

Hello,

I hope by reading my story it can bring you inspiration. I hope that my health challenges will help you have a better understanding of what someone with Chronic Fatigue goes through and how to prevent it or conquer it. I was told I was a sufferer of chronic fatigue in October 2005 by my primary physician after an evaluation. Although I had the symptoms for many years, they seemed to have worsened when I had several major life changing events happen in 2004 and 2005. My symptoms were text book of chronic fatigue, I felt exhausted after sleeping, trouble focusing at work and on simple tasks, frequent migraines, anxiety, forgetting things and trouble completing tasks, tender lymph nodes in the neck or under the arm, sore throat, being fatigued and having muscle aches and pains for more than 24 hours after being active. Approximately four or more days a week I experienced most of these symptoms, and on the other days, I never really felt all that great. Everyday life had been a struggle for me, and I felt like no one understood. At times I couldn't get off the couch to get a drink of water. My family often said they get tired too, trying to sympathize with me. Feelings of extreme fatigue are different than just being tired. Doctors, family and friends, didn't seem to understand what I was going through. I love to laugh and have fun, but why did I have such low energy? The doctors didn't have the answers. I took a position as a supervisor for a well known health care agency in September 2005. I had been a nurse for six years at this point, but I had many personal struggles over the years. By September 2006 it became almost impossible to work an eight hour shift. So, I quit my nursing job because I couldn't handle the long days. I saw a psychiatrist because I was told I had anxiety. I spent approx \$500 to \$1000 every month on doctor's visits from October of 2006 to May 2007 and really saw few long term results. There is no real treatment besides rest for CFS sufferers. Many go undiagnosed because the symptoms are so vague. I read an article recently that CFS can be as debilitating as MS, Lupus, and Cancer patients on chemotherapy. You get the picture. There is a good ending to this story, and I pray you find hope from my experiences. After reevaluating my situation, I learned the power of prayer, exercise, handling the stress in my life, proper nutrition and loving myself. No one was going to get me better but me. I stopped asking why? After applying these changes, I noticed subtle changes in the quality of my life. My new life... I haven't felt fatigued in many months. I notice little things like I can focus better. I am not exhausted by 2pm everyday like I use to be. I'm not sore after working out as much. I can get up by 7 or 8 am without a struggle now. I want to eat better because I know my body needs it. I haven't had symptoms of sickness for example sore throat. I can go all day and be alright by the end of day. I love life whereas before I had to worry about how I felt all the time. I listen to my body and if I am tired I let it rest. I used to push myself even when I was exhausted. I realized this wasn't healthy. My experience with fatigue and life struggles in addition to my nursing experiences has given me compassion to help those who are going through similar circumstances. I believe we are on this earth to live life to the fullest, and that God created us to be well. I hope to encourage you today to make a positive change in your life, and realize prevention is much easier and more affordable than treating disease. For more information on the current nutrition program Juice Plus+ and exercise program that changed my life. Please email me.

With sincere concern for your health and wellness,

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