How I Cured My Fibromyalgia with One Simple Medicine



Fibromyalgia doesn’t scare me. It used to, particularly when I suffered from it nearly 35 years ago.

But not anymore.

Actually, the fibrous pain I once had was not my most pressing complaint (though it certainly caused a drag in my day-to-day existence). Worse during certain times of the month and better during others, but pretty much omnipresent.

What changed, and why don't I have it any longer?

Well, I started to revise a few things.

First, I stopped taking analgesics, antibiotics and any other such baloney. But the real change appeared (which practically happened overnight) after I took a homeopathic medicine.

Which one?

And for how long?

Hold your horses, Nellie, and give me a chance to expound a little so you know what I mean when I use the word "Fibromyalgia."

Fibromyalgia is a condition that is accompanied by habitually debilitating fatigue and gut dysbiosis (which is often the underlying cause, along with anxiety, depression, chemical sensitivities, etc.)

In my case, the remedy I took worked so simply, so efficaciously, so thoroughly that it wasn't long before I actually forgot all about the muscle tenderness and joint pains, and concentrated on all the other stuff I was left with.

It freed me to un-spool the bigger concerns: my gut.

So what was this remarkable remedy, you ask?

If you know any homeopathy at all, you'll totally get this.

It's the number one remedy for joint, muscle and oft chronic pain and tenderness:

Rhus Toxicodendron, or *Rhus tox* for short.

For myself, I used *Rhus tox* 200 twice daily for about a week, and that was all that was needed.

Just like that, my Fibromyalgia was gone.

Well, almost. My symptoms returned a few more times over the next several months, so I resumed the use of the remedy again until it was uprooted for good.

From then on, each time I experienced pain (and any other such accompanying features), it was less intense and shorter-lived.

Learn more about this phenomenon by listening to my podcast, Why You May be Disillusioned with Homeopathy.

Later I learned the Banerji Protocol *Symphytum* 200 mixed with *Rhus tox* 30 twice daily until better, and this is what I teach and use nowadays. Click here to learn more. (Should you be curious about these and want a refrigerator-ready Fibro-girl graphic, complete with homeopathic protocols, click here.)

But personally, I only used *Rhus tox,* and it was perfect.

My symptoms were never to present again after those few months.

In fact, never to present again *ever*.

Now, is this what I'm promising you?

Not necessarily. Everyone is different; certain drugs can interfere (even escalate) already existing issues. Diet, age, etc. will also influence the speed with which this, or any homeopathic remedy, will effectively act.

But what about all the other symptoms I suffered from?

Did they go away so quickly, too?

I'll be honest. Food intolerances took more time to dissipate, and so did my fatigue.

Once I learned how to treat my gut issues using diet, which proved to be years of a certain amount of futility (and later and *finally*, homeopathy), I felt like the locust who had finally shed its shell.

Along the way, I understood that my gut had something to do with my troubles.

Addressing that took another group of homeopathics to reverse the damage I had unwittingly caused.

(Should you be curious about these and want a refrigerator-ready Gut Graphic, complete with homeopathic protocols, click here.)



I commenced with avoiding antibiotics that I had depended upon for infections, birth control pills I imagined liberated women, steroids that gave me a false sense of comfort, and vaccines that I believed would protect me.

(Sometimes it's hard to differentiate between the Wolf from Little Red Riding Hood, which is why it's so important to go beyond the "hood" to find your answers.)

As a rather famous cardiologist friend of my father's, Dr. Jules Constant, once said, "The best way to find and establish health, is to get a disease and then figure out how to cure it yourself."

So that is my message.

Think of your illness as a rite of passage.

Study *ceaselessly* until you find genuine answers.

In other words, ed-u-cate yourself!

Meanwhile, I'll offer what I've learned after 35 years of upturning not only one, but ***every*** stone in the quarry to restore my own health, and that of thousands of others. (By the way, I never actually enjoyed really good health until I did this.)

I don't believe we're victims. I'd rather think of those who are seeking true health as Warriors.

Forgive me if that sounds trite.

It won't if you understand that the only person who's actually interested in your well-being is **you** (and maybe your mother!)

You must fend for yourself; get informed and go at it.

Julia Child is credited with saying, "Every woman should have a blowtorch."



To that, I say: Fire it up, ladies!