

Life has always been busy. I live alone and work full time. My hobby is dance, and that had taken up 3 or more nights a week for about 4 years at the time the problem began, and the rest of life that calls on your time meant that I was 'on the go' all of the time.

I am now approaching 35, and my problem began about 2 years ago. I had always had body pain, but put this down to dancing and how busy general life can be. My doctor had agreed and hot baths and ibuprofen were usually the treatment. Two years ago I changed my job which meant that my daily environment changed, and I began to get some very serious pain in my neck, back, hips knees, muscles too... well, pretty much everywhere. I became tired and unable to summon the energy to dance, or pretty much do anything more than the absolute necessities. I also began to get serious stiffness in my joints which meant that I began to limit the amount of movement I did, choosing to stay at home and sit rather than even see friends, let alone dance. My mood changed, and instead of being my usual light-hearted and fun self I became depressed and moody. Angry at the situation and at myself as there was no-where else to direct the anger.

My social life suffered, but more importantly my employer was aware that my sickness levels had increased to an intolerable level, and they voiced major concern.

I visited my doctor, who was patient and helpful and diagnosed fibromyalgia (fibromyalgic condition) after tests and discussion. Whilst always willing to try another drug to see if it would help, after a catalogue of drugs and some very nasty side-effects he had pretty much exhausted all he could do.

I was learning to deal with the pain and the new limits that I had in life but the thing that upset me greatly was, whilst I had danced for the previous 4 years and been fit and active, my healthy body had begun to go somewhat squiggy, and I had put on a small but very much undesired amount of weight. What was at one time a strong healthy body was heading towards a thirty-something body that I had never assumed I would have.

I was then fortunate enough to meet Vanessa Sant's son Tim. He watched me painfully descend a set of stairs one evening and asked what was wrong. And that conversation led me to trying Forever Freedom. If I am very honest I expected very little from it, as I had reached acceptance of the situation. I was astounded at the result. The pain that I had experience for over a year eased away to pretty much zero. The stiffness did the same, and my energy levels began to return. I was scared at the beginning that this improvement would be temporary and that I would awake one morning to the familiar pain, stiffness and exhaustion that had been an almost constant.

It has been well over 6 months (probably nearer 12 months) since beginning to take Forever Freedom. Today I dance once or twice a week, I am also learning a new style of dance, I have bought myself a pair of running shoes and am (very gently!) running 2 miles on a Saturday or Sunday morning, and I do Astanga yoga to ensure that I keep my new-found flexibility. Additionally I have made other adjustments to my life that appear to help support me, however F.F. has had the greatest impact on the problem that I have. I have enough energy to do everything that I want to do, and no longer have to sleep 12 hours a day just to function. My body now needs about 7/8 hours and then I'm