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YOU CAN'T PUT TOOTHPASTE BACK IN THE TUBE

When we develop significant symptoms, and are diagnosed with Parkinson's disease, Multiple Sclerosis, Lyme disease, Motor Neurone Disease or some other "incurable" disorder, we may (often) express the wish to be "like we were before". In essence, we want to go back to an earlier, seemingly easier time.

Well, we can't do that anymore than we can put toothpaste back in the tube once it has been squeezed out. Our earlier life has been lived and is history. We can learn from it, explore it, revel in the good memories, heal the bad ones, and move on to a more exciting, healthier life.

The toothpaste we squeeze out of the tube is for cleaning our teeth. It does its job, then we flush it away. We don't want to gather up the used toothpaste and push it back into the tube.

Use your life before illness (LBI) as a building block for becoming healthy. Think about the choices you made that helped you and those that hindered you. What parts of your LBI exacerbated the process of degeneration leading to diagnosis? What can you change in your new lifestyle that will enhance wellness?

We can't go back to our old life (our LBI) and should not want to, any more than we want to put toothpaste back in the tube.

