

“Scientific Fibromyalgia Treatment Gives Long-Term Relief”

Some women labeled with “Fibromyalgia” are skeptical. They are torn. They want to believe that my program can work for them (and it certainly can, by the way) – but they’ve tried other things in the past that didn’t work: massage, acupuncture, drugs etc. One question is at the top of their mind, burning to be answered...

“How long do the results and relief from your treatment last?”

They desperately want to know that when I give them relief from their pain, fatigue and depression...and I help them be physically active again without crashing like a dead battery...how long will this happiness last?

Fair question. The answer is this transcript of an interview with Billie, a member of my practice diagnosed with Fibromyalgia. Her story puts to rest any smidgen of doubt a fibromyalgia victim might have about how long she can expect to enjoy the relief, mobility and revived spirit given to her by my Fibromyalgia treatment program.

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Dr. Clark: All right, Billie, so I think we first saw you three years ago?

Billie: Yeah.

Dr. Clark: At least three years ago. And so I want you to just tell, you know, the back story, like as you were just telling me before we turned this on. And kind of like, you know, what brought you here, what kind of results that you had and stuff that you want people to know about.

Billie: In 2003 I was involved in a car accident. I was rear ended by an 18 wheeler. I went through years of therapy and tests trying to relieve pain issues. I had done several of the injections in your neck – to give you mobility that would last about – some of them just about three months. And some as long as six months.

Dr. Clark: What were those procedures that you had done? Three of them?

Billie: Rhizotomies.

Dr. Clark: Ah – so you had three rhizotomies.

Billie: I was taking five different types of pain pills and muscle relaxers and stuff like that to function – function every day. I had not been at work in over a year. It had got where I couldn’t even do that. There was a lot of things I couldn’t do. I have grandchildren, couldn’t pick them up, couldn’t go anywhere.

My husband had been asking me if I wanted to go on vacation to Europe and when I seen you it had been about three different years I had told him I just couldn’t do it. And I didn’t feel like I would survive.

Dr. Clark: Right.

Billie: Just the pain would be too much, so. Then whenever you started seeing me – when I came here with – to be truthful, David thought I was nuts at the time – when I would tell him how we started the treatment, you know, what you started doing to kind of get a grip on what was wrong with me. And – but from the first month – – I could already tell the – a big difference. In a year of seeing you I had stopped taking all my medicines.

Dr. Clark: All right.

Billie: And that’s been the biggest thing. I had – I have gotten life back – mobility. The ability to do stuff. I still have issues where it comes back if I overdo or don’t get in because we’re all too busy.

Dr. Clark: Well how often have I seen you? Maybe –

Billie: – four months – at least four months since the last time.

Dr. Clark: I think the time before that it’s maybe every six to eight months maybe?

Billie: It is. Every six to eight – it’s about that now. It should be a little bit more – I’d feel better.

Dr. Clark: Depending on how life goes, right?

Billie: Yeah. Depending on what is happening. But we just got back from Europe.

Dr. Clark: Um-hum.

Billie: So I did go. And we spent a month traveling, my husband and I and the biggest plus is the fact that I was able to do it. We traveled for three – I mean three countries

Turn Over--story continues

– into three countries and traveled by train on a lot of it. Toted luggage, had to walk because in Athens the taxis were on strike. So we had to tote the luggage .

Dr. Clark: Nice.

Billie: Yeah, it – so it was not an easy trip.

Dr. Clark: It was physical.

Billie: It was very physical. Nine days in Israel where we did tour group stuff.

Dr. Clark: Right.

Billie: We were going all the time, walking, seeing a lot.

Dr. Clark: Right.

Billie: And I was able to do it.

Dr. Clark: And you're working now?

Billie: And I've been back at work full-time since – for 10 months.

Dr. Clark: Ten months? Great. How about picking up your grandkids? Can you do that stuff now?

Billie: They're too big now.

Dr. Clark: They're too big now?

Billie: Yeah, they're too big, but I have nieces and nephews and yes, I'm able to, you know, pick up toddlers and I have a one year old niece and it's fun to get to do that. But to do things with them – I couldn't, you know, go – I still forget I can't have a snowball fight because –

Dr. Clark: Right.

Billie: – I knew I needed to come in before I went on my vacation because, you know, we – it snowed so late in the season here and – can't do that without repercussions –

Dr. Clark: So how – I mean how much better – if you had to say a percentage? Like based on how bad you had felt when you came in and all the stuff that you can do now that you couldn't do, I mean – try to give people a sense of how much better you feel like you are.

Billie: On a general basis, about 80 percent better. I get to where I'm not that good and have to come in.

Dr. Clark: And when you come back, you come back for

what? One visit?

Billie: I try – well yeah, sometimes I only make one, but it helps me function for a month, probably.

Dr. Clark: But it's not that we have to go back and do the whole intensive thing –

Billie: We don't. It's so great because we don't have to start over.

Dr. Clark: Nope. Don't start over. You mentioned feeling, you know, your husband thought you were crazy and a lot of people that are watching this, their spouses think they're crazy for wanting to do my program– because they've already tried stuff before that didn't work.

Billie: Yeah.

Dr. Clark: What turned him around? What kind of helped him that, you know, say, "Well maybe you're not crazy?"

Billie: He – he likes to see me better.

Dr. Clark: Aha. So if the results were there-- that was it, huh?

Billie: He– yeah, at first, and now he'll be the first one to say, "You need to get an appointment. You need to get an appointment."

Dr. Clark: Now, right?

Billie: Yes, now. Money's really important, you know?

Dr. Clark: Sure.

Billie: The cost of my care before – and I was never out of pain – and on so many medicines – was enormous. And though I been seeing you three years, I have not reached one price of one of those procedures. So that's a big deal.

Dr. Clark: That is a big deal isn't it?

Billie: Really big and I really wanted people to know that.

Dr. Clark: I mean paying is okay as long as you get results, right? Okay. Well maybe we'll do this again in a couple of years and you'll still tell me how good you're doing, right?

Billie: That'd be great.

Dr. David Clark

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214-341-3737

URL: www.doctordavidclark.com

Blog: www.drclark.typepad.com