

testimonial... the power of forever



this month we focus
on the benefits of
Forever Freedom and our
product range when used
for the treatment of
Fibromyalgia. Distributor
Carrie Scott-Huby
shares her story...



After six years of hairdressing I changed careers and went into full-time education studying Art and Design. Post degree I found myself teaching Art and Basic Skills, primarily to teenagers with learning difficulties and behavioural problems. It was at this time I began feeling 'not quite right' and after two years without a diagnosis I found a sympathetic, listening female Doctor who referred me to a rheumatologist who confirmed that I didn't have Rheumatoid Arthritis. Boy was I glad of that! After a specific test, the consultant confirmed I had Fybromyalgia Syndrome. He told me that there is no treatment, but I could have anti-depressants to help my sleep pattern and anti-inflammatories for pain relief. It is degenerative, there is no known cure and I will have it for the rest of my life. The chief characteristics are - wide spread pain, non-restorative sleep, morning stiffness and chronic fatigue.

Shortly after diagnosis I had a car crash which accelerated the Fybromyalgia to the extent that I could not function on a day to day basis. Learning to live with a chronic illness is so life changing that you cannot begin to clarify your thoughts and feelings. Living with a debilitating illness and trying to accept that you can not function as you once did, with a condition that rarely anybody has heard of or that people can understand is not easy! Fybromyalgia Syndrome by its nature (syndrome) has lots of attributing symptoms. Besides which each individual suffers differently from the other. The constant fatigue literally does wear you down. Knowing that everyday when you awake you will not feel refreshed. I constantly feel that I am either beginning with flu or getting over flu and this is a 'good' day. A 'bad' day means that getting out of bed is a huge hurdle! Your whole body is in pain and aches all over. Your body weighs heavy and there does not seem an ounce of energy to muster to even try. Let alone the motivation.

At my worst I could not even hold my toothbrush without it being an ordeal. Lying down, sitting, focusing on a single task was an impossibility. Despite the constant pain and inactivity, it is the lack of clear thought that was frustrating. It is as though your head has been filled with cotton wool or your brain has been rewired wrongly. At my best I go dancing, I go to my studio and paint for a few hours and perform FLP business all in one day! The downside to this is that I may have to 'rest up' for a day or two to recoup. How have I progressed to this point? Determination and **Aloe Vera Gel**. I was introduced to the drinking gel at a friend's business launch two years ago. This was the beginning of a gradual improvement after four years of severe pain and immobility. I now function as a 'normal' human being!

Forever Freedom has helped immensely with the digestive problems, itching, energy levels, improved skin, pain control and general feeling of well being. Now the pain is so minimal I don't need the anti-inflammatories. **Forever Bee Pollen**, what can I say, it's natural amphetamine! I take one every morning and through the day as needed. Recently I have tried the **Forever Ginkgo Plus** and there does appear to be a trace of 'fog' lifting in my brain. Typically the **Aloe Heat Lotion** works wonders for pain relief, stiffness of the muscles and joints and headaches. I also use the **Aloe Vera Gelly** for inflammation pain as it does help with the swelling therefore aids movement. Sore throats and skin (to the touch) can be a problem; again these seem to have abated naturally, rarely using the Gelly. **Forever Bright Toothgel** has eased the soreness in my mouth. I constantly suffered with ulcers, sensitive teeth and bleeding gums. Again symptoms are minimal. The condition of my skin has improved greatly. Eczema was a re-occurring problem on my face, now with the use of **Aloe Liquid Soap** and **Aloe Moisturising Lotion** the texture of my skin is even smoother, rarely does the eczema appear.

To summarise, Forever Living Products are just amazing! It is true what they say, "Every cloud has a silver lining". My disability has brought me to the place where I should be. I am very grateful that I was introduced to FLP. The products have had a tremendous impact on my life. What living with a hidden disability has strengthened in me, is to be more resilient. Never prejudice anybody's abilities to function. Always at your centre being, be optimistic and always have your sense of humour to hand.

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