson to pass on to TyH customers. You cannot get better or feel better doing one thing or taking one magic supplement. And you cannot expect anything you take to work microwave quickly. That's not how the body heals. Healing is a slow process that takes time and only produces results when I consistently stick to my program. My dad tried to tell me that. *Stick with it, Tara*, he'd say. But you know I wanted an easy way to be who I was before the accident. The simple truth is this: Dad was right. If you want to see results, stick with it.

***You can read my Dad's original David's Story online in the TyH Health Library.**

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