

# My recovery from

# FIBROMYALGIA

—by Viv Woollon



Viv now lives a full, active life after fibromyalgia had previously severely limited her

Fibromyalgia is an 'invisible' chronic inflammatory disease that causes widespread muscle and skeletal pain in the body.



FROM LEFT TO RIGHT: Brad, Viv, Heather & Andrew Woollon

Ever since I can remember, I've suffered from insomnia, anxiety, mild depression, and brain fog. Added to that was the pain that was mostly in my arms, hands, neck, back, and hips. At night, while sleeping, I suffered from pain and numbness in my arms and hands. About 13 years ago, I was diagnosed with fibromyalgia by a rheumatologist. Fibromyalgia is an 'invisible' chronic inflammatory disease that causes widespread muscle and skeletal pain in the body. My mother and sister were also being treated for fibromyalgia.

### I did not want to rely on medication for the rest of my life

I have since learnt that when some doctors do not know what the causes of certain chronic inflammatory conditions are, they often categorise it as fibromyalgia. I was prescribed scheduled medications for sleeplessness, pain, inflammation, and depression. I chose to only take the one medication to help with sleep. At times, I took the anti-inflammatory. I knew I did not want to rely on medication for the rest of my life.

### An immune system under unnecessary stress

Being an A-type personality, I continued to put my body under enormous stress. I pushed myself physically, mentally, and emotionally beyond what I should have done. This, together with poor eating

habits, caused my immune system to struggle even more.

### Answered prayer

I was too run-down and struggling with pain to even stop and think clearly – let alone pray for myself. My wonderful husband stood in the gap and kept praying for me. In 2014, God answered his prayers by means of a friend who told me about Johan Jacob's book, *Go Natural: Wisdom for healthy living*. I read about Dr. Hal Huggins and

his warnings about the dangers of dental procedures that can lead to diseases.

### High levels of heavy metals in my blood

After reading Johan's book, I decided to have my metal fillings and root canals removed by a biological dentist. Before having that done, my naturopath sent me for blood tests to check the levels of heavy metals in my blood. The levels of lead were extremely high, followed by high levels of mercury and aluminium.

### Drastically improved health

This dental work was done over a couple of months and each time I went straight from the dentist to my naturopath for a vitamin C drip to boost my immune system. I still have two implants in my mouth, but my health has improved so drastically that I don't need to address that now.

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### I got rid of unwanted heavy metals in my blood

Once all the dental work was completed, I went on a chelation programme for two years, monitored by my doctor. Chelation therapy is a medical procedure that involves the administration of chelating agents that bind with the heavy metals to remove them from the body. I initially had one chelation drip, but that was too strong for my system, so I continued with oral capsules to complete the treatment. About a year into the chelation process, I had another blood test, which showed a drastic reduction in the lead and other metals. All the time, I was feeling better and better. My second blood test, a further year on, showed minimal traces of the metals.

### Better lifestyle choices

At the same time that I started the dental process, I also started eating correctly – following the directions in Johan's book. This went a long way to aiding my recovery and reducing the symptoms too.

### A pain free life

For the past five years, I have been living a healthy and pain-free life. I am sleeping well for the first time in my life, and as long as I monitor my stress levels, get enough sleep, and eat correctly, I have energy and a clear mind. Today, I am grateful to my Heavenly Father for leading me to learn about His God-given way of healthy living. I am also grateful for Johan's commitment, passion, and willingness to pass on this good news to everyone! ■

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