

Tricky Body

Author's commentary

My name is Melody, and I think life is great. I never understood why people look for differences between each other. Someone is old, someone is thin, someone can't go out in the sun, and someone doesn't like chocolate.

Some might find it strange. On the contrary, I would find it boring if we were all exactly the same. However, it recently occurred to me that there is one thing we are all the same in.

Do you know what every person in the world has?

A body.

In my opinion, the soul of every baby is actually an astronaut, who receives a body like a spacesuit for surviving in this cosmic world.

Note below the line: Planet Earth is also a part of the universe, which means that all Earthlings are astronauts at the same time. And if there are aliens somewhere, like Martians or Venusians, they must surely call us "out-of-Martians" or "out-of-Venusians." And yet, it would be enough to acknowledge that we are all just space-folk.

The body is amazing. It allows us to experience a lot of fun, we perceive the surrounding beauty through it, and it lets everyone know that we are here. When we give it movement, it changes. When we feed it healthy food, it changes. When we toughen it, it changes. And when we get hurt, it can heal itself!

However!

There are a few things where the body seems to have a mind of its own. It's like the spacesuit has a glitch. It stops listening to its astronaut's instructions and does whatever it wants. It behaves in a tricky way. And it's exactly these tricks of the body that I started to notice.

Itching

Have you ever had chickenpox?

I have. And let me tell you one thing: it itches terribly. Well, besides looking pretty gross.

I don't understand how I could have caught this illness, but I just started feeling weird, like I had the flu, only then strange little bumps started appearing all over my body, which itched horribly. Mom took me to the doctor, I got some medicine for it, of course, along with a ban on going outside and meeting people. I was so tired that I could barely drag myself to bed, and I immediately started scratching where it itched. Which was basically all over my body. I scratched and scratched until I felt a bit dizzy, it was so pleasant.

At that moment, an orderly, tiny golden cloud appeared before my eyes, and above it fluttered the golden fairy Twinkle, hands on her hips. She looked stern and went straight to the point:

"Melody! Don't scratch, listen to my good advice! Stop it right away!"

"But it's unbearable! If you only knew how unbearably it itches! And the relief, the beauty, when I scratch it! Although it starts itching again right away."

"So, you scratch it again and then you feel relieved, but then it starts itching again, so you scratch it and so on, over and over and over. It doesn't lead anywhere, you're just damaging your skin. I'm telling you: don't do it! You have to endure it, you're already big, after all," she wrinkled her annoying little nose, and I felt like scratching this over-wise fairy right in the middle of her glittering forehead.

As if she heard what I was thinking, she went on right away: "Don't be mad at me. Remember this: it's generally good to listen to your body and follow the signals it sends to you. Except for itching! Itching is actually a false signal from the body! Scratching always makes everything itchy worse. Scratching has never brought anything good to anyone. So trust me, okay?"

I tried to remember when I had been itchy in my life and how endlessly pleasing it was to scratch it thoroughly. But at the same time, I also remembered how my skin turned red, swelled, or I even scratched it until it bled. I had to admit that Twinkle was right again.

"But why does itching even exist?" I automatically wondered.

"The body is trying to alert you that there is something wrong with the skin in that particular place. And if you're interested, I can also tell you who causes it. But only if you promise not to be scared."

I hesitantly shook my head, as if I wouldn't be scared, because I was really curious. But I still started to get scared even before Twinkle spoke again with her squeaky voice.

"It's called Itch the Scratcher, it lives inside your skin, and now the scariest part: with every scratch, this evil Itch grows and gets stronger. In the end, it controls you so much that it forces

you to scratch all the time. Only when you endure not scratching for a while, it starts to weaken again, until it loses its power over the body and gradually stops itching."

"Itch the Scratcher grows inside me with every scratch?!" I widened my eyes at Twinkle, and for a moment, I stood still, as if I had turned to stone. I had an itch on my left shoulder and two bumps on my stomach. I tried to endure it and didn't scratch. Not yet.

"The good news is that, in addition to the medicine prescribed by the doctor, various cooling compresses, applying small leaves of plantain, slices of lettuce cucumber, the gel from aloe vera leaves, and some even recommend applying cottage cheese or honey, but you'd be quite messy, hihhi! Well, then tinctures or even baths from various herbs also help. And when it really can't be endured, it's necessary to cut your nails very short or even wear gloves and above all NOT TO SCRATCH! Never!!!"

I stared at her with my mouth wide open, and at the last moment, I caught my own hand, which was about to scratch the insanely itchy bump on my chin. I endured it! But no, the itching didn't stop. On the contrary! It was getting stronger and stronger.

I ran to the bathroom for that ointment from the doctor and thoroughly applied it to all the bumps again. I lay under the blanket and put on my favorite winter gloves with embroidered icy flowers. I wanted to ask Twinkle if I was doing it right, but her golden cloud disappeared again. And believe it or not: all itching disappeared!

Hurray! I wanted to shout for joy, but instead, I fell asleep from exhaustion.

What are body signals and why it's good to listen to them

When you know what is healthy and can listen well to your body, you'll save yourself a lot of trouble. The body likes itself and wants to stay in the best condition for as long as possible. Therefore, it lets you know right away when it needs something, when something is missing, when it has too much of something, or when something bothers it. At first, they may be little things you wouldn't even notice otherwise, so it's good to respond to such signals right away, while there's still enough time for a change.