

"What I learned about life from EECp"

When you undergo an EECp procedure they strap these big blood pressure machine type cuffs around each of your legs, each of your thighs and your abdomen. You are literally Velcro® strapped to the bed. Try as you might you cannot get up!

It is five days a week, Monday through Friday, one hour each day, for seven weeks. You have to clear your schedule for seven weeks for that period that you are undergoing your treatments. She said no excuses, other than death!

Well what are you going to do strapped to a mat for one hour each day with this machine pumping away to make your heart stronger? Here is what happened to me.

Her name is Carrie, a dedicated health professional if there is ever was one! She says that this is the most rewarding opportunity she has ever had in her nursing career. She can see real progress in her patients. Carrie is a loving and caring Christian nurse.

Carrie is the Angel that God sent into my life. You see she had to have me strapped down with Velcro®, where I could not move to get my full attention.

Remember Balaam's donkey from Numbers 22:26. "Then the angel of the LORD went ahead, and stood in a narrow place, where there was no way to turn either to the right or to the left."

I was very much like old Balaam. I had to be Velcro'd in where I could not get away for the Angel that God had sent to me to get my attention. I literally had to be where I could not turn to the left or the right.

Here is what Angel Carrie has taught me - -

- If God says NO - - take NO for an answer!
- God's time is always on time!
- You're not "Charlie in Charge" anymore - - get over it!
- When your ego says GO and your body says NO - - follow your body. It is God's way of telling you to slow down!
- Even though you have been the "fire horse" all your life - - next time the fire bell rings stay in the pasture!
- Follow for a while and let others lead! Remember Albert Camu's great advise (Don't walk in front of me, I may not want to follow. Don't walk behind me I might not want to lead. Just walk beside me and be my friend!)
- Eat healthy!
- Read labels!
- When your burden gets heavy, and it will, tell God that you are turning it over to him, and learn to let go!
- Remember you cannot fix every thing that is wrong!
- Get regular exercise (nothing to jar your innards, go at your own pace)!
- Don't be a couch potato!
- Learn to say NO with grace and meaning!
- Take your prescriptions on time!
- Don't rush! If you don't get there on time - - that's OK.
- Follow the sage advise of ole' Satchel Page - - "Never look back, something might be gaining on you!
- There is absolutely nothing worth risking your health and well being for!
- God will forgive you!
- God loves you!

A Jim Lane Commentary
June 23, 2003

** Enhanced External Counterpulsation (EECP) treatment is a noninvasive, outpatient procedure to relieve angina by improving perfusion in areas of the heart deprived of adequate blood.*