



## Testimony by Cheong Yoke Han

I've been suffering from a painful left sole for about 3 months plus...I think I stepped onto something foreign (i.e. glass / sharp plastic object). Initially when I stepped into it, I just dismissed it as just mere dust which will come off, delaying and procrastinating (my major expertise) made the foreign object become stuck in my feet, making it difficult to come off....Sam (my boyfriend) had been asking me to see the doctor but being a 'world-class procrastinator', I delayed.

All sorts of reasons: "no time", "no worries", "will do so next weekend"...so it worsened....became minor swelling...still I delayed. Until it became painful and I had to limp a little, I went to see the doctor. Doctor dismissed it as corn which is common, but I knew it came about from a foreign object.

I tried a second opinion - the other doctor also dismissed it. Swelling worsened, pain increase. I tried a doctor friend who said possibility of foreign object/corn. But all doctors offered no help. I tried getting it out myself with a needle, dug a hole in my feet!!

Anyway, I tried with doctor's help and my own help, but to no avail. It came to a stage where I had to scrunch my feet to walk; so I prayed....prayed a few times that God will heal me of this swelling and get this foreign object out from my feet. Hallelujah, one day I just woke up with the foreign object not present in my feet already!!! I can't believe it myself! Before this, I always feel it pressing into the flesh of my feet, but that morning, it was not there! Praise the Lord, God is Good!!! Till today, I'm still trying to feel for the foreign object, still with slight disbelief that how it can come out so easily

Hence, I feel I really need to share with you all -  
A lesson to learn - not to delay treatment when it's still early.