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ith a population that exceeds 200 million, Brazil stands out not only for its size, but also for being one of the most Catholic countries in the world.

It is against this backdrop of a large population and religious mysticism that many miracles are reported. **South America IPF Correspondent, Eduardo Rodriguez Briataures** had the privilege of meeting one of them.

A miracle called

ANA ROSA CASTELLAIN

Ana you are an international powerlifting star and everyone who knows you was shocked by the news of your car accident in 2015, can you give us some detail about what happened?

I had a normal day on the day of the accident. I worked from 7am to 8pm, trained very well and was very happy. I hardly ever go out for dinner outside my home but that evening I did something out of my routine. All I know is, I was smiling when I saw the oncoming car, then when I woke up in the ambulance, I realized that everything was different.

In the days that followed it was difficult to lie in the hospital bed feeling all the pain. Even

when I was doped up with morphine, I thought about how I used to work 15 hours a day, and now that workload was impossible to do. All I could do was close my eyes and move my head.

I never accepted the situation. I believed that I did not deserve to be lying there as an invalid. I give thanks to my father who talked to me during all those long days in hospital, he kept me dreaming to continue to have a normal life.

Medical personnel ordered me to give up my sport for at least one year. This of course gave me even more desire to get out of bed and walk!

Mentally I am very strong, long ago I learned to dominate my pain and transfer any suffering into positivity. However, I did not hurry to walk.

again. I respected my body, and waited for it to ask me to come back to train again. The most difficult part was to eat or to drink water. I went 19 days without food and water. This was the hardest part. But thanks to God, I'm still here! I believe in God because he is the basis of our existence. I have survived and I am healthier now than I was before.

Can you detail how you recovered from the accident?

My greatest support after the accident were my parents. My father, Mr Amandio, was there with me throughout the 26 days I was in hospital. I never saw him crying, I never saw him lose faith that I would recover.

He is a fervent Catholic, every day he gave me a passage from the Bible always referring to my day and my situation in the ICU. Thanks to him I persevere in all I want, and I achieve all my dreams because he always said, "Daughter - you can get what you want, just have faith".





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