

SURVIVING
GUILLAIN
BARRE
SYNDROME



A STORY OF GODS HEALING GRACE, HOPE,
RESILLIENCE AND DETERMINATION

BY VIOLET ALALI



INTRODUCTION

Life is unpredictable, and sometimes it throws challenges our way that we never could have anticipated , sometimes not because we made a mistake or we deserve it. My life took an unexpected turn when I was diagnosed with guillain Barre syndrome GBS , a rare neurological disorder that attach one out of a million people in the world .I happened to be the one, gbs turned my world upside down. I am writing this to share my survival story, resilience and hope that helped me not only endure the struggle but also came out stronger.



1. ONSET OF GBS

It all started one morning with seemingly harmless symptoms-weakness on my limbs, tingling sensation and difficulty in walking. Little did I know these little signs were just the tip of the iceberg. As days went by the condition began to worsen rapidly, leading me down a daunting path of fear and uncertainty. The diagnosis of GBS was confirmed on (15th July 2022) and my life changed forever.



2. BATTLING UNKNOWN

The journey of recovering GBS is slow and very depressing. All aspects of my life were affected from simple daily tasks to my career, relationships, and independence. The physical pain and limitation were immense, accompanied by emotional and psychological anguish. The physical pain and became a test of patience, Courage and the will to persevere.

3.THE POWER OF SUPPORT

During my battle with GBS ,I Discovered the power of a strong support system, family,employer,friends,church and healthcare professionals rallied around me, providing unwavering support, prayers, encouragement and guidance. Their presence gave me the strength to keep fighting, especially during moments when I felt like giving up. Together we navigated the difficult days, celebrating even the smallest milestones and wins .



4. EMBRACING A NEW NORMAL

Surviving GBS meant adopting to a new way of life-one that required adjusting expectations and accepting the changes that it brought. Through physical therapy and occupational therapy. I discovered that my body was capable of more than I could have ever imagined. I learned to celebrate each milestone, no matter how small and to cultivate gratitude for the simplest joys.



5. HOPE, HEALING AND MOVING FORWARD

As time passed by my resilience paid off and I began to see signs of progress slowly but surely the strength in my limbs returned, allowing me to walk on my own again. The road to recovery was very hard, demanding discipline and patience but hope remained my constant companion, I seized every opportunity for growth, pushing myself to do the impossible, reminding myself that I am stronger than any setback.



CONCLUSION



Surviving GBS was undoubtedly one of the most challenging experiences of my life, however through persistence, the support of loved ones and an unwavering belief in myself. I was able to persevere, my journey taught me the importance of resilience finding strength in our darkest moments and never to underestimate the power of Hope. Today I am a living testimony that even in the face of adversity, with determination and a positive mind set, we can overcome the seemingly impossible and emerge stronger, wiser and filled with gratitude for the second chance of life.

I am alive today not because I am good and righteous but because of the Grace of God even when I didn't deserve all He still made everything possible for me He is Jehova Rapha my Healer.



DEDICATION



To God almighty for the healing,
provision and Grace

My Church ICC Imara- Rev Julius, all
Pastors ,staff, my CG Daughter of
Sarah, Imara Cg and Ushering Team
for all your prayers, visits , and
financial support

My family ,Stacy, Vicky and all blessed
Generation Members indeed you were
a blessing to me

My Medics; Prof. Kwasa, Dr. Oyugi,
The Mater Hospital , Ability Therapy
Center; for your support

The great team that has walked with me
in my re-learning journey

