



# My Recent (and Necessary) Health Adventures

ThomasOrrConsulting, LLP

updated June 29, 2016

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The following is a brief outline of my experience with two types of cancer, a heart attack, and other challenges that God has lovingly designed to enlighten and prepare me for my next big mission in life.

## Preliminaries

As a firm believer in the God of the Old and New Testaments of the Bible, and his communication with us through the authors he inspired to write it, I have found Jeremiah 29:11 and Romans 8:28 relevant to me and continually proven true, no matter how things may appear otherwise at different points in time.

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”* Jeremiah 29:11 (Old Testament, New International Version)

*And we know that God causes everything to work together, for the good of those who love God and are called according to his purpose for them.* Romans 8:28 (New Testament, New Living Translation)

## The Adventure

**Spring 2014:** Pain began to appear in my right foot after a few days of heavy-duty digging, gardening, and lawn care.

**Spring-Fall 2014:** Initial pain and swelling got better at first but then began to reappear when a bump started to form on the right side of my foot, just below my ankle.

**Blessing:** Although this was increasingly painful, it did not stop me from working for two weeks in India and two weeks in Peru for the U.S. Department of State, as well as exploring the beautiful mountain-top remains of Machu Picchu, a royal 15th-century Inca estate in the Andes—two wonderful jobs that established quality relationships with many people, including some who greatly valued my orthodox Christian theology, values, and lifestyle.

**Blessing:** I got to know two very excellent doctors, both of whom are Christian believers, who serve their patients not only with their dedication and expertise, but also with prayer.

**October 2014:** Chondrosarcoma was diagnosed and my right foot was amputated just below the ankle, shortly after 7 AM on October 31st.

**Blessing:** I enjoyed remarkably excellent care at OrthoIndy, including some very encouraging prayer and fellowship with many of the Christian believers who work there. I was also able to pray for and share about my faith in Romans 8:28 with some hospital staff who were not believers as well as give a few of the younger staff members some helpful advice for their professional development.

**November 2014-January 2015:** I spent lots of time in bed on heavy pain killers, learning how to “walk” with a walker, and adjust to stairs and bathroom showers with just one foot and a heavily bandaged stump.

**Blessing:** My wife and I became more strongly convinced that our core marriage verse from the Bible (Romans 8:28) was indeed true and gave us hope that many good surprises from all of this awaited us.

**Blessing:** The quality of our family’s relationships with each other and our perspectives on life significantly improved, even though they were already quite good.

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**Blessing:** Relationships with our friends, acquaintances, former students, clients, and former colleagues significantly improved, and inspired some to think more deeply about their life as well as about God, who was clearly blessing us in the midst of all our new limitations and challenges.

**Blessing:** While in bed, most of this time, I was motivated to spend time in prayer, in the Bible, and in reflection on why this had happened and what God was preparing me for. I also prayed more for my clients, former students, and others so that they might encounter the God of the Bible more deeply and surrender their lives more trustingly to the plans, values, and blessings that God desired for each one of them and their families. Not surprisingly, this motivated some beautiful changes in the thinking and lifestyles of some Muslim, Buddhist, Catholic, and atheist friends, including one who eventually abandoned his faith in Buddhism for passionate faith in Jesus and baptism later that year.

**Blessing:** The wife of a godly Christian couple, who prays regularly and powerfully for us and many others, dropped by to see how we were doing and to give us a get-well card with a \$500 check inside, guessing correctly that we probably needed it. This generous act of love motivated us to begin thinking more reflectively about living our lives more intentionally by faith rather than by human strategy, as well as to give more to others by faith so that they can be greatly blessed as well. Since this gift came from a couple with some financial challenges of their own, their gracious generosity left an especially powerful impression on us.

**February-August 2015:** I learned to walk in different stages on several different prostheses, and learned to drive with my left foot, as well.

**Blessing:** The Honda Odyssey that God had motivated us to purchase three years earlier was ideally suited for driving with my left foot, and thus did not require the addition of any special equipment for handicapped drivers.

**Blessing:** Although I was only able to work with a few online clients, I was able to communicate with them and many others more deeply and spiritually, and they were more open to hearing my thoughts and advice. Because of my limited physical activity, I was also able to spend more time in prayer, study, and reflection about my work and life purpose.

**Blessing:** In spite of our severely reduced income, God continued to provide for us so that we were never lacking in what we needed, and thus were able to maintain our lifelong commitment to debt-free living and sacrificial generosity.

**Blessing:** We found a church that fit our needs, expectations, theology, culture, vision, and perspectives perfectly, even though our previous church fit us in many excellent ways, too. We started making friendships and growing in our faith there, in ways that brought us greater joy and promoted greater spiritual maturity for the next phase of our life work.

**August 10:** About 12:30 AM, I had a serious and unexpected heart attack, which required defibrillation in the ambulance in route to the hospital to bring me back to life. Within the next two hours, one of the hospital's best doctors (who happened to be on duty while I was there) inserted two new stents to open up two arteries that were previously clogged shut.

**Blessing:** The home that God motivated us to purchase happened to be only two minutes from the closest fire station (where the ambulance was located) and only twelve minutes to a major hospital, known for its excellent heart surgeons and heart care. This speedy access to excellent care saved my life.

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**Blessing:** This new health adventure inspired me to think and pray even more deeply about the purpose of my life and what I should be doing to help others more significantly before my heart eventually stops beating permanently someday.

**Blessing:** I was encouraged to begin reforming my eating habits in order to avoid popular foods that are unhealthy because of their high salt, bad fat, high sugar, and limited nutritional value.

**August-October 2015:** I started my recovery from heart surgery and built up my strength by walking longer distances on my prosthesis (i.e. one or two miles).

**October 27-early November:** A CT-scan was taken, which revealed that cancer had returned to infect my lungs. Consultation with doctors subsequently revealed that my lungs were covered with cancer, that my type of cancer was incurable, and that I would likely die well within one year, if not much sooner.

**Blessing:** Indescribable peace and joy from God filled my heart, knowing that huge challenges always preceded significant blessings and significant training for the next phase of my life work. My wife cried on and off the first week at the thought of losing me, but God then filled her with peace and thanksgiving, too.

**Blessing:** One of my former university students, who had become a Christian a few years earlier, happened to be visiting our home that week, so my new cancer diagnosis provided excellent opportunities to talk more deeply about the Christian life and its purposes for him before his upcoming marriage and the start of his new life as a family man.

**Blessing:** On the day of my diagnosis, we met a man in an art gallery who told us that he had been diagnosed with terminal cancer three years ago, but that the elders of his church had prayed for him and that he had become completely and miraculously healed, to his own great surprise as well as to the surprise of his doctor.

**November 2015-present:** Our biggest adventure began and continues playing itself out in amazingly beautiful ways as we continue to fight cancer and adjust our life to the beautiful new plans that God has for us.

**Blessing:** We decided to sell our home in order to move within 5-10 minute walking distances of healthy supermarkets, restaurants, pharmacies, and other businesses for my wife's convenience, since she doesn't drive. Also, we decided to move to an apartment rather than a smaller home or condo so that she would not have to bother with property taxes, maintenance issues, neighborhood association fees, lawn care, and other responsibilities of home ownership that would be challenging for a non-native speaker of English, living in a foreign country and culture.

**Blessing:** The apartment we wanted (the largest one-bedroom apartment in a particular complex behind Trader Joe's and other excellent businesses) had just become vacant a few days earlier, the apartment management was offering a significant monthly discount on that apartment since it was off season for apartment rentals, and they completely repainted and recarpeted the apartment to make it fresh and beautiful for us.

**Blessing:** Although we did not know it at the time we selected the apartment (since we never got a chance to see it before we took possession), the size and layout fit our furniture perfectly so that we didn't need to buy anything new; the bathtub was large and deep, which made it perfect for hot Japanese-style baths (which seem to be excellent for fighting cancer); the bathtub also has lots of sitting room around it and is fitted with a nice handrail, which makes it perfect for handicapped people

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like me who need to sit inside while taking a shower or sit on the outside edge to change in or out of clothes; and the apartment has a wood-burning fireplace, which we prefer to a gas-burning one (like we had in our former home); and our son happened to have a huge stack of cut fireplace wood at his new home that he didn't need that had been cut and stacked by the former owner.

**Blessing:** One of my former university students and his mother (both devoted Christians) flew to our home from Japan within a few days of my diagnosis, carrying with them three large suitcases filled with healthy cancer-fighting foods and two large cooking pots that were necessary for their preparation. They came at their own expense, only stayed 60 hours, and devoted all of their time to showing Sakurako how to cook this food as well as what other healthy foods she should begin buying from the supermarkets around us. We enjoyed some excellent fellowship and prayer with them, too.

**Blessing:** Other friends (both Buddhists and Christians) began to mail us more healthy foods from Japan to help me fight cancer, believing that natural oriental cures are more effective than Western medicine and medical treatments.

**Blessing:** A godly Christian family on the East Coast sent us a large box of healthy body and homecare products that don't contain any cancer-promoting ingredients, which most popular products contain.

**Blessing:** A godly Christian high school classmate sent me some money and a copy of the book "Heaven is Real," which informed and encouraged us greatly.

**Blessing:** Another former high school classmate, who is a professional photographer, sent us a beautiful framed photo that matches our new fireplace mantel perfectly. Along with it was a beautiful message about how the white snow in the photo reminds us of how Jesus forgives our past sins and makes us as white as snow—a very appropriate reminder since both of us became Christian believers after we had wandered a bit into various teenage sins before we had become born again believers.

**Blessing:** One of my former students (and present client) flew from Japan to see us for a few days at the beginning of December, carrying with him a suitcase and large box filled with more healthy Japanese cancer-fighting foods (and a few special treats for Sakurako to keep her energy and motivation healthy).

**Blessing:** The eldest son of my best friend in grad school, whom his father had named after me (i.e., Thomas), came to visit us just before Christmas to enjoy our company and bring us some healthy drinks and spices from Korea (his homeland). Our time with him was very pleasant, especially since he reminded me so much of his very mature and noble-minded father.

**Blessing:** One of my former Japanese university students came to visit us for about five days over the New Year Holiday to enjoy some serious conversations about life and the Christian faith, and to get baptized at our church so that we could enjoy this important celebration with him. He had become a new Christian believer earlier that year, so he wanted to fellowship with us now as a new brother in Christ.

**Blessing:** A government official I had worked with previously in Peru, flew in from Washington D.C. to treat us to dinner, give us some delicious coffee beans, and bless us with some warm-hearted encouragement, while he was attending an international conference in downtown Indianapolis.

**Blessing:** One of my former students offered to fly to the States for one night and one day in order to heal my mind and body with his beautiful piano music (which we often enjoyed in Japan whenever he visited our home there). Although we wanted to see him and enjoy his great musical talent again, we

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persuaded him to send us some recordings of his music via YouTube until we can come visit him in Japan, since we began to feel that God might miraculously heal me.

**Blessing:** God is surrounding us with literally thousands of prayer warriors at our church, at other churches, and in many diverse locations around the world, who pray for us regularly and passionately so that I might be healed and continue my life work. These friends and strangers are Protestant, Catholic, Buddhist, Shinto, Hindu, Muslim, Baha'i, and other. Interestingly, one of my friends even begun to pray to Jesus for my healing, since he seemed desperate to see me well again and was not confident that his god would be willing or able to heal me.

**Blessing:** We are continually showered with cards, letters, emails, gifts, and video messages from friends, clients, former students and colleagues, high school and college classmates, and many others, which have caused me and my wife to shed many tears of joy because of their kind and loving words, as well as their appreciation for the positive influence we have had on their lives. Coupled with what God has been teaching us through our time with him through the Bible and prayer, this has confirmed to us more strongly that the most important life work we can do is minister to people on a deeper spiritual/philosophical level for their personal and professional development rather than serve them merely through English or Japanese language training.

**Blessing:** Through our health challenges (foot cancer, amputation, heart attack, heart surgery, terminal lung cancer), God has been clearly and graciously showing us that we need to simplify our life; downsize our home and possessions; free ourselves from distractions; live healthier lives; and focus the last months, years, or decades of our life on helping people grow personally and professionally in extraordinary ways via the power of authentic prayer, wise Biblical teaching, reliable scientific findings, and all of the insight that God gives us through the Holy Spirit, who lives within us to help us discern right from wrong, good from evil, wisdom from foolishness, and truth from falsehood.

**Blessing:** God is motivating us to not only begin praying regularly for the people who work and live in our neighborhood (College Park in Indianapolis), but he has also provided us with some excellent benches here and there, which are ideal for praying. Additionally, he has also been bringing people to us who need our prayers, even though they do not know that we begin to pray for their personal and professional success soon after we meet them.

**Blessing:** Since our apartment is easy to find and more centrally located, God has been bringing visitors to us almost daily, who seek our advice, prayer, and fellowship. God is putting all our educational training, work experience, life challenges, and faith development to good use as we share what we know with others who can benefit from all of this as much as we have.

**Blessing:** Most of the people who have been visiting our new apartment are young Christian intellectuals (age 25-35) with university degrees from top universities, who read voraciously, enjoy deep spiritual discussions about life, and seek our perspectives on their personal and professional development. Our precious times of fellowship, discussion, and prayer with them have not only brought us some of the greatest joy that we have ever experienced, but they have also been inspiring us to read more, think deeper, and persist in our pursuit of wise, godly living.

**Blessing:** Through these challenges, God is continuing to deepen the quality of our marriage as well as the quality of our relationships with our children and other relatives.

**Blessing:** Our health adventures have motivated us to study more about the human body, healthy foods and remedies, environmental carcinogens, and related health issues. And, it has helped us

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significantly modify our lifestyle and eating habits so that we can not only fight cancer and other health challenges, but also share what we know with others so they might live healthier lives, too.

**Blessing:** Since my cancer is a kind that cannot be healed via standard Western medical treatments (e.g., chemo, radiation, medicines, etc.), we have been learning a lot more about the value and necessity of authentic prayer for defeating every kind of evil, be it physical, psychological, social, professional, financial, political, or other. Clearly, prayer is the MOST important thing a true believer can do to alter the world in positive ways that will bring benefits to everyone.

**Blessing:** So far, through the prayer of many and the healthy cancer-fighting diet that we have been following, I have reduced my body weight by over 30 lbs. to a much healthier weight, my blood pressure and heart beat have reached healthier numbers than they did when I was taking my heart medications, I have more energy, my appetite has returned to a healthy level again, I do not have any pain, I suffer from less coughing, I do not have to get up in the middle of the night as I used to do, I sleep more deeply and peacefully, my skin and hair quality have improved, and my hair color seems to be turning a tiny bit darker again even though I am 60 years old and grey.

**Blessing:** New priorities, insights, and inspirations from God have motivated me to repurpose my work and my company website so that more people can be served with higher quality wisdom in new ways that I had not thought of before.

**Blessing:** A couple of days ago, my lung cancer symptoms began to worsen (increased coughing, pain in my lungs and elsewhere, etc.), so I began to pray for wisdom to know what to do next. A couple of hours later, the postman delivered a box of pills from someone who discovered my situation via LinkedIn and then voluntarily sent me a \$40 bottle of supplement pills made from pine cone extract. The sender then told me in a LinkedIn message that these pills (and prayer) had cured her husband of terminal cancer 16 years ago. It seems that her husband (a pastor) had been part of a test group at Northwestern University to see if this supplement worked, and it proved to be successful. Now that I have started taking these supplements, my symptoms seem to be disappearing. Praise God for his wonderful surprises!

**Blessing:** My health adventures have given me a deeper hunger to know God, so I not only read the Bible more, but also I have begun to read more of the thoughts and testimonies of godly believers from previous generations and other global locations. I am especially enjoying [131 Christians Everyone Should Know](#), and all of their writings that I can find on the Internet, typically for free.

**Blessing:** Several of our Christian friends from Japan have sent us generous donations to help cover my cancer-fighting health costs which are not covered by my health insurance (e.g., expensive organic fruits and vegetables, organic brown rice, organic nuts and oils, high quality vegan meats and cheeses, healthy vitamins and supplements, exotic seaweeds and other Asian health foods, etc.).

**Blessing:** God continues to improve my health so that we can properly welcome all of our friends from Japan who visit us each month, even though now they must stay in nearby hotels since we no longer have any guest bedrooms to house them.

**Blessing:** God has improved my health enough recently (i.e., from March) so that I can once again teach graduate students in Japan online as an adjunct professor for the Graduate School of Science and Engineering at Ehime University.

**Blessing:** I have been motivated to sell off (or give away) most of my academic books so that I can create a high-quality library of about 100 highly insightful and motivating Christian books from



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impressive Christian writers of diverse generations and cultures—all of which are changing my thinking, perspectives, and lifestyle greatly.

**Blessing:** God motivated us to receive training and go through the lengthy process of application and interviews in order to become small group leaders for a small group at our church so that we can use the last months or years of our life more productively to serve others. And then God filled that group with very wonderful Christian believers, all of whom have ties to Asia in one way or another. These group members continue to become increasingly precious to us each time we meet.

**Blessing:** The timing of my required vegan health diet coincides perfectly with the new trend in local restaurants to add vegan options to their menus, and with the new trend in local grocery stores to add vegan foods to their food offerings. Since our new apartment is within a few minutes of Trader Joe's, Fresh Thyme Farmer's Market, Whole Foods, and a Kroger and Marsh with vegan and organic products, we feel greatly blessed at this provision by God.

**Blessing:** God has been purifying my interests through all of this so that every evening, all I want to do after dinner (when we are not meeting or Skyping with someone) is spend my time reading and studying the Bible; reading serious books about the Bible; and listening to online lectures about the Bible and related history, science, archeology, and theology. I then close my evening by listening to 1-3 Christian hymns or praise and worship songs in many different languages so that I also can express my deep thanksgiving and praise to God for all that he does for me, my family, and everyone else on this planet whom he pursues until they know and trust him.

**Blessing:** God has clearly shown my wife and I that our primary mission for the latter months, years, or decades of our life is to 1) help people know their Creator, 2) help people discover the life mission they were created for, and 3) help people develop high levels of expertise so that they can accomplish their mission in ways that bring huge benefits to themselves, to others, and to our planet.

**Blessing:** God has inspired me to only charge consulting or training fees to the universities, companies, or organizations that hire me for special projects, and then to offer my private consulting, coaching, and mentoring to individuals for free so that my wife and I can depend more on the gracious donations of people who are inspired to support our work. We decided to do this because we wanted to give high-potential people equal access to our advice and training no matter what their financial situation may currently be, especially if they are from poor families in countries where access to the Bible and its teachings are not available or legally permitted.

**Blessing:** As I continue to heal miraculously, God continues to bring many people into my life, who need to hear about Jesus and learn about all of the good that he has planned for them, whenever they become able to accept it.

**June 25-27:** My health took a sudden nosedive after attending an outdoor picnic in 90F/32.22C heat and high humidity, during a high ozone (i.e., poor air quality) warning. After two and a half hours in this weather, my body lost its strength, breathing became EXTREMELY difficult and painful. I was also showing signs of pneumonia, which had begun a few days prior to this. This condition continued until people began to pray for me.

**Blessing:** One of my consistent prayers has been for God to not only remove the cancerous cells from my body, but even more importantly, to remove all of the cancerous perspectives, interests, tendencies, and personality flaws that damage the quality of my life and my relationships. Since I could do almost nothing but pray in the midst of my excruciating pain, I strangely felt that God was blessing me with this necessary suffering to answer my prayer for greater purification of my mind and heart. The

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transformation that I felt going on inside of me was amazing! I felt so much of my old human nature dissolve and be replaced by much purer and nobler thoughts, perspectives, and ambitions. It was amazingly mysterious and yet beautiful at the same time.

**Blessing:** My relationships with my family and many friends online deepened and became more beautiful than ever. And one of my former students sent me a private YouTube video of him playing my favorite song (Angel Over Me) while the screen showed beautiful views of the Aizu region where both of us used to live in Japan.

**June 27:** One of our pastors came by our apartment to check on my health and pray for me, and then introduced us to a health professional he knew at our church who specialized in holistic medicine, could diagnose my situation, and then either work with us to come up with a plan to potentially heal me, or help us prepare an exit plan so that I would die at home without much pain or discomfort if that happened to be God's plan.

**Blessing:** When we called the office of this nurse practitioner (a highly educated/certified nurse who can legally do much of what doctors can do), her receptionist miraculously had an opening the next afternoon that she said "must be a God thing" since just a few minutes earlier there had been no openings left that week.

**June 28 (early afternoon):** During some more intense time in prayer (while still suffering from considerable chest pain and difficulty in breathing), God seemed to give me assurance that I would be given at least 10 more years of life to accomplish the work that I was now in the final phase of being purified and prepared for.

**June 28 (late afternoon):** We arrived at the clinic for our appointment and found the woman to be not only extremely brilliant and knowledgeable about cancer and many other health issues, but also very knowledgeable about holistic treatments that matched perfectly (and yet went considerably beyond) what we had learned from our friends in Japan. She was also a very godly Christian woman who lived out her understanding of the Bible and her relationship with Jesus in very impressive ways. We hit it off well with her and spent over 100 minutes in diagnosis and consultation. She identified an underlying health problem that I had had for decades (yet gone undiagnosed by doctors in the USA and Japan), refined my diet, prescribed some necessary supplements and medication, and then arranged for weekly visits for the next few weeks until all of my different health challenges have been solved or are significantly in decline.

**Blessing:** Having such a brilliant godly medical professional in our church and working in Carmel not far from our home is an amazing provision of God – especially since it appears that her advice may be what God will use to enable me to live an extra 10 years.

**June 29:** I slept very well last night, the pain has significantly decreased, my breathing is much smoother and deeper, and I have enough energy (between naps) to update this report for all of my wonderful friends who are being used by God as instruments of healing through their faithful prayers.

**Blessing:** To confirm God's plan for my complete healing of cancer and other health problems, God sent me a new client—a recent university graduate, who needs some career coaching. I am looking forward to having enough energy and health to do this next week and to seeing what wonderful potential this young gentleman may have for accomplishing great good for our planet.

And the blessings continue to come every day!