

Client: KC

Age: 51 YEARS OLD

Region: WYNBERG, CAPE TOWN

Diagnosis: FIBROMYALGIA/AUTO-IMMUNE CONDITION

I was diagnosed with Fibromyalgia in 1998 after a bad bout of influenza and an extremely emotionally stressful year. I experienced the following symptoms: extreme fatigue, muscle weakness, joint pain, headaches, difficulty concentrating and focusing, sensitivity to sunlight and changes in the weather (especially heat) and severe sleep disturbance.

I was put onto anti-inflammatories and amitryptelene (a tri-cyclic anti-depressant to help with the sleep disturbance). Blood tests showed low iron levels, vitamin B deficiencies, Epstein Barr Virus and Glandular Fever. I was also put on a 9-month course of antibiotics to get rid of rickettsia viruses. These made me feel very ill and there was no relief from the symptoms.

From 1998, I had times when the fatigue and joint pain was slightly more manageable and times when it was quite severe. I had always been a very active, sporty person and found that I could no longer do very much before I became exhausted.

In the middle of 2007, I had another bout of severe influenza and bronchitis. From this time, my health deteriorated rapidly. The joint pain became unbearable – at times it was difficult to change gear in my car, get in and out of the car, my bed, the bath, etc. I was put onto oral cortisone by a rheumatologist, and was also having cortisone injections into my joints. I was prescribed Imipramine, Plasmoquine and a beta blocker. At this stage, I was told that my immune system was attacking my joints and that I had osteoarthritis that had advanced very rapidly (in a matter of a few months).

I began to feel worse and worse. I put on 25kgs in weight in 18 months. I made the decision to stop working at the end of 2008 and to focus on my health. I began to slowly wean myself off all the medication and in the middle of January, 2009, on the recommendation of friends, went to see Dr Sherwin.

Dr Sherwin explained the “disease of acidity” to me and it immediately made so much sense. Through his integrated approach of diet, minerals and vitamins and acupuncture I now have a new lease on life. He also suggested that I start rebounding which I now do daily. I am currently walking 30-45 minutes 3-4 times a week and am keen to start other forms of exercise again. I have lost 16 kgs and know that the weight will continue to drop. I see this change in my health as nothing short of miraculous.