

My Two Lives

60 Years with Fibromyalgia

by David Squires

*How does one live with fibromyalgia for 60 years?
You need two lives. Let me explain.*



In my first life, I was diagnosed with fibromyalgia (FM) early at age 15, disrupting my high school years. I did marry and have 2 lovely children. For a short while, I was happy. But my life took a turn for the worse as I became disabled with fibromyalgia pain. If you had seen me back in 1984 when I lost everything a man could lose -- his family, career, home, money and health -- you'd have seen a broken me. At 37 years old, I thought my life was over. Thankfully, it wasn't. On January 12, 1985, I met Margy and her love and support were all I needed to go on and start -- *you guessed it* -- my second life.

As I think back, it is amazing to me that I will turn 75 years old in August -- that's 60 years living with fibro. Today, 37 years later, what a life it has been! My second life brought me to warm Arizona in 1988 and in 1991, Margy and I started the first support group in Scottsdale, Arizona. We attended the very first national FM conference in 1992. In 1993, Margy started TyH on our kitchen table and volunteered me as the first employee. We travelled around the US to more than 30 conferences, sponsored the first Arizona FM conference and several more local ones.

I was a boy who could not get up in front of the class yet as a man with FM in a primarily women's FM world, I was often asked to speak about FM from a man's perspective in front of hundreds of people. I did two men's workshops with Dr. Mark Pellegrino. Dr. Pellegrino used to tell us that "we are in the trenches trying to help one person at a time win the fibromyalgia war". He should know as he has seen more than 32,000 patients, has fibromyalgia himself and written a dozen best selling books on the subject.

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I have always had a driving need to *do something* that kept me moving on. That's how I made it through 60 years. I couldn't play football in school, yet I learned a trade as a tool and die maker the hard way, through four years of apprenticeship and night classes.

Still, I struggled with FM until I learned about "the test" When we attended one of many conferences in 1992, we met Dr. Thomas Romano and heard him speak on the magnesium deficiency in fibromyalgia and how the RBC magnesium test was the only way to tell your true magnesium level. As soon as I got back to Arizona, I had "the test". I was so low in magnesium that I required IV drip therapy. The IV reduced my pain and gave me more energy than I'd felt in years. I asked questions. *What's in this IV anyway?* I learned that the drip also contained B vitamins, vitamin C and other nutrients. This tool and die man started thinking why can't we put this combination in a supplement? With help from Margy and a couple of biochemists and sourcing the most bioavailable ingredients, **Fibro-Care™** was born.

It's 1993. TyH was underway with six products and a mail order catalog, Margy who loved to write, started *Health Points*, the first complementary therapy national publication for fibromyalgia, chronic fatigue (ME/CFS), arthritis and chronic pain. We knew the business because I lived the fibro life many of our customers did. To think it started with an RBC magnesium test! While the IV therapy raises magnesium levels effectively, many do not have access to that kind of therapy. **Fibro-Care™** gave them a comparable option. In fact, magnesium is low in 60 medical conditions! This test could change your life as it has thousands of others with fibromyalgia and chronic pain.

A few years later at another conference, we met a doctor who was impressed with **Fibro-Care™** and **Valerian Rest™**. He wanted to include our two products as part of a double-blind, placebo-controlled treatment study for FM and ME/CFS. Short story: we agreed; it was successful and later published in a prominent medical journal. We did not stop there. After making **Fibro-Care™** and having it sell out at every conference we attended, we went to work developing other products too.

With support and feedback from our customers and doing researching on current non-drug therapies, **Get with the Program™** was born. Each product in the Program addressed specific

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Get with the Program™
for Fibromyalgia & SEID (ME/Chronic Fatigue)

Take the guesswork out of making important
nutritional decisions. **Try the Program™.**

My Two Lives, continued...

nutrient needs relating to common symptoms of FM and ME/CFS. And we did not sacrifice on quality, using patented and trademark ingredients backed by research studies, made in a GMP certified laboratory to ensure safety and label content.

You may think, oh, you had a wife and company to help you. You don't know how many bumps in the road occurred in my second life, too. For instance, I was diagnosed with brain stem compression (Chiari), traveled to North Carolina to have endoscopic brain surgery by a specialist, and spent 6 weeks there recovering. Although Chiari compression does not cause fibromyalgia, any structural issues you have will impact your fibro symptoms.

I should have remembered that later when I suffered through four years of pain thinking it was the fibro getting worse. When I finally consulted with a neurosurgeon, he said, nope, it is mechanical; degeneration of discs in my low back were pressing on my sciatic nerve, along with worsened compression in my neck after the Chiari. Both needed surgeries. I spent the next two years recovering from two spinal surgeries. I am blessed that Margy stuck with me through those years of my second life as sometimes it was not fun. But again, one day at a time I took back my life.



One way I learned to distract myself from the pain was through creating. Given my tool and die background, I still enjoyed working with my hands. I invented a board game that was easy to play, even with fibromyalgia! I also enjoyed it with my then 9 year-old grandson Ethan (see right). And since I did some woodworking, too, I designed a wooden game table for Carrom's, a popular tabletop game (see left). Obviously neither were money makers, given that it took me forever to finish them!



We all have plans and lists of things to do but taking the first step to move on is important! I had so many overwhelming things in my life that I thought I had no control over them but I chose to begin again. Take that first step Consider getting "the test" like I did. You cannot get well with fibro without magnesium and the right kind of magnesium.

Fibro-Care™ was my starting and changing point and it can be yours, too. In my first life story, I stayed motivated with a quote from Edward Everett Hale. Here's a new quote from him that sums up my second life.

“ If you have accomplished all that you have planned for yourself, you have not planned enough. ”

Edward Everett Hale

My message to you is that anyone can have two lives if you don't give up.

Just start with one step. You won't be alone. We will be here to help. Read our *Happy Customer Reviews*. People are getting better every day with the Program. I was the first and won't be the last. Some of our customers say **Fibro-Care™** saved their lives and allowed them to live "mostly normal". They kept their jobs and their families. Even though my fibromyalgia was a more severe kind, **Fibro-Care™** changed my life. I guess you could even say **Fibro-Care™** is the story of my second life. To my great joy, my daughter Tara is continuing the **Fibro-Care™** legacy so my story (and **Fibro-Care™**) will continue to help others for a very long time. I hope you are one of them. If you are, let us know!

Read more in the TyH Health Library online

- ◆ [David's Story \(Original\)](#)
- ◆ [David's Story, Plus 10 Years Later](#)
- ◆ [David's Story, 50 Years with Fibro](#)
- ◆ [Fibro-Care™ Story](#)
- ◆ [Tara's Story, Stick with it, Dad was Right!](#)
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