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I am Thankful for Good Health

This year, I feel thankful mostly that my family and I have good health. Nobody in my family has got a major sickness and I feel lucky about that. Also if anyone in my family does get sick we can afford to go to a doctor and get it treated.

Anyone can get very sick, even the healthiest people and it is just a matter of luck for some illnesses. I know people who are very ill and rely on others for their meals. I am also lucky that my family enforces strict rules about hygiene and my diet. There are many preventable diseases like meningitis, mumps and yellow fever that we try our best to prevent and things like cancer and alzheimer's that cannot be prevented. Our family is very lucky not to have things like these happening to us.

Many people cannot afford to have good nutrition, which is needed to fight of diseases. These people do not even know when their next meal will come let alone get healthcare. These people cannot get the right types of food to have proper nutrition. When I visit India I saw many people begging for food on the streets. These people cannot even afford to think about getting sick or going to the doctor. My family's proper nutrition plays a big part in lowering our chances of getting diseases.

Healthcare is a big issue because many people cannot afford it. One in five Americans cannot afford healthcare or do not have access to it. Many of those people get sick and cannot treat themselves. This is why I am thankful for good health.