

## Jolaine's Story

# Solving the **FIBRO PUZZLE** My Way



My fibromyalgia story starts in 1989 when I was diagnosed. **I was attending a support group in 1992 and a man with fibromyalgia caught my attention since the disorder strikes mostly women. His name was David and I learned he used a topical capsaicin product, Pain Control Formula™ that helped his pain.** Since the cream was the only thing he used at the time, I tried it and it worked for me, too. Later his wife started a company, To Your Health (TyH) with that one product to help others with FM.

**T**yH added other products and the one that made me sit up and take notice was Fibro-Care™ for how fast it took the edge off my pain – which was “off the charts” back then. Through the years I’ve tried countless combinations of “alternative” therapies like massage, reflexology, and acupressure, along with multiple supplements. Fibromyalgia is a puzzle you have to solve for yourself. I found out I have to move to lower the pain and rest 15 minutes or so in between. Some therapies I kept like yoga. What I learned about supplements is that quality makes the difference whether I buy (like Fibro-Care™) or not.

The hardest part of fibromyalgia for me? Learning to live with the diagnosis. Since no pharmaceutical helped, I had to find my own answers which was not easy! It took me a while – and listening to others – to realize to be more patient with what I was trying and not quit too early before the biochemical changes could happen. You cannot make any change happen unless you pay attention to your body. For me, it could take 18 months to 2 years and I found it a fragile, delicate process.

 Another piece of advice I want to share is that you need to know where you are before you get fibro. My starting point included dealing with depression from the loss of my job and feeling like my body let me down. I learned that talking or discussing the parts of fibro that I cannot change – like the pain – does not help me. Although support groups are important, dwelling on the negative (loss) is not where I want my focus or direction to be.

Finally, let yourself make mistakes! It is a hard thing for people to do and then admit a failure, forgive themselves and move on. It does not help to hold on to the past, stress about what’s done and isolate yourself. I have people who come to me all the time and ask how do I deal with FM? Well, frankly I have no choice. But how I deal with it can make the difference in living positively or not. People with FM need a distraction from the pain. I enjoy a good movie, games on an iPad or reading to occupy my mind. Solve your puzzle! Be your own star! Otherwise you get stuck where you are.

My husband says the reason why I’ve made it through the last 20 plus years with FM is because even though I do not have set deadlines to be somewhere  I make it a point *to go* somewhere and *to do* something *every day*. For example, TyH does mail orders but I choose to drive the 20 miles or so and pick up my supplements, visit with the TyH team and get out of the house. That’s my story. Get up, get going, and get busy despite fibromyalgia!

*Jolaine lives in Mesa, Arizona, with her husband and stays busy volunteering, sharing, helping and visiting with friends. She enjoys games on her iPad, loves to read and learn new things on a regular basis.*

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