

Shari's Story

Mrs. Murphy Writes a New Murphy's Law

Murphy's Law states that *if anything can go wrong, it will*. My fibromyalgia symptoms started after the birth of my son in 1987 and progressed rapidly after my daughter's birth in 1991. I had to sleep in a recliner through most of 1992 due to back pain. Everything ached all the time. I spent my thirties seeking doctors who could give me a diagnosis and/or remedies, and was finally told in my late 30s that I had fibromyalgia, but was not given any advice on how to handle it.

At age 41 in 2000, I had a lemon-sized liver tumor removed as well as nodes on both sides of my neck. The doctor did the excision on the right side of my neck and had his intern do the left. I was in severe pain after the surgeries, not only because of the invasive liver surgery, but because (as I proved months later) the intern had nicked a nerve. My left arm was frozen at my side and I had shooting pain down my neck. Two weeks after surgery, I met with the doctor to find out what the biopsy showed. I was honestly praying it was cancerous because he had told me if it was, it would be secondary cancer and I'd only have a few months to live. I just wanted to be out of pain. He gave me the "good" news that the tumor was benign; it was probably caused by the high dose of hormone therapy my gynecologist had prescribed. As for my arm, he told me to just carry my purse on the other side! I knew then that I was going to have to be my own advocate. I started physical therapy and massage therapy.



Four months later, with my arm barely mobile, I had to have a hysterectomy. I had a major complication from that – a hematoma the size of an orange, causing ileus, almost killing me, and landing me back in the hospital for another week. A friend prayed with me in the hospital, asking that my health be restored to "even better than it was before." It was a nice gesture, but I thought she was being naive to think that could happen. Still, I wasn't about to let Murphy's Law strike again, so upon returning home, I investigated how I could improve my health. A nurse had told me there were extra supplements I should take for fibromyalgia and that store-brand vitamins were of little use since the body couldn't absorb them well. She had even seen a scan where she could still make out the letters on a "One a Day" vitamin in someone's stomach.



Through a thorough internet search for high-quality vitamins made in a trustworthy lab, I found TyH. After a couple months of taking Multi-Gold™ and Fibro-Care™, I noticed an increase in my energy level. I decided to see a rheumatologist for more advice on fibromyalgia. He informed me that I also had Ehlers-Danlos Syndrome (EDS), a genetic disorder which gives me hyper-mobile joints due to faulty collagen. When

younger, I entertained others with the tricks I could do with my flexible arms and fingers, never realizing it was one of the reasons for pain as an adult. The doctor said "You should have been taking glucosamine sulfate since about age four!" My knees could barely handle stairs at that point from slipping and sliding out of place so often. The doctor said I would need knee replacements in about ten years, but to add flaxseed oil to my diet to help with knee pain in the meantime. After just one or two months taking the glucosamine sulfate and flaxseed oil softgels, I noticed less stiffness and pain in my knees and even less inflammation. Months later, a bone density test showed I had osteoporosis, so I added vitamin D3 and changed my Fibro-Care™ to Fibro-Care Cal™ to get the extra calcium.



Now at age 55, I not only have a quality life, but I feel more energetic and overall healthier than I did in my thirties! To my delight, I have been able to continue teaching and go on numerous trips/adventures. I have been to Europe twice and visited our exchange student "daughter" in Thailand where I kept up with everyone else on daily excursions with just short rests in the car. My knees still crackle and pop when I walk on stairs, but they are about the same as thirteen years ago when I was told they would only last ten more years. There is hope after chronic pain! TyH has definitely helped with my recovery. My new law? Anything that can go right will go right with the right attitude and assistance.

In spite of having fibromyalgia and EDS, Shari leads a very fulfilling life. She teaches gifted children in Gilbert, Arizona, plays pinochle and Songpop, travels with family, and facilitates an English as a Second Language program for adults through her church.

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