# HEALING OF HYPOTHYROIDISM & BACK PAIN

*—the testimony of Evangelia Koumarelas—*

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In the last weeks of February 2020, I started to deal with terrible migraines. For days on end, my head hurt so badly that I could not go to school. I finally went to the doctor, and I was diagnosed with hypothyroidism, a condition where your thyroid gland does not produce enough hormones. This condition is one that runs deep in my family, and is incurable. My father, paternal grandfather and maternal grandmother each have it, and have had it for years. In addition to the headaches, I also had many of the other symptoms that came with it. Even though I was prescribed pills, I never fully felt right. My symptoms carried on for many years. Only in 2025 when I came to Saint Nektarios Monastery, and got crossed by Father Stefanos did things start to get better. I did not realize it at first, but my thyroid levels slowly started increasing. The first sign was when I went to the doctor and my levels were too high so they had to lower my dosage. They told me to try out some new pills, and then to go back in 30 days. Towards the end of 2025 and after the 30 period I switched doctors, so there was a miscommunication and I stopped taking my pills altogether. Then, in January 2026, I started to feel really sick. All of my symptoms were things I had felt with my thyroid, so I called my doctor and made an appointment. When I got bloodwork done and went in for the results, she told me that my levels were fine and my symptoms were related to something else. This shocked me, and only after some time did I realize that it was due to being crossed. I then did not take my pills for another 6 months and waited for my next appointment. I was never worried for my health during this time, because I knew that Saint Nektarios and God had miraculously healed me. When I went back to the doctor, I got the exact results I expected. On September 25, 2026, my thyroid was confirmed to be healed. My results came back completely normal, despite me not being on medication for over 6 months at that point.

Additionally, in December 2024 while I was leaving school, I slipped down some icy stairs and landed on my tailbone. This left me almost unable to walk and in a lot of pain. After that, my lower back never returned to normal. The pain would come for weeks at a time, and then leave for a bit in cycles. I went to the

doctor, but they said it was due to some problems in my legs. I knew this was not true, as the pain was always the same, and started only after I slipped. Then in September of 2026, the pain was at its peak. For about two weeks, it had become unbearable. When I would walk the pain would shoot through my leg, and I couldn't sit properly because of the pain in my tailbone. On September 17, 2026, I got crossed and the pain went away instantly. One minute I was sitting in pain, and when I sat back down after being crossed I no longer felt it.

Both of these miracles were performed through Saint Nektarios, the grace of our Lord, and the prayers of the brothers of Saint Nektarios Monastery. Without them, I would have been suffering and in pain for all of my life. All glory to God, and all thanks to Saint Nektarios and the brothers for interceding for me for each of these wonderful miracles.

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