

Terry's Story

Learning to Help Myself



by Terry D.

I've had fibromyalgia for 40 plus years. I can't remember when I got it except it was very apparent after having temporal mandibular joint (TMJ), pain in my jaw and the muscles that control it. TMJ ended up in mono when I couldn't eat or sleep. Few things have helped my pain over the years. The exception proved to be a combination of taking Fibro-Care™, myotherapy and a balanced thyroid.

Yes, I've had pain most of my life and learned that few understand or want to hear about it. People listened in the beginning when I had severe headaches, but became less inclined to after my bouts with TMJ and mono in my early years of teaching. That is when I bounced from doctor to doctor. Since few knew what to do, I quickly learned how to deal with the TMJ mostly on my own. Night guards were the best along with trigger point work. I found Kristin Thorson's *Fibromyalgia Network* and every time her newsletter came, I felt my best friend had arrived. It was a source of understanding and information. I miss Kristin's newsletter and that's how I first learned of To Your Health (TyH).

✓ I've been with TyH since their beginning when they first offered Fibro-Care™ and I read *David's Story*. Fibro-Care™ is something I swear by as my pain will increase within three days if I accidentally run out. I am always reading TyH's newsletter *Health Points* to learn more.

One of my biggest pains were headaches which seemed to start in my head but spread to and took over my entire body with widespread pain. I even attended "the" headache clinic for help. Whether it was the treatment or the medication, I developed tinnitus. My joke was I always wanted a "diamond ring" until I finally got one. I've had this ringing in my ears for years which eventually affected my hearing.

✓ After dealing with the headache clinic I discovered Bonnie Prudden's myotherapy, trigger point work with prescribed stretching to help relieve pain. I was invited by Bonnie to a workshop where I networked with excellent therapists who not only treated me, but taught me to do it myself. I traveled to several states to get treatment. Although it was a help, the stressful driving in snowstorms undid the intense therapy. Bonnie Prudden and Janet Travell helped develop treatment for President Kennedy using his rocking chair, as well as the Presidential Fitness program. I wouldn't be around had I not discovered this therapy. I use my backknobber, jackknobber, and knobble all the time. I've tried other modalities and massages, but unless pressure is used on trigger points nothing changes to break up my pain and headaches.

Terry calls herself "semi-retired" as she continues to tutor children. She spends time daily exercising. Terry also runs the grade school where she taught and her high school alumni Facebook pages. She enjoys helping others and is trying her hand with writing. Two books she recommends for pain relief are Myotherapy: A Complete Guide to Pain Free Living and Pain Erasure by Bonnie Prudden.

✓ After severe female issues, including a hysterectomy, my thyroid was all out of whack. After a few years of using one or another endocrinologist I discovered Dr. Burke in *Chicago* magazine's *Best Doctors of the Year*. I became one of Dr. Burke's 10 difficult cases that year. She not only listened, but took the time, called me at home, and eventually got me on track. Unfortunately, she has since retired, but I was fortunate to have her expertise for several years.

In the last year or two, I developed trigger finger. That's when your finger or thumb gets "stuck" in a position with movement. It's caused by inflammation and is quite painful. I had 3 cortisone injections which did not help, although one did for a bit, and was about to have surgery on it. In the TyH newsletter I read that curcumin could help inflammation so I picked some up at a local health food store. Another newsletter article made me decide to give TyH's Curcumin ES™ with Meriva® a try, instead. I noticed my trigger finger improved after about a month with one capsule a day. I am delighted to say I avoided surgery and have had continued improvement since I added a second pill a day. An occasional third keeps things really limber. I hardly notice anything now as my thumb moves easily. Thank you, TyH! I passed the information on to my surgeon. I'd encourage anyone with a trigger finger or other inflammation to give Curcumin ES™ a try. It worked for me! I also wonder what other body inflammations it may help?

For me, one thing alone did not work but a combination over time did. I use several TyH products, but I would not live without my Fibro-Care™ or Curcumin ES™. I've come a long way, but it is an ongoing process. Medications have never agreed with me; they cause more side effects than benefits. The only one I do take is thyroid medicine. Being proactive about my own health with diet, exercise, myotherapy, awareness to my posture, a positive attitude, and TyH products has made all the difference in my life. Do I ever have pain? Yes, but it is more controlled and often unnoticed if I keep up my routines. Even with flare-ups, my personal combination helps to keep me going and be as pain free as possible.



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