

Fibromyalgia & Chronic Myofascial Pain



Karan C. Costner

Hi, my name is Karan and at 41, I was diagnosed with a textbook case of Fibromyalgia and Chronic Myofascial Pain. Being an active person, this was very difficult news. Talk about changing your life! Imagine going up a small flight of stairs, knowing you will have to use your arms that have no strength, hands that have lost their grip, joints that scream with stiffness and inflammation, and muscles that burn beyond a high fever. Imagine waking in the morning and your body feels as though you dove into water with winter clothes on; the overwhelming weight is exhausting! The bad news was my doctors offered no hope of recovery. They informed me that the only treatment they could offer was an antidepressant. We'll! I was not sick because I was depressed: I was depressed because I was sick. Treat the sickness - the depression goes away - sounded real simple to me. And speaking of depression - you think about how you would react if folks were telling you that the only road you had to look forward to was a wheelchair? You wouldn't be too happy, I'm sure!

After much research, I determined that I had to find and utilize the most natural method(s) of healing. When the system to Cleanse, Nourish, and Balance my Body using a group of uniquely developed health products by a company in Hampton, VA was presented to me by a concerned friend - it clicked and made sense.

When I understood the importance of bioavailable ionic calcium (calcium controls 159 functions in your body, is 35% of your mineral make up and it is your number one mineral) taken with distilled water it became the most logical first step. At the end of January 2000, I began this simple regimen of drinking 1 1/2 qts. of X2O treated distilled water each day. Within two (2) weeks not only were others noticing a difference, but I was beginning to realize I had more energy, less pain, full motion of both arms/ shoulders, and most importantly - I was sleeping better. (To the FMS/CMP person good sleep is CRITICAL!) Two weeks later I added the companies detox products to my regimen because I had been suffering with Irritable Bowel Syndrome for 22 years. I immediately became a happy camper with improved progress in the function of my digestive system. Next I added their product designed to relieve stress. Since then, I have not had to deal with the overwhelming depression that is associated with any major illness. As my health continued to improve - maintaining a 90-95 percent pain free body - I chose to add their metabolizing energy product in order to lose weight and increase my energy level. Not only have I lost 25 pounds in a six-week time, but my severe allergies (ones that require me to chose between prescription medicine and not breathing)

and debilitating headaches have been virtually non-existent. Amazing! Even my lifelong annual bout of strep and bronchitis accompanied with a 6-8 week lingering chest cough was completely gone within two (2) weeks! I could not believe it. I didn't even have sore ribs.

As you can clearly see, I completely believe in this line of all natural products that have miraculously improved my health. Some of us on these products receive instantaneous healing, for others it is a gradual process. I thank God for the people who developed this product line and for the opportunity to regain my health and finally returning to a normal lifestyle. I pray that every Fibromyalgia sufferer in the world will have the opportunity to try these products and be able to stop their suffering as I have.

Karan C Costner
Lancaster, SC

To comply with new FDA regulations, third party testimonials may be used without naming company or specific product names and are not considered as part of labeling. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

For More Information
CMC Healthy Living Centers
Bill & Linda Pulscher
1-501-922-2923
www.HealthTalkUSA.net

Christian Mission Connection

