

# RINSKE'S JOURNEY TO HEALTH

## WITH OR PERHAPS "THANKS TO" ANKYLOSING SPONDYLITIS

### A Start with Health Challenges

**Anne:** Hi Rinske. You have made an impressive journey to health, despite the challenges you have experienced. Can you tell us more about your start with various health issues?

**Rinske:** Certainly. My health has been a struggle since I was a child. As a baby I was covered in eczema and was given many hormone and tar ointments. I was often wrapped up and wore gloves to keep me from scratching. In addition to eczema, I also developed asthma, was allergic to various substances and regularly had sinus infections for which I was constantly prescribed medication and antibiotics.

### Two Impactful Hospital Admissions

**Rinske:** But when I think back, two hospital admissions had the most impact on me. The first was at the age of three due to a fractured skull after a fall. The second due to acute appendicitis, resulting in emergency surgery and two weeks of hospitalization, partly in isolation. The most traumatic thing, and this is something I am still partly aware of, was that my parents were only allowed to come during visiting hours.

I think this is where the foundation for my dream of becoming a doctor was laid. My passion to help others stay healthy and to spare such experiences.

**Anne:** That sounds like a rough start. Was there a pivotal moment in your life that made you look for other ways to get healthy and deal with your traumatic experiences?

**Rinske:** Yes, certainly. During my adolescence and pharmacy studies, I had to deal with new health problems such as intestinal complaints and glandular fever. A low point came when I started experiencing severe pain in my lower back with radiating pain. I was in Australia at the time for my graduation research. The local doctor advised sleeping on the floor and taking hot showers. He also prescribed painkillers, but the pain only worsened.

**Anne:** And what happened next?

**Rinske:** Another doctor performed extensive diagnostics. It turned out that I had the HLAB27 factor in my blood and the scan showed inflammatory processes in my SI joints and shoulder area. The diagnosis was clear: Ankylosing spondylitis, just like with my father and eldest sister.

### Ankylosing spondylitis (Bechterew's Disease), and now...

**Anne:** That must have been difficult. Can you tell us something about your treatments and lifestyle changes?

**Rinske:** Actually, I didn't really think about the diagnosis and I think I denied it somewhere. But I started faithfully with the treatments such as taking anti-inflammatories (NSAIDs) and started with yoga and swimming instead of more strenuous sports. Back in the Netherlands things got better and I stopped taking the medication. I accepted the complaints that came and went. Until my late twenties, when the pain seriously increased again. The rheumatologist recommended weekly physiotherapy and lifelong medication with stomach protection. He told me that there was little I could do to slow down the process.



## A Shift in Lifestyle

**Anne:** Then you met your current partner Bert in 2012. How did that change your way of life?

**Rinske:** Yes, I am still grateful for our love. Bert already lived quite healthily and I increasingly followed his lifestyle. He usually cooks and always fresh, preferably from our own vegetable garden. I have been doing yoga for over 15 years now and we started the teacher training together, which brought us a lot, both physically and mentally. At the same time, I completed the orthomolecular health study and applied much of it to my own life, with positive results.

After we had been together for a while, we also discussed our desire to have children, which was very much present in both of us. I then completely stopped taking all medication, because I knew from my experience as a hospital pharmacist, that medication and pregnancy are not an ideal combination. And that went better than expected, thanks to all the lifestyle changes I experienced even fewer complaints.

## New challenges

**Anne:** The desire to become pregnant brought new challenges, didn't it?

**Rinske:** Well indeed. Our journey to parenthood had ups and downs with three miscarriages, curettage and complications with Asherman Syndrome. But through additional lifestyle adjustments and some supplements, we eventually became pregnant and were very happy to welcome our beautiful son in 2016 and daughter in 2018

**Anne:** That's great to hear! How did you subsequently make a career switch?

**Rinske:** At the end of 2019, I quit my job as in the hospital and mainly focused on my passion for prevention and lifestyle. I felt that it was the right time to leave the hospital environment, where illness is the priority and people are hardly concerned with prevention and lifestyle. Because of that decision, I now feel much better about myself, get more pleasure and satisfaction from what I do, and even have more freedom as a self-employed person.

Since then I have remained medication-free and rarely experience any complaints. The training to become a Body Mind Reset professional (Vilna® Method) has also brought me a lot, as a result of which I now look and act differently on emerging complaints and turn inward to feel what my body wants to indicate. In these Resets we restore unconscious, obstructive programs and look at stuck emotions that can cause physical and mental complaints. Thanks to this knowledge, I also became increasingly aware of my own unconscious patterns.

## Helping others towards a more vital life

**Anne:** What would you like to say to all the people who are still struggling with their health?

**Rinske:** My dream is to help people feel fitter and healthier, both physically and mentally. If you constantly encounter health problems and want to live with more energy and pleasure, I am ready to guide you.

My advice would be: don't give up. Look for answers, be proactive, and put your own health first. With positive conviction and the right support you can also start to feel more vital. Keep believing in your own journey to health!

And of course I will help you during that journey with all my love and dedication!

**Anne:** What an inspiring story, Rinske. Thank you for sharing it.

**Rinske:** You're very welcome. Hopefully I have inspired others to get started with a healthier lifestyle to feel fit and vital again. After all, we all want to grow old healthy and happy, right?!

**"My story is about challenges and perseverance.  
For anyone struggling with health issues, don't give up. Look for answers, be proactive, and put your own health first."**



**"By really choosing my passion and what makes my heart beat faster, I feel much better about myself, I get much more pleasure and satisfaction from what I do and I also have much more freedom as a self-employed person."**