Monika Solone Hi Ellie,

I have vitiligo for 8 years and still getting used to changes every day. It is taking over my body faster. I still have same feeling as in beginning, when people look at me what they see. Is it me or my colorless skin. I am not going to lie. It does bother me. But there is nothing I can do to make it go away. I will have to live with it for rest of my life. I will have to get used to all looks and curiosity. Most people stare at me I tell my self they are not aware or education for Vitiligo. No one has right to judge. Because they are also not perfect. Worst part of autoimmune is so many side effects and vitiligo is just one. I comfort myself saying it could be life threatening decease. What I have is just social decease. I hope you stay strong. Welcome to the group.

5 hrs · Like · 1
Christina Alvarado shares,
I have a hard time accepting my condition, when I see others that are accepting it changes my outlook on life. Thank you to all who share your photos and information, it is helpful to others like me.

I never thought that at any moment of my life I'd ever have to go through something like this. But life and things happen. Unexpected things happen. The transition of going from being a normal black kid to watching my skin slowly losing its pigmentation was very hard to deal with emotionally. You just never know what's going to happen, where the new spots will be developed, how you're going to feel waking up the next day and how you're going to get treated by your peers. All of that creates a feeling of uneasiness and may cause you to fall into depression.

I've been able to climb out of the darkness and sadness that my life became when I got diagnosed with vitiligo by keeping a positive attitude towards life. I wish that I didn't have to go through some of the things I did, but I remain with the belief that everything happens for a reason. None of the things I went through killed me and today I am a better, stronger & wiser person and my trials & adversities has taught me to be a fighter and warrior.

Everybody goes through something in life. You just gotta find a way to stay strong, positive & keep moving forward with your life and not let your something defines you. It can be very hard to stay positive when you're going through something difficult, but don't you ever lose hope. Storms don't last forever and better days are always ahead for us.

If you read this to the end, I just wanna tell you that you can get through anything in life and if you can't get through something, get around it. But never lose hope or give up on yourself.
Marcela Romero
April 29 at 9:15am

I will begin a homeopathic treatment for vitiligo. The treatment was suggested by an acquaintance of mine and the treatment comes from India. Wish me luck with it. By the way, if I may ask, anyone in this group tried homeopathic treatment with success?

Like · Comment

3 people like this.

Norma Blasco Ancajas
April 30 at 10:11pm · Lika

PIs share what u have done in vitiligo... I appreciate ur kindness... Thanks....

Marcela Romero
May 1 at 12:35am · 2

Triied topical treatment for a little while with some results, but stopped them due to the long term adverse effects (and cost). Education and acceptance of vitiligo has helped with the emotional toll of this condition. I was not going to try anything else, but seeing results from first source encouraged me to try homeopathy. Not sure which way it will go, but having accepted the condition as permanent, any positive result will be welcomed.

Like · 2
Personally I used to work a lot to get over my judgment towards Viliga, initially it did hurt me and I thought it really affected my life. Now I feel much more confident, it's all about our mindset. I consciously work towards being stronger when it gets to disturb me. I feel that people with Viliga can be really confident if they don't make a big deal about it. Physical beauty is a very small part of what a person really is.

DIVYA BHARATH, TEACH FOR INDIA, CHENNAI

During childhood my friends used to call me black & white. I can say that I was a famous person in my school. Being affected by viliga, my personal life is never affected and my social life is great too. I simply ignore all those who speak behind my back. I would always stress on the following to people who feel they are low - "You are who you are! No matter what fault others find in you, you just have to keep smiling, keep forgiving, keep forgetting and keep living! And trust me at the end, life will give you tremendous things!"

ATUSHI AND DHARAM MEHTA, SURAT