

# Paul's Story

## *My Path Out of the Tangled Woods*

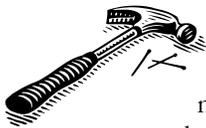
I am a 43 year old father with two active, elementary school boys. **I first experienced fibromyalgia (FMS) symptoms ten years ago, right after my first son was born.** I initially blamed the fatigue on the lack of sleep that all new parents experience. **But the fatigue was soon accompanied by lightning strike pains in my legs and back, then growing and deepening constant aches throughout my muscles.** My restless legs and interrupted sleep drove me to sleeping on the couch. I spent a lot of time tiptoeing around the house in the dark, completely exhausted.

**O**ver the next seven years, I went through three neurologists, two orthopedics, two rheumatologists and multiple primary care physicians (PCPs). Everybody tried to help; no one seemed able to. The neurologists wanted me to try anti-depressants or epilepsy and Parkinson's medications. The orthopedics prescribed physical therapy and muscle relaxants. The rheumatologists tested me for arthritis. The PCPs suggested Lyrica® or Cymbalta®, more specialists or simply threw up their hands.



My wife and I researched my symptoms online and gravitated toward FMS. When I tried to talk to various doctors about it, they were hesitant – some felt FMS was a 'catch-all' diagnosis. Most didn't seem to know much about it and wanted something more tangible (and within their expertise). In the end, nothing worked. Although a few things broke the pain cycle for a week or two, I'd always slip back. I finally had enough. I stopped going to doctors, stopped taking pills, stopped talking about my pain and fatigue, and surrendered myself to living with it.

I tried never to tell my boys "Daddy's too tired" but I often couldn't keep up. Three or four times a year I'd get really bad and call in sick to work "with the flu." Simple household chores seemed impossible – this from a home improvement addict who repairs his own Jeep. I had my good days, too, but mostly I learned to manage myself. I could not fully understand what was happening in my body. Why was I so numb to pain that a framing nail through my hand barely hurt, and yet if I stepped on a Lego, I would see stars and almost pass out. I never mentioned how I felt to anyone. I gave up most of my hobbies and didn't go out much.



Then, my fatigue and pain exploded two-plus years ago when I contracted Lyme disease. It wasn't detected right away and the infection took everything to the next level. There were days I could not get out of bed. A light touch was like getting stabbed. I felt like I was carrying a heavy pack on my shoulders and shuffled along like an old man. It took me three shifts to mow the lawn, with long rest periods in between. Stairs looked like Mount Everest and sometimes I would descend on my seat instead of my feet.

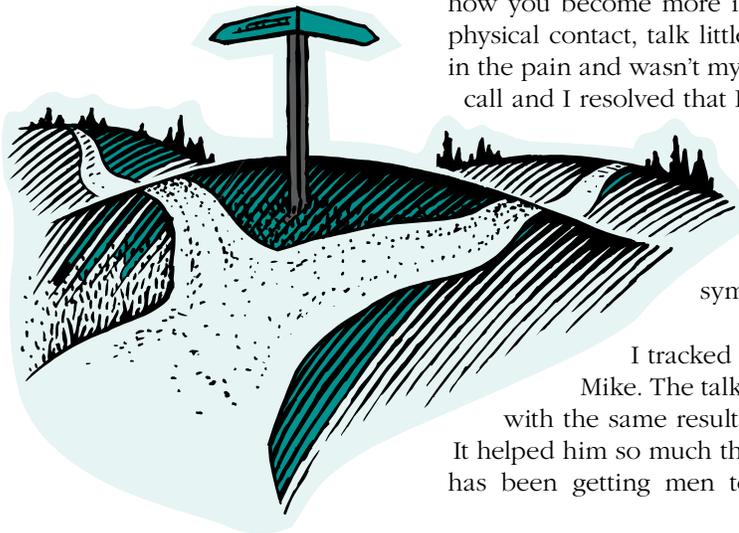
At some point over that terrible summer, I read a book that profiled chronic pain sufferers, how you become more introverted, avoid social situations, shy away from physical contact, talk little and smile less. It was describing me! I was lost in the pain and wasn't myself anymore. I used to be fun. It was a wake-up call and I resolved that I was not going to give in anymore.



I started talking to people about how I felt – not looking for sympathy but matter of fact – and committed to keeping a positive attitude at all times. This takes work; it's really easy to be negative and start to spiral down. Not trying to hide my symptoms like some dark secret helped. But I still felt awful.

I tracked down a FMS support group and chatted with the group leader, Mike. The talk was a revelation. We had tried many of the same prescriptions, with the same results – that's what led him to the support group in the first place. It helped him so much that he's been running it ever since. One of his biggest obstacles has been getting men to participate and open up to others about their symptoms

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and challenges. I can't put into words how energizing and encouraging it was to find another guy in the same situation and trade stories.

Mike asked if I had read about magnesium. I did and had previously tried supplements with no results. He recommended Fibro-Care™. He started taking it a year ago when someone recommended it to him and after six months he started to feel better. I hung up the phone and logged on to the website he gave me (TyH Online) and started reading. I was hesitant to order a supplement online but I liked what I read and *David's Story* really hit home. I placed an order and waited by the mailbox. I started taking two pills with breakfast, lunch and dinner. Within two weeks, I started feeling better. After four, my legs stopped being restless at night. I was sleeping longer stretches and my energy level increased. By eight weeks, the lightning strike pains were gone and my overall pain level gradually dropped.



After reading the TyH newsletters and other studies/journals online, I added Vitamin D3 as well as Multi-Gold™ to my daily regimen to further boost my energy. After a few months, I felt better than I had in ten years. Today, I'm back to nearly 100% and feel a little better every day. In some ways, I'm over 100% because I take better care of myself than ever. People I work with can't believe my energy level. I'm still sharp hours after their candle has burned out. Physically, I don't feel old or weak anymore and my endurance is good. I still have to be careful as long hours on my feet, too much time in the cold, not enough sleep and any sort of cold or virus can quickly set me back.

I can't believe I slogged through nearly eight years of chronic fatigue and pain, multiple doctors and countless hit-or-miss prescriptions before finding TyH. Their products have helped me manage my symptoms and live a fuller life. With more energy, I've been able to take on more responsibility at work. I recently refinished the master bathroom. I'm always outside with my boys – shooting baskets, building forts, hiking and fishing. I am playing golf more frequently and enjoy paddle boarding in the summer and cross-country skiing in the winter. I am active in my community and no longer fear bumping into people or being hugged. I laugh and smile a lot, which still surprises many people.



I was in limbo for a long time. It's funny that now that I feel better the doctor finally added FMS to my record. My new rheumatologist concurs; she wants to see me the next time I have a flare to pinch and poke me! (I'm not sure how I feel about that).

I strongly recommend Fibro-Care™ to any other fibro-folks that I encounter. There's something unique about Fibro-Care™;

I'm better able to absorb the magnesium and it's more effective than other supplements. I can't explain it. But when you find something that works so well, you want to shout it from the mountain top and share it with the world. I introduced my new doctor to Fibro-Care™ and hope he recommends it to his other fibro patients. I bet there are many people even without FMS that would feel better and have more energy if they took Fibro-Care™ regularly.



I have to say, too, that ordering from TyH is easy; the newsletter and articles are helpful, and the people are great. One time, when I placed an order online, Kelli called me directly to double-check it and offered to ship me Fibro-Care™ overnight if I had run out. She wanted to make certain I got what I needed, not make a sale, and that's hard to find these days. Great products and great service make me a loyal TyH customer.

I'm sharing my story in hope that it can help other people. My message is this: You're not alone. Keep searching for something that really works and don't settle for something that only masks the underlying problem. Talk. Read. Learn. Guys, this means you, too! Doctors want to help but you have to drive the process. Tell them you want a Mg-RBC test. Have them check your vitamin D levels. Find out what works for other people. Above all, keep a positive outlook.

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*Paul lives in MA with his wife Lisa of 19 years and two boys Adam, 10, and Dylan, 8. A senior manager at a financial services firm, he's a carpenter and outdoorsman at heart. Happily, he's back to tackling major home improvement projects as well as hiking, kayaking and golfing. You can usually find him outside playing or exploring in the woods with his boys.*



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