

The year was 1975 (specifically the last day of 1974)

I had been married almost three and one-half years. We had no children. My mind snapped. I completely lost touch with reality. Consequently, I spent two and one-half months in a mental hospital in Mobile, Alabama. I endured many electrical shock treatments, various drugs and group sessions. Nothing helped.

I left the hospital, severely depressed for a year – on the sofa – not engaged in life. Previously I had been a joyful, busy 26 year old wife, homemaker and teacher.

After leaving the Mobile hospital, I continued monthly appointments with the psychiatrist and consumed all the medicines he prescribed. Nothing helped. After a year, I ended the medical appointments and stopped taking all medicines.

Family and First Baptist friends never ceased to pray. Then the depression lifted and did not return until December of 1977. Our daughter was 3 months old. My sister kept her while I was in the mental unit of a Montgomery hospital for about a week.

In the mid 1980's my depression began to cycle about once a year. Among other things, I tried light therapy, to no avail. After three months of taking various supplements and offering many prayers, my depression would lift. I would return to the joy-filled, active, engaged wife and mother of two children (our son was born in 1981).

Then the worst ever attack of depression descended on January 13, 2017, it lingered and simply would not lift. Because none of my supplements were helping, I decided to find a doctor. Surely someone could help me, I reasoned.

Over the course of 2 years, I went to 5 psychiatrists (3 in Dothan and 2 in Birmingham). I had 8 sessions with a Birmingham psychologist. I spoke with a counselor in Pensacola and one in Montgomery.

In Destin, Florida I saw a functional doctor, in Gulf Breeze I had many appointments with an internist who did extensive blood work. In Andalusia I had an appointment with a gynecologist. I tried yoga and B<sub>12</sub> shots. Various chiropractors sought to help me.

I was in the mental unit of a Birmingham hospital for 43 days. Four months after the hospital stay, I began various other treatments such as 30 magnetic stimulation treatments as well as 16 electrical stimulation treatments (lasis). These were not electrical shock treatments. I had 14 Hocatt treatments. I tried acupuncture as well as acupressure. Several herbalists tried to help me. However, not one treatment, medicine, supplement or doctor could help me.

In 2018 I traveled 14,000 miles seeking help, not counting the medical trips in 2017.

Still my family and friends prayed for my healing. All of us wondered why, why could I not get well .....