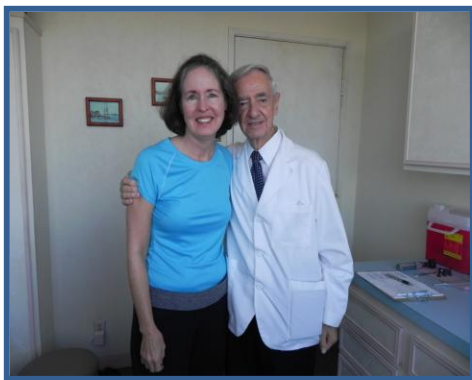


Five Years of Reversing FM/CFS by Jody Davison

Never thought I would fly across the United States to see a doctor because I felt better and wanted to thank him. Sure enough, that's exactly what I did. I celebrated the fifth anniversary of my guai birthday with a trip to Marina Del Rey, CA to see Dr. St. Amand with my local guai-group buddy, Marty Page. Our plan was to see the doctor Friday morning, then visit the Fibro Pharmacy downstairs before heading out for a sightseeing drive along the California coast, with stops in Morro Bay and Monterey Bay.

I was very excited because it was my first time to meet Dr. St. Amand and also my first visit to California. I had previously been mapped six times by our On-Line Administrator Gretchen Parker. She also gave advice on salicylate free products as well as the type and dosage of guaifenesin.

First, I had to hug the neck of this real saint of a man who has given me back a full life. I am so grateful every day for the work Dr. St. Amand and Claudia have done. Dr. St. Amand asked me



all the questions he would ask a new patient, then mapped me. Looking at my first map on 10-28-07 and the one he just did 10-26-12, I can count at least twenty deposits (of calcium phosphate) that have disappeared. I still have some to work on, and I will continue doing that. The doctor confirmed that what I was doing was working and told me "You get an A + !"

Looking at the symptom checklist on my first map, I had almost all of them with the exception of brittle nails and sweating. I was fortunate to have had only one bladder infection also. My worst symptom in 2007 was a burning, sensitive tingling spine. I had stopped sleeping on my back. Laying on my right side to fall asleep had ceased to be an option over ten years previously, and the left side was almost as bad, so when I could not lay on my back, I was in trouble. If I managed to fall asleep on my left side, then rolled onto my back while asleep, the spine issue would wake me up. I could not sit on a hard surface, like a wooden chair or metal bleachers. Working at the computer was extremely limited because I would sometimes sit down in the office chair and have to get right back up. It was ridiculous. In 2007, I was attending a faith based support group for people with chronic invisible illness, and I could not sit an hour through the meeting without getting up to pace. So I was feeling desperate when I read the book that changed my life: *What Your Doctor May NOT Tell You About Fibromyalgia*. I felt like it was my last chance to get my health back.

It is no small thing now when I sleep well, when I lay on either left or right shoulder to fall asleep, and when my spine is no problem. There may be one day every month or two when

shoulder pain is a problem, but a bad day for me today is far, far better than a good day was for me before I began the guai protocol.

There simply is no other treatment out there that stops the entire progression of this illness and puts it in reverse. Yes, fatigue was a major complaint when I was diagnosed with FM, although it was second to pain for me. It has gradually improved and today, I have more energy than I had twenty years ago. I do more than I have ever done in my life, too. For many years, I so wished I was just somebody else. Not any more.

The guai protocol is not an easy, 'here: take this pill and it will all be better' type of treatment. It takes some study, and patience and fortitude. I scrutinize everything that goes on my skin. When I was with Marty in Big Sur, enjoying the gorgeous day, feeding little black birds out of my hand, photographing monarchs, and absolutely reveling in the place itself, I had to reflect. It was an awesome place to put the whole thing in perspective. "NOW tell me how difficult it is to do the guai protocol," I said to Marty. "This is living – really living! What is difficult is being house-bound or bound to the bed, never knowing when or if the nightmare might end."

I was so thrilled to see elephant seals playing in the surf, I ran down the beach to get a photo before they got away. The sea otters were adorable, and the peregrine falcons on Morro Rock were a must see for a birder. Our last night in California, Marty was terribly sick with food poisoning, just wretching for twelve hours straight. Neither one of us slept more than a few minutes that night. She got a shot of phenegran the next morning and then slept it off. In spite of not sleeping, I had plenty of energy to roam around Monterey Bay on foot for hours, photographing the bay, the seals, and gardens. It was another dream come true.

Instead of needing a caregiver, I am blessed to spend my days being a caregiver. I am a professional nanny. When my husband had to go to the ER a few days ago, I stayed right with him and took care of him for days, pain free. I am very grateful.

Jody Davison, Charlotte NC Guaifenesin Protocol Group 10-28-07 Guai Birthday

