



Dr. Brimhall's
One More Piece of the Puzzle
For Wellness

Dr. Brimhall's Health Puzzle Piece **June 16, 2008**

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This Weeks Article...

FIBROMYALGIA

This week's puzzle piece comes from one of our Certified Practitioners, Sharon Roth, DC with a testimonial from one of her patients that responded to the Six Steps To Wellness when everything else not only failed, but caused further complications. We welcome *your* success stories.

Fibromyalgia, once called fibrositis, is a condition affecting the muscles or joint that is often difficult to diagnose. Approximately 3.7 million Americans have been diagnosed with Fibromyalgia, most of them women. There are no specific tests to determine if one has this condition but instead is based on a series of symptoms which are musculoskeletal pain, muscle spasms, muscle pain, fatigue, tender points around the neck, spine shoulders or hips., sleep disturbances, difficulty sleeping, morning stiffness, irritable bowel syndrome or symptoms of and anxiety. If you have most of these then it is likely you would be given that diagnosis, but it is important to rule out other conditions as well such as Lyme disease, Type 2 Diabetes, and Multiple Sclerosis.

Many patients ask if Chiropractic can help conditions such as fibromyalgia. Indeed, we have found that fibromyalgia responds very well to Chiropractic care, but I want to make one

distinction: I don't treat the fibromyalgia, but look for health interferences that keep a person from being well. Those interferences can be structural, toxins, electromagnetic, nutritional, emotional, and allergies. The problem could be one or more of these interferences that affect their body's ability to be well.

"Ruth" came to see me when she was at the end of her rope because she had been unable to function without severe pain everyday. The first time she came into my office she was skeptical about whether or not I could help her, but she came anyway because she didn't know what else to do.

Ruth's Story:

"Almost a year ago I was about to consider disability at age 45, having been diagnosed with Fibromyalgia and early Rheumatoid Arthritis. Nine months prior to that, I had first taken the physician's advice and used steroids, anti-depressants and sleeping pills to "feel better." All the drugs did was mask the problems and cause me to gain weight. I decided to stop all of them because I felt it was worse for me as a whole; needless to say I was back to 24/7 pain. Just getting out of bed was a chore. I hadn't slept all night because every move you make is painful so you wake up all the time. Taking a shower, getting dressed, getting in the car was all so painful by the time I got to work I was in tears.

Then, after several months of debilitating pain, I got in to see a wonderful holistic doctor. Four months later, after several tests and lots of powerful shakes and all natural drinks, she decided she was out of ideas and couldn't help me. I just wasn't much better. My husband suggested I quit work and go on disability. Pretty much at rock bottom, I decided to take my co-worker's advice and go talk to Dr. Roth! With gentle adjustments, percussion, Nutri-West Nutrition and cold laser treatments, I began to see change rather quickly. I looked forward to my appointments because I knew I was getting better and I enjoyed being with them all.

I can't say I didn't gripe about the many bottles of various nutrition supplements she recommended that I take. (I hate taking pills! but if I wanted to get better from the inside out, I had to follow Dr. Roth's treatment plan. I'm down to just two or three different supplements now, but they are just part of my daily routine.

I can't say enough about how the changes have affected my family and me. I thank God that I took my co-worker's advice and went to see Dr. Roth. I actually don't mind getting up and "Doing life". Suffice it to say I may have been a non-believer in Chiropractic care before, but thanks to Dr. Roth I know it can make a huge difference, and as in my case, change your life."

Ruth now regularly works in the garden, walks and exercises and she loves spending time and being active with her family and is really able to LIVE!

If you or a loved one's health is being challenged and to find out if you will benefit from this type of wellness care, call our office for a personal specific consultation with me to discuss your health concerns. For more information, go to: www.rothhealthandwellness.com

Be Well,

Dr. Sharon Roth
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Dr. Roth has been practicing Chiropractic in Nashville for the past 21 years. She is a Certified Brimhall Practitioner and regularly attends Nutri-West/Brimhall seminars to offer her patients the latest in the newest technology and techniques.

If you have a "purple cow" success story you would like to share, please e-mail it to:
purplecowstories@brimhallwellness.com

Health and wellness to you all,

John W Brimhall, DC and the Wellness Team



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