

## Summary of Fibromyalgia Questionnaires

Updated on August 1, 2008

Comments by Jason Uttley - Author of "The Cause of Fibromyalgia"

Please feel free to write with questions, comments, or just to share info: [juttley@hotmail.com](mailto:juttley@hotmail.com)

### Male or female?

95% Female

5% Male

[**Comment:** Based on 821 questionnaires submitted through July 31, 2008.]

### Your age at the onset of symptoms?

Average (Median): 35 years

Average (Mean): 34 years

### How long have you had symptoms of fibromyalgia?

Average (Median): 9 years

Average (Mean): 11 years

[**Comment:** Mean slightly skewed based on several respondents reporting that symptoms began in childhood. However, in nearly all cases, childhood symptoms seemed comparatively mild and appeared to reflect the respondents' general feeling that symptoms may have been related, even though they were not "classic" fibromyalgia symptoms.]

### Do Your Symptoms Include Brain Fog?

Yes, or it comes & goes: 93%

No: 7%

### RECENT QUOTES:

"Yes, there are times that I cannot even finish my sentences. I have to have other people to help me. I am unable to form words and feel my IQ has dropped. I have a 4-year college degree and want to go for my Master's Degree, but I do not believe that I could concentrate enough to complete it.." - [Kelly \(Mannheim, Germany\)](#)

"Brain fog is bad. I just said to my husband tonight that when i don't hurt i still have this annoying brain fog. I'm lost and don't know what to do." - Erica (Lakewood, CA)

"YES! I used to be quick and witty and now I have a hard time finishing my sentences.." - Rebecca (Pleasant Grove, UT)

"Very much so - I have a sharp mind - always have until this hit me last August (07). As I've said, I'm 4 courses away from a Master's in Education with a 85% average. My short-term memory has been affected - can't think to finish sentences, phrases, where something is, etc. A very scary experience for me - I knew there was something wrong. Started throwing up as well when I was brought to emergency room - hospital thought it was a stroke, etc. What a farce! They just don't know about this fibromyalgia - they know of it but that's it. They really believe there is nothing that can be done for this condition. Education, education and education is lacking here in the Canadian health profession. All my help came from the U.S. - that's one thing I will stress when I write my paper!!!" - Peggy (Orillia, Ontario, Canada)

"...yes... was not sure if it was part of the symptoms, now that I read it on your site, I guess there is a relation with fibromyalgia." - Monique (Montreal, Quebec, Canada)

"Yes - however I believe I've had GREAT success in living with & diminishing the effects of brain fog through the use of a supplement called DMAE. It truly helps & I wish I could share that with everyone who suffers from fibro. It takes about a month to see results and improvement is gradual but definite. I take a brand called Source Naturals 351 MG once a day. I hope many others will experience the same relief I have from at least this one crippling effect of fibro." - Margaret (Amarillo, TX)

"Yes, at times, but no doctor has never mentioned that it could be a symptom." - Isabelle (Carmel, CA)

"Think i started noticing it 5 or so yrs ago but so much worse in the last 3/4 years. I had been on lexapro for a few years now and decided to quit 1/1/08 because i didn't see why natural real life stress needs to be suppressed (doc doesn't know yet-shes an advocate for thinking i am sad). It was a surprise to me that my head has become better from the deep fog i seem to have been in. I feel like i can think clear again to the point of my being able to think again - and i even want to create a quilt instead of pass by the thought because it didn't seem possible. I can remember things long enough to write them down now!!!" - Jane (Sebeka, MN)

[ Note: Lexapro is a drug that contains fluoride.]

"Yes, they did until i switched to raw food and started detoxing more." - Lisa (Rancho Mirage, CA)

#### PRIOR QUOTES:

"YES. In the long term, it's actually proving to be one of the worst symptoms. Reminds me of that saying: 'Of all the things I've lost, I miss my mind the most.' Indeed!" - Tracy (Brisbane, Australia)

"Have always been intelligent intellectual. A reader, a writer, a self educator. Now my focus is shot to hell. When this started I had written 800 pages of a novel. Only need about 50 to finish first draft...but can't get my head to work anymore. URGGGG! thats what I hate." - Maurcie (Gainesville, Texas)

"Yes, family tries to tell me it's because I'm getting older, but it began when I was in the hospital in 1998 and I was only 46. I used to have a memory so good that I could tell you what information was on what page of the handbooks and what it said when I worked. I also could remember details extremely vividly. Now, I can't seem to remember what I did last week." - **Connie (Ogden, Utah)**

"Absolutely. I will find the peanut butter in the refrigerator and I forgot how to answer my cell phone before. It is getting worse." - **Christina (Marion, Indiana)**

"Yes! I cannot concentrate at all at some times. This is one of the reasons I lost my job. I had to answer police & fire calls for help and when confused, I could not recall important information needed to give out calls." - **Kathy (Jasper, Alabama)**

"I graduated with honors from Wellesley College and I have an affinity for tackling any problem and learning whatever I can research. I am almost despondent that now I look at an article or sit down to write anything - many many times I read the words and do not even remember them through the next paragraph or being completely unable to put words together in any other way than rote. I get discouraged when I try to learn something and I often don't even try anymore. I successfully homeschooled my older 2 out of 6 children, both of whom are on full academic scholarships at college. Now it is difficult to even order their curriculum because of the concentration and recall that it takes." - **Mary (Dripping Springs, Texas)**

"Definitely! And it is getting worse this last year. Enough to scare me." - **Laurie (Dacula, Georgia)**

"Yes - I can handle the other symptoms, but not this one!" - **Jenny (Omaha, Nebraska)**

"Yes, I have had the fear I was in early stages of Dementia (Alzheimers). Sometimes my brain just won't work and I am bright." - **Alyne (Garden Grove, California)**

"Not as much anymore. For the past 2 or 3 years I've been taking generous doses of vitamins made by a company called USANA. Within a week of starting the vitamins, the brain fog lifted ... quite remarkable." - **Suzy (Kitchener, Ontario, Canada)**

"Yes. I can't remember details like clients names, what I just read, how to mix products that I have used for years, picking up the wrong bottle even though I read the label on the right bottle right next to it. It seems like a short term memory fog just because I am often surprised that some of my greatest clarity is in memories from several decades ago." - **Mary (Dripping Springs, Texas)**

**[Comment:** Cognitive difficulties are considered one of the most universal & debilitating symptoms of fibromyalgia. Rarely do sufferers with moderate to severe muscle & joint pain not have some stage of this classic symptom. Of the respondents have said "no" to this question, most appear to be in the relatively early stages of the condition.

The relative stages of cognitive difficulties are:

- 1). Difficulty Concentrating (mild concentration problems)
- 2). Attention Deficit (inability to follow normal conversations)
- 3). Short-term Memory Problems
- 4). Crippling Brain Fog (severely clouded thinking)

**How long have you had brain fog?**

Average (Median): 5 years

Average (Mean): 6 years

**[Comment:** Based on responses reviewed thus far, there appears to be about a 3-6 year lag, on average, between when early symptoms of fibromyalgia begin and when brain fog develops. This is hardly universal, as some, particularly those with more advanced conditions, appear to develop this symptom quite rapidly. However, this lag is not unexpected given the suspected link to the breakdown in mitochondria function / ATP production.

*See Laylander article on Fibromyalgia Causes main page for a more detailed discussion .]*

### **Still working?**

Had to stop: 35%

Retired: 4%

Still working: 57%

Homemaker: 4%

### **RECENT QUOTES:**

" VP at a Bank, barely working." - **Kat (Mcdowell, FL)**

"Professional driver. Yes, but take many sick days when fatigue and brain fog play up too much to drive safely, also TMJ has worsened this year and plays a role now as well." - **Tom (Winnipeg, Canada)**

"RN- in hospital, background in home health and hospice. Yes, almost unable to make it to work daily. To the point of debilitation." - **Pam (Elkin, North Carolina)**

"I work as unit secretary for a physical rehab unit. I am currently still working, but taking a lot of days off for illness." - **Cari (Redlands, CA)**

"Teaching. Still working, although I have no energy left for social life. Extremely exhausted. I was disabled for 6 years for slight recovery. I am thinking about going on disability again. I cannot keep up with the work load." - **Kay (Port Arthur, TX)**

**[Comment:** Fibromyalgia is far more debilitating than the above statistics seem to indicate. Keep in mind that all of those who have had to cut back their hours to part-time, or are struggling mightily to maintain their livelihoods, are included in the "Still working" grouping. Regardless, symptoms have clearly reached a debilitating stage for more than 1/3 of respondents.]

### **Prior medical history?**

**Most Common:** Thyroid Dysfunction, Chronic Infections, Chronic Fatigue Syndrome (CFS), Irritable Bowel Syndrome (IBS), Multiple Chemical Sensitivity Syndrome (MCS), Temporomandibular Joint Syndrome (TMJ), Restless Leg Syndrome (RLS), Headaches, Severe Depression.

**Common:** Osteoarthritis, Rheumatoid Arthritis, Environmental Allergies, Carpal Tunnel, Gall Bladder Removal, Hysterectomy, Degenerative Arthritis of Spine, Easily Broken Bones.

[**Comment:** Many fibromyalgia sufferers and experts, including Dr. R. Paul St. Amand and Dr. Garth Nicolson, have come to believe that medical specialization has contributed to many different labels being given to what is in fact only one disease. With fibromyalgia and its related conditions having been labeled based on one symptom of central interest to a given medical specialty, many advocates increasingly recommend a holistic approach to treatment.]

## Theories or Comments?

### RECENT QUOTES:

"I'm so incredibly grateful for this website. For years I've known that my body couldn't just break overnight..that there had to be more to this problem. Now at least I know what I'm dealing with and I don't have to feel like it's all in my head. When a problem is truly "psychosomatic", if you work on your issues (emotional, mental, etc.) that supposedly are creating the problem in your body, you'd assume that your symptoms would improve. Mine did not. In fact, even though I've moved emotional mountains over the last 16 years, my symptoms stayed the same or got worse. Now, the truth is finally here for me! For everyone else out there who's suffering with FM, and for earthclinic too, I wish you Love and Light. Don't ever give up." - [Carrie \(Longmont, CO\)](#)

"I made comments to my husband that it was my house...because when we go on vacations I feel a lot better, but on our last vacation I narrowed it to the water - but we have a water softener system so is hard to believe my theory." - [Catalina Martha M. \(Los Angeles, CA\)](#)

"I tend to believe what Dr. John Lowe thinks, that it is untreated hypothyroidism and metabolic fatigue. I know I was hypothyroid 20 to 25 years before I qualified for replacement meds. Of course, now with the change in the parameters in the TSH, I would have been deemed hypothyroid long before I actually was." - [Barbara P. \(Charlotte, NC\)](#)

" Caused by thyroid removal! Happened immediately following surgery [for thyroid cancer], made worse by radiation treatment." - [Terri \(New Port Richey, FL\)](#)

"Right now I am taking D-Ribose 3 times a day (Dr. Titlebaum's theory of ATP) I haven't noticed anything yet but I am only in my second week." - [Donna \(Sandwich, MA\)](#)

"I found a doctor and he told me that Fibro, was because I was missing an enzyme in my kidneys that keeps my body from removing calcium phosphate from my body and my body has built up to much calcium phosphate in my muscle and joints, and that why I hurt. He put me on Guaifenisen, to help my body remove the calcium Phos. from my body, but I don't feel much better, maybe you've heard of the " Guaifenisen Protocol" by Dr. St. Amand? When I Started the protocol my body hurt all over really bad, like he said it would. But I don't think I'm getting anywhere." - [Jennifer \(Marina Del Rey, CA\)](#)

"Now that I have started doing research, I have also found in my research that the cysts that are in my breasts and cause me so much pain has been linked to women lacking in Iodine deficiency, probably caused by the same thing.." - [Kelli \(Fortuna, CA\)](#)

I am currently taking myself off prescription drugs. I am seeing my doctor today because of them. I think they make me worse!!! I also think they cause me to have other problems that my doctor prescribed more meds for....I want off! I am going natural. Pharm. companies scare me. I had low blood pressure until going on antidepressants. I want to see what happens when I get off the Lexapro." - [Julie \(Arena, WI\)](#)

"The flouride theory makes sense to me. Two weeks ago I whitened my teeth overnight (using trays) and I was sick the next day. I always thought my problems were related to the pesticide exposure.." - [Robin \(Baltimore, MD\)](#)

"I saw 5 or 6 "specialists"...all of whom had no idea what was wrong with me... one of the specialists was a rheumatologist and none of them even suggested fibromyalgia..they basically just shook their heads and said they had no idea of what was wrong with me...it was even suggested that perhaps I was unconsciously making myself sick. I finally went to an allergy specialist( last ditch effort to find help) and she suggested I see a neurologist and he diagnosed fibromyalgia in 15 minutes! Why aren't more doctors more aware of the signs and symptoms...very frustrating!" - [Cathy \(Saint John, NB, Canada\)](#)

"I think that it could be caused by some kind of vitamin deficiency. If I stop taking my vitamins, my symptoms get worse. I think they need to research the cause of fibromyalgia instead of just trying to treat the symptoms. Find out what is causing this, I am sure there are plenty of people who would volunteer to under go testing, I would be the first to sign up. I noticed a pattern in the age of onset which is around 30 to 40 years old. Just an observation." - [Cheryl \(Mount Vernon, OH\)](#)

"My 13 years of research I believe that fibromyalgia is two things, a lack of vitamins, minerals, or trace minerals and a toxic body. Get rid of the toxins and take plenty of supplements because we all are not getting all our vitamins in this day and age with the way foods are processed and the chemicles pumped into the animals to make them grow faster and fatter. Everyones dna is different and everyone eats different so we are all suffering from certain vitamins, minerals and trace-minerals. Find what your body is lacking in and you find your own cure. " - [Susan \(Sidney, OH\)](#)

"The hepatitis vaccine has some serious flaws, i only had it done as a requirement for work. wish i had investigated it much more." - [Gail \(Phx, AZ\)](#)

"I also find that if im over weight i have more pain, as long as i am at a stable weight, and my muscles are strong i feel better. Whenever i lack muscle density i feel the pain increases. For me, being the sun is an incredible remedy as long as the weather is dry and keeping myself active and eating well. Meditation and an effortful approach to life in which i refuse to be a victim has been very helpful." - [Catalina \(Toronto, Canada\)](#)

"This condition maybe caused by excessive fluoride exposure. Or by pathogens such as yeast or virus that becomes active after the immune system is altered by antibiotic exposure." - [Tom \(Raleigh, NC\)](#)

"Doctors just seem to want to treat the condition they never seem to care where this came from and maybe thats what they should be concerned with and then maybe they would be able to cure this." - [Dawn \(Milford, PA\)](#)

"There's no way on this earth I'll try Lyrica, Neurotin, or other prescriptions for this. After having been on anti-seizure medications for 36 years, I know better than any doctor what their long-term side effects are. I'm living daily with the serious consequences of being on anti-epileptic drugs for long term. I'm looking for natural remedies and have got to learn not to overdo my exercise." - [Jacque \(Quanah, TX\)](#)

"What is the link that we all have? Is it toxins or hormonal? I think operations set this off and certain drugs. Wish the docs could help find a cure." - [Delphina \(Secret Harbour, Australia\)](#)

"When I shut down my digestive system after the homemade liver cleanse I felt better and when I started juicing for three days following the cleanse I felt better. Liver cleansing to get rid of the toxins from medicines, tap water has helped tremendously. I found eating foods again made me feel worse. I felt like a new person after the liver cleanse and drinking only juices for three days following the cleanse. Eating food or water from restaurants are very bad for you. People need to get off all the meds and detox and tough it out and try not to take any drugs at all if possible and not to drink any water from tap." - **Betty S. (Greenville, SC)**

"Out here in the country they think Fibro is only pain (because thats all they seems to advertise on the Lyrica commericals). They don't seem to know about the fatigue or brain fog." - **Patricia (Ringtown, PA)**

"The ONLY thing that has ever helped me is Dr. Rodger Murphree's FMS/CFS protocol. He is a specialist in orthomolecular medicine and absolutely knows his stuff. I found Dr. Willen in Greensboro NC who got me on this program and its helped more than i ever anticipated. However I need to do more to clean up my diet bc i can tell a big difference (that i'm not doing my part). This book about Treating and Beating Fibromyalgia is the -Best- book i've ever found on the disease and his treatments have made a huge difference. Please try it and see for yourself (and no, i'm not getting a kickback for recommending him! lol)" - **Christy (High Point, NC)**  
<http://store.drmurphreestore.com/trandbefiand.htm>

"I wonder if trauma has a relationship to setting off so many odd health problems. It seems to me this is very much like arthritis only everywhere and much more serious. I am told I have Gout, Rhumatoid Arthritis, and Osteoarthritis. also have sleep apnea and what I am told may be irritable bowel syndrome whichj is relatively new for me. It is quite uncomfortable." - **Wayne (Waukesha, WI)**

"I am beginning to suspect a buildup of toxins in my body. Toxins can settle anywhere, and since there is no known cause nor cure for FM, muscles seem the logical place for toxins to settle." - **Linda (Sulphur Springs, TX)**

"Still on statins, I believe the CoQ10 helps, but after years of thinking I was nuts, I find that so may of the theoretical causes have been a part of my life. Statins; fluorides by way of years of living in a fruit orchard and an area with an abundance of natural occuring fluoride in the well water. I did take a cousin of phen-fen and have been on various antidepresants for about 15 years, paxil and prozac included." - **Marie (Walla Walla, WA)**

"Wish I did. If I did then I could make this all go away. It is hindering my life and I am not happy about it. I am sick of being tired and in pain all the time. It is bad enough to have to live in pain from a spinal cord injury and arthritis since I was 20. The last thing I needed was this. The only thing I can say is that it got worse after the 14 kidney operations I had from October - December of 2006. Figure it out." - **Leslie (Bellevue, NE)**

" I think that there is some chemical or pesticide that is used in foods that certain people have a low tolerance for... For example, an allergy. Some people are allergic to certain foods and others aren't. I think there's a common link of something that may not be potent in certain dosages to most people but may cause these symptoms in others. Other reasons for that... Like if you have fibro. chances are you have a problem losing weight. Now think, if you are having an allergy attack, your cells swell up, even your face swells up. I think the same thing happens with the body... thus problems losing weight and all of these other associated problems.." - **Janelle (Miami, FL)**

"I have no clue. I am going to try an entire body cleanse, parasite, colon, etc... I believe I feel best when my colon is clean and I eat very tiny meals that are fresh foods, very little grains, mostly vegetables. No packaged or processed foods. Sugar causes me severe flare ups. Honey does not have the same effect. Lots of fluids with lemon seem to help. I began Mother Vinegar-hoping for results. The doctor wants me to try Lyrica but I have read too much about weight gain. I prefer holistic if possible." - Julie (Johnstown, PA)

"As above I have my own ideas but hate that a person has to self doctor so much. Why aren't there more centers that combine the doctors needed to work together to help heal or manage people like me, there are so many in pain feeling like they have been made to look like druggers rather than people that want not to lay around or slow down but jump back into life with the help some of these combinations have to offer, will I always have to fight to get what can work for me? I do live in the middle of nowhere and don't have the money to dash off somewhere for treatment but have looked into studies where one could get paid for experimental treatments. For now I have gotten back on the self help wagon and am having acupuncture treatments and soon to see a neurologist of whom I have never been to yet. So with MRI in hand and a hard to follow history, wish me luck in some relief! Bless you all and prayers." - Jane (Sebekka, MN)

"I know it is not a popular vote but I do not believe it is an environmental or drug related illness and that is because I have had it since I was an infant. My parents frantically took me from Dr to Dr when I was one year of age because I would scream in pain. I think it will be an imbalance of the pain receptors in the brain or something such as that. I was not exposed to anything my first year of life, no meds, no sickness, no x-rays, nothing and I was already inflicted with it." - Karen (Council Bluffs, IA)

**[Comment on above quote:** All theories are welcome here Karen. I think it's important to note though that neurodevelopmental toxins, like fluoride & mercury, have been proven to pass from mother to child through the umbilical cord during pregnancy. EPA Scientists and others, like the Environmental Working Group, do their best to emphasize that point. That said, it's difficult to see from the other answers you provided on 5/4/08 (which I would certainly encourage others to read), that your fibromyalgia necessarily originated in childhood. Perhaps it did. However, you also said you'd been "otherwise healthy"...that your symptoms began only with "leg pains"...that you developed brain fog only about "8 years" ago at the age of 40....and that your condition seemed to worsen rather dramatically only when "I had back surgery and went downhill rapidly after that. I have no idea what type of anesthesia medications I had."

You can find a list of fluorinated anesthetics here.... [http://www.slweb.org/ftcrfluorinatedpharm\\_ane.html](http://www.slweb.org/ftcrfluorinatedpharm_ane.html)

You're entitled to your own conclusions, but I'd try to encourage you to try to keep an open mind, at least until you test your sensitivity to fluoride (by minimizing your daily dietary exposure).

#### **PRIOR QUOTES:**

"Stop the fluoride exposure and the symptoms go away. I thought I had MS, but the symptoms went away as soon as I started going to Whole Foods market for my groceries and started reading labels." - Shannon (West Palm Beach, Florida)

"I think that the world we all live in is TOXIC, and our water and food is as well. We are all toxic. It takes an injury or a stressful event to bring out the illness that we all have in our bodies." - Debra (Toronto, Ontario, Canada)

"Organic foods, natural body care products seem to help. It seems the less chemicals the better I do." - Michelle (Miami, Florida)

"I have believed the FMS is some kind of poisoning for many years. However, it has been only recently that I came across the toxin idea and now fluoride." - Kendra (Big Bear City, California)

"I quit asking for pain meds as the DR's just thought I was there seeking drugs. One DR explained to his student nurse that I really didn't have any pain, I just thought I did. I understand that over the years, strides have been made to recognize this disease, so I'm now back in the loop of trying to find some way to have this pain go away. It's getting worse all the time." - Catherine (Deltona, Florida)

"To go to 10 doctors and not have one of them know what is wrong with you or what to do with you. My dentist and vet were more helpful." - Diane (Baltimore, Maryland)

"The fluoride theory and the fact that it's used in prescription drugs makes so much sense to me, as fluoride toxicity I now see meets every one of my symptoms, even the fusion of the bones in my spine which is devastating to me. THANK YOU SO MUCH for this affirming information and for all your help! Thank you especially for helping me to feel good about myself as a human being, by knowing I don't have to be embarrassed that I have fibromyalgia and that it's not my fault or in my head and that I CAN CURE MYSELF which I'm trying hard to do. It's so important for me to know that fluoride is the cause, to prevent further damage and to help me reverse it. GOD BLESS YOU!!!" - Olivia (Safed, Israel), registered nurse of 17 yrs

"My theory is that my body can't process all the excess toxins, sugars, additives, hormone injection and crap in our food. I can't afford to eat completely organic/vegetarian so have to buy store bought items." - Carrie (Saskatchewan, Canada)

"From 29 - 39 I would repeatedly get infections and they would prescribe me antibiotics. There was 1 period when I would get an infection every 3 weeks but still the doctors would give me antibiotics and treated me like a hypochondriac." - Glenda (Chicago, Illinois)

"I believe Fibro is a type of massive system failure of the endocrine system beginning in the hypothalamus and affecting the thyroid, pituitary and adrenals. That in turn causes other systems to malfunction. Also seems to be a serious problem with nutrients not being absorbed at the cellular level in spite of normal blood tests. Currently researching how to remove lactic acid from my system hoping it will decrease flare-ups." - Jean (Marysville, Washington)

"I believe the fall I took in '98 may be the initial cause to this, but the Lipitor was the catalyst that set it off. I have not been the same since I started taking that poison." - Capt. Larry (Barnegat Light, New Jersey)  
*[Note: Lipitor is a fluorinated drug]*

"I truly believe that people w/fibro/CFS/myofascial pain syndrome are ill because of toxins in their body. There are SOOOO many things at the grocery store that are harmful, and we continue to consume them and wonder why we're sick! Also, things like mercury fillings, fluoride in our water, chlorine in our pools, etc. should be outlawed - I've never heard of anything good coming from these kinds of things." - Laura (Portland, Oregon)

"I believe that this is caused by the body's inability to complete the natural ATP process." - Mischell (The Colony, Texas)

"I think the more natural food you can eat, the better. There are too many additives in processed food. Sugar is like poison! Drink good water, not tap water! Take good supplements." - Marsha (Florida)

"I think chemicals and food additives combined with sedative, fast paced lifestyles, and lots of stress, perhaps cause fibromyalgia. I definitely think that our bodies aren't strong enough to combat all of these things." - Suzanne (St. Petersburg, Florida)

"I have recently learned that iodine could be the missing link in this. I was recently found to be extremely iodine deficient. Fluoride can only sit on the receptor sites where there is not enough iodine. So it seems that if one is lacking in iodine they are much more susceptible to fluoride toxicity and also heavy metal toxicity. Dr Brownstein has written an excellent book on iodine deficiency and the fluoride connection." - [Pat \(Toledo, Ohio\)](#)

"I currently believe the cause of fibromyalgia to be a Candida (yeast) over-growth, exacerbated by a PH imbalance and caused by sugar consumption and antibiotic use." - [Daniel \(Vancouver, Canada\)](#)

"The flouride exposure is a novel idea for me. Thought fibromyalgia was partly genetic complicated with hectic, stressful life style and unhealthy diet complicated further with misuse of pain relief meds, consistant use of antibiotics, liquor and smoking." - [Jane \(Suva, Fiji\)](#)

"I believe that it is manageable. Once it is in "remission" for a while i wonder if i ever had it and then for no reason (or at least i have not figured it out yet) i get a flare up and can barely walk. the book "from fatigued to fantastic" was wonderful as it was written by a doctor (a man a that) who suffers from Fibro. If more Fibro sufferers would start listening to their bodies and stop blindly following Doctor/specialist advice many would do well and be able to return to work." - [Charity \(Barrie, Ontario, Canada\)](#)

"I do not believe it is heredity. No one in my family has had this that we know of, although I have 2 deceased daughters, the first lived 3 weeks, the second was stillborn." - [Kevin \(Linton, Indiana\)](#)

"Was facilitator of group that Jason came to to explain his theories on connection of fluoride toxicity and fibro. Have been trying some things since and when I stick to them I do feel better. I am going to go back to them after reading his article and add additional suggestions from it. He is a very convincing speaker well informed and knowledgeable." - [Linda \(Afton, Minnesota\)](#)

"I believe it is caused by exposure to environmental chemicals and eating a lot of processed food and bathroom products, combined by injuries to neck, esp. pollution of air and earth." - [Candace \(Studio City, California\)](#)

"I believe this may be contributed to the anthrax shots I was forced to receive. I feel sorry for anyone else with this problem." - [Lisa \(San Antonio, Texas\)](#)

"I believe there are many reasons including antibiotics and other prescribed meds, thyroid problems, infections, and, chemicals in our environment." - [Alvita \(Detroit, Michigan\)](#)

"I believe it's caused by a chronic systemic Candida infection. I also was severely depressed. Sugar & flour definitely aggrivate my problem." - ["C" \(Palos Park, Illinois\)](#)

"I learned so much from your website about the causes of Fibromyalgia and Chronic Fatigue Syndrome. I remember in elementary school of being in a line and given a little dixie cup of fluoride to swish. With fluoride in so much of the everyday items we use, I absolutely will be more proactive in cutting this out of my familiy's diet. If I can do anything to prevent my 15 years old daughter from developing Fibromyalgia, I will!" - [Peggy \(Jeffersonville, Kentucky\)](#)

"Possibly from the birth of my son and supposedly having a low thyroid during the course of my pregnancy." - [Tania \(Adelaide, Australia\)](#)

"I don't believe the dr's, no matter how caring, have any clue what to do for this." - [Shari \(Fond du Lac, Wisconsin\)](#)

"My symptoms and diagnosis occurred after a whiplash injury. I believe an acute, stressful injury sets off the immune system causing an "overkill" when reacting to the release of histamines, and platelets at the injury site. This in turn, creates havoc in the total body system. I feel the immune system has gone awry. Instead of repairing the tissue/injury, the immune system has attacked it, as well as other areas of the body erroneously recognizing these areas as foreign substances." - [Josie \(North Carolina\)](#)

"One is a malfunction of the brain synapses - prone to misfiring at different times, thus affecting different systems of the body at irregular intervals. The second could be from the mass inoculation the military uses - the large amounts of them entering the body when the body is already stressed, combined with a pre-existing immune problem, confuses the immune system, causing it to attack the wrong things." - [Jeanene \(Las Vegas, Nevada\)](#)

"I don't think pain meds, sleep meds, or depression meds are the answers. They need to treat the overall symptoms as a disease like they do Parkinson's and MS. It is an extreme illness that is not caused by depression. It is related to sleep, but is the FM causing the lack of REM sleep or is the lack of REM sleep causing the FM? They need more money to do more research. It may not be a terminal illness but it is a life altering one that needs to be taken seriously." - [Michelle \(Tennessee\)](#)

"I think oxygenating therapies would help. also endocrine support. I have also tried T-3 and T-4 supplementation during fall and winter months..this results in increased energy levels, but there is still aches and other FMS symptoms. I also think that the pituitary, adrenals, sex glands and hypothalamus are involved as well; an assault on the immune system through trauma causes these to "shut down" for some reason, allowing the opportunistic pathogen to make headway and start multiplying." - [Robert \(Manchester, New Hampshire\)](#)

"The doctors made me worse." - [Terry \(Canyon Lake, California\)](#)

"I think fluoride has been a major factor in all my health problems. I think all the fillings I had were very damaging and the vaccines given to me. I had 3 flu shot but will never get another. " - [Leslie \(Pheonix, Arizona\)](#)

"Fibromyalgia is a very sad thing. It takes away your ability to live a full and happy life. It dictates to you what you can and can't do. If you extend yourself you pay the price. It is an invisible disorder that most people can't begin to understand." - [Cheri \(Wisconsin\)](#)

"Don't know what it will take for people to accept this is not just the same old "hysterical women" syndrome. Just like all women's issues throughout time. First to have to convince the male docs your not crazy (realize men have this too, but seems predominately female). Guess I'm particularly bitter because with all my documented physical problems, I received my medical disability not because I had a disease, but "because I truly perceived that I did", if you get the difference and the irony. Thus I have a "psychological" disability and not a physical one." - [Maurcie \(Gainesville, Texas\)](#)

"I suspect it's thyroid related. Docs are too quick to pass out antidepressants instead of looking for the physical cause of depression. Treat the cause NOT the symptom and we'll all get better. The crap they put in our food and water is a big problem. Soy and hormones are mixed into everything. Kids are hitting early puberty and having thyroid problems, but instead of recognizing the mutation for what it is, physicians just say 'that's the norm for now.'" - [Patty \(Ocean View, Hawaii\)](#)

"Please! There is a reason Dr. Jacob Teitelbaum opened all those centers for fibro & chronic fatigue. He HAD those diseases himself. He is right! I'm not the only person saying this. Talk to others at Natural Thyroid Hormones on Yahoo group." - [Amy \(Reston, Virginia\)](#)

"I wonder about drugs, especially those given to us as children in the form of vaccinations." - "V" (Colorado)

"I wish more doctors recognized it. One acted like I was a hypochondriac and refused to treat me." - Shelia (Jasper, Alabama)

"I just wish some one would take this serious and help us that suffer so bad. There's got to be something in our systems that are similar. Do some blood work on people with FMS, see if there something there. And last but not least. God Bless you all with Fibromyalgia. And those who search for a cure." - Sandra (North Carolina)

### What were your very FIRST symptoms?

#### RECENT QUOTES:

"Flu-like symptoms, fatigue, pain all over but worse in neck, shoulders and back, inability to concentrate." - Robin (Baltimore, MD)

"Extreme fatigue, fog, pain in lower back, and knees." - Nina (Monroe, NY)

"Fatigue; muscle weakness; migraine." - Bonnie (Perth Amboy, NJ)

"Tingling & numbness from the elbows and knees down (may be more related to hypothyroid), extreme weakness & fatigue, brain fog, inability to focus, and remember, unexplained aching throughout my body." - T (Lexington, KY)

"Fibrofog, body pain, insomnia, fatigue, hair loss, interstitial cystitis, brittle, breaking nails." - Pat (Oakbrook Terrace, IL)

"Flu like symptoms, extreme tiredness, swollen glands." - Robert (Manchester, NH)

"My first symptoms began with Fatigue and Severe IBS symptoms. I had abdominal pain, swelling, bloating, vomiting, etc." - Kelly (Mannheim, Germany)

"Constant pain in shoulders and neck, IBS, Fatigue, Severe Depression." - Carly (Black Mountain, NC)

"Brain Fog! Hands, Hips, neck ankles, and back real sore and the tiredness was unreal." - Mechelle (Shelby Twp, MI)

"Fatigue, pain in heels, back, knees (felt like a sledge hammer to my knees). Blurred vision, jerks and tingling thru body. Muscle and joint pain thru out entire body." - Betty S. (Greenville, SC)

"Extreme fatigue, burning and aching in legs." - P.K. (Norwalk, CT)

"Dizzy, lightheaded, fatigue, skin issues, depression, migrains, forgetfulness." - Stella (Ohio)

"Headache, jaw tightness, ache & cramps in arms & legs." - Marie (Walla Walla, WA)

"Fatigue, difficulty recovering from colds and flue, unable to withstand temp. changes, bowel problems, food intolerances, back and neck pain, depression, insomnia, hair loss, etc." - Carol (La Verne, CA)

" Severe neck pain, (diagnosed with spasmodic torticollis?), carpal tunnel, hip pain, muscle spasms." - **Peggy (Orillia, Ontario, Canada)**

"Joint and muscle pains, fatigue, tenderness, tmj." - **Angela (Bribane, Australia)**

"Chronic fatigue, sore throat, daily migraines, muscle tenderness/achiness." - **Antoinette (Seattle, WA)**

"Stiff neck, severe muscle spasms in the shoulders and back and neck and migranes." - **Melissa (Haslet, TX)**

" An odd all over aching, particularly in my collar bone, hips, shoulder blades, knees, ankles. Chronic fatigue for no apparent reason." - **Meglyn (Gaithersburg, MD)**

" Knots in my shoulders and neck. Exhaustion." - **Kelly (Dover, DE)**

"Neck pain, depression, fatigue." - **Abbey (Rockville, MD)**

"Flu like symptoms, feeling like I had a high fever, but temp. was normal, my joints felt swollen and sore, but there was no inflamtion." - **Mary (Fairfield, OH)**

"Fatigue, worsening of allergic/asthmatic symptoms." - **Shannon (San Francisco, CA)**

" Severe muscle aches/spasms, extreme joint pain, chronic yeast infections, insomnia, brain fog" - **Jessica K. (Ormond Beach, FL)**

#### **PRIOR QUOTES:**

"My thyroid got under active, no energy." - **Donna (Alabama)**

"I had step throat. Took antibiotics. The symptoms remained and I felt sicker." - **Natalie (Upstate, New York)**

"Extreme fatigue." - **Kacey (Turlock, California)**

"Low thyroid and depression." - **Debby (Hobbs, New Mexico)**

"EXTREME FATIGUE, thyroid problems, brain fog, balance problems, sinus and throat infections etc." - **Rebecca (Pittsburgh, Pennsylvania)**

"Very sore getting out of bed could hardly move, hypothyroidism, RLS, hair loss, unable to think clearly, dry mouth." - **Rose (Racine, Wisconsin)**

"IBS, Extreme Fatigue, Weight Gain, Migraines Sometimes Insomnia." - **Kristen (Richmond, Virginia)**

"Thyroid, blood pressure, sinus, irritable bowel, spine pain, muscle weakness." - **Patricia (Aberdeen, Scotland)**

"Flu, urine infection follow by pain and exhaustion." - **Emma (Wiltshire, England)**

"Pain in wrist joints, pressure points, knees, and overall stiffness. Chronic fatigue - the worst part of all. And my capacity to concentrate for extended periods of time decreased ...during these times I always felt stupid and frustrated for not knowing why some easy concepts would not sink in." - **Lisa (Rome, Italy)**

"Joint pain." - **Bobbi (Fort Collins, Colorado)**

"My thyroid stopped working and I started having chronic hip pain." - [Leslie \(Phoenix, Arizona\)](#)

"Flu that never seemed to go away completely. I got tired easy and I started getting stiffer. And I had really bad headaches and then neck pain. And I remember sore throats early on." - [Connie \(West Virginia\)](#)

"It all started with my neck. I could not move it." - [Debra \(Toronto, Ontario, Canada\)](#)

"Thyroid Swelling, Muscles Aches" - [Pearlene \(Omaha, Nebraska\)](#)

"Throwing up a lot, neck and shoulder pain, low immune system." - [Candace \(Studio City, California\)](#)

"Flu, extreme muscle pain, extreme tiredness and trouble concentrating." - [Sonja \(Listowel, County Kerry, Ireland\)](#)

"What I can remember is that we went bankrupt trying to find what was wrong. I was told it was like I had gulf war syndrome. Extreme fatigue, chest pain, whole body pain, IBS, constipation, loss of concentration, inability to exercise, etc." - [Janet \(Steele, Missouri\)](#)

"Severe muscle pains in my legs, neck and severe fatigue." - [Bobby \(Michigan\)](#)

"Brain fog, exhaustion, bouts of inability to breathe, dizziness. Went downhill in a month to full blown can't get out of bed exhaustion and pain." - [Laura \(Seattle, Washington\)](#)

"Severe migraine headaches, neck and back pain, change in vision, and big loss of cognitive function. I would sit at my desk for an entire day and repeatedly attempt to start the same task over and over without ever getting it done. I could not continue to work. Period. It happened just like that." - [Lisa \(San Marcos, California\)](#)

"Depression." - [Heather \(West, Michigan\)](#)

"Exhausted even with 8-10 hours of sleep, weight gain, stiffness." - [Anna \(Helotes, Texas\)](#)

"Fatigue, sore muscles, back pain, swollen hands, fast heartrate, strong heartbeat, shaking head, brain fog, shooting pains in head, stomach pain, digestive issues, incontinence, loss of balance." - [Bernadette \(San Francisco, California\)](#)

"Hands were tingling." - [Monica \(New Jersey\)](#)

"Headaches, neck and shoulder pain, knees, tingling in extremities, panic attacks, depression, CFS, Fibromyalgia, mental fog, IBS, poor balance, intermittent sore throat." - [Darline \(West, Texas\)](#)

"I gained about 60 pounds in about 6 months, mostly due to horrible swelling and pain in my legs. They also discovered hypothyroidism and IBS. Prior to this, I was extremely healthy and thin." - [Lori \(Wisconsin\)](#)

"Flu, followed by sinus infection then kidney infection. Exhaustion, pain everywhere, back, shoulders, rib cage, neck, stomach, legs, knees, buttocks. from head to toe. Memory relapse, stiffness, head aches/migraines, incontinence, bruise easily/painful skin sensitive to touch, disorientation, dizzy spells, clumsiness, restless leg syndrome." - [EM \(Swindon, Wiltshire, England\)](#)

"Leg cramps at age 14." - [Alvita \(Detroit, Michigan\)](#)

"Leg pain. Migraines. Chronic sinus problems. Difficulty holding my arms above my head. Sensitive to medicines. Heart problems/irregular heart beat." - ["V" \(Colorado\)](#)

"Exhaustion, lack of concentration, brain fog, body aches." - [Susan \(Lynn, Massachusetts\)](#)

"Migraines, swelling of hands and feet, heart palps, tight throat, back of arms ache, inside of knees ache, back ache, severe muscle cramps, especially in thighs, calves, toes, rib area and back, extreme tiredness, sleeping up to 18 hours a day, swollen trigger points, temperature extremes ~ over heated in heat and severe chilled in cold, tight shoulders, brain fog, anxiety, very low body temperature (sometimes around 94\*), sleep disturbances, crying, sensitivity to alcohol, odors and medicine, weight gain, bruising - PHEW!!" - **Belinda (Meadville, Pennsylvania)**

**[Comment:** Early symptoms often include...extreme fatigue (not relieved by sleep), impaired immune system, thyroid dysfunction, temperature sensitivity, urinary tract infections (or ghost uti's), irritable bowel, sore throat, swollen glands, headaches, leg cramps (usually in calves), difficulty concentrating, sudden weight change, depression, increased incidence of tendonitis, noticeable hair loss, severe neck stiffness, loss of balance, joint pain (frequently beginning around the knees), moderate stiffness in lower back & shoulders, severe muscle weakness/spasms, and intermittent numbness (normally in the extremities).

Before the complete list of symptoms fully develop and worsen, sufferers are often treated as hypochondriacs by physicians who fail to recognize the early symptoms of fibromyalgia.]

### **What are your CURRENT symptoms?**

#### **RECENT QUOTES:**

"Fatigue, brain fog, IBS, muscle pain, headaches, TMJ, weight gain, constant hunger, insomnia, RLS." - **Debra (Strum, WI)**

"Constant leg/muscle pain/cramps. Also, back/shoulder pain, short term memory loss, stiff joints, fingers fall asleep, fatigue, anxiety, thyroid keeps changing, insomnia." - **Katie (Summerdale, PA)**

"Fatigue, widespread pain in most muscle groups and almost all joints, depends on the time of day or the weather, brain fog is awful as is the anxiety attacks, the pain meds I'm on ironically help my IBS by having the side effect of causing (funny but I can't think of the word, had to look it up, damn thinking is all screwed up again) constipation, that's what I was trying to say, the drugs cause constipation and that helps offset the IBS so I get some normalcy there. TMJ has also set in, my Rheumatologist thinks arthritis may have set into the various affected joints, back, neck, jaw and are causing the worst flare ups I get, but he made the diagnosis of Fibro based on my other symptoms in combination with the duration.." - **Tom (Winnipeg, Canada)**

"Severe sleep problems, back pain, muscle stiffness, headaches, skin disorders, short term memory loss, difficulty losing weight, lack of energy, minor hair loss, depression and anxiety, allergies." - **Kelly (Christiansburg, VA)**

"Joint pain all over body, Muscle pain. Tired all the time, no energy." - **Leslie (Wheelock, VT)**

"Constant pain all over body, insomnia, vertigo that comes and goes, unexplained allergic reactions, vision problems, headaches, exhaustion, cannot concentrate sometimes." - **Kelley (St. Louis, MO)**

" Severe muscle pain/spasms, severe joint pain, bradytachycardia, migraines/constant headache, insomnia, depression, infections, skin problems, IBS, EBV, Breast pain, Severe back pain, obesity, brain fog, hot flashes, trouble swallowing (choking-mostly on water), prominent left liver lobe, skin problems, hiatal hernia, etc. Positive ANA, ENA, Scleroderma Antibodies, on & off." - **Jessica K. (Ormond Beach, FL)**

" Fatigue, muscle, ligament and joint pain, tinnitus, numbness/stiffness in hands (at times). Stumbling at times, forgetfulness (a real problem) Up 3/4 times per night do to pain." - [Rosemary K \(Deptford, NJ\)](#)

" Extremely sensitive, no pain threshold, bad neck, arm problems, hand problems, knee problems, loss of feeling in both feet and half way up outside of calves. Cannot sleep, Depression and Anxiety. Bad pain in right foot, cannot wear enclosed shoes. Very bad memory, cannot focus on tasks, headaches. Constantly getting ill, very low immune system." - [Jane \(Adelaide, Australia\)](#)

"Sore to touch, stiffness, muscle pain all over my body, sleep deprivation, TMJ, high bp, high cholesterol and triglycerides, diabetes, fatigue, can't concentrate, can't get words out, forgetfulness, sleepy during the day, short attention span, extreme low back cramps and pain." - [Cathy \(Bailey, NC\)](#)

"Overall pain, more pain in my neck, shoulders and upper back, fibro fog, very bad memory, fatigue, morning stiffness, sensitive to light, extreme temperatures and loud noises. Frequent need to go to the bathroom, headaches, difficulty falling asleep. Regular stomach aches and diarrhea. Sensitivity to meat, milk, caffeine, sugar, fatty foods and large quantities of carbohydrates (a plate of pasta), soft drinks. (After eating these my pain is intensified severely and the fatigue increases) Also, pain in my fingers and wrists." - [Catalina \(Toronto, Canada\)](#)

"Irritable bowel, hypothyroid, brain fog, depression, anxiety fatigue, pain, weakness." - [Kelly \(Red Oak, Texas\)](#)

"Worsening of respiratory ailments, fatigue, muscular and joint pain, arthritis type pain, parathesia, muscular skeletal pain, balance issues." - [Shannon \(San Francisco, CA\)](#)

"Seems as I have all the typical pain points tender to touch light and sound, all over spasms, insomnia, sensitive, brain fog, fatigue..., added within about the last 5 years - tingling sensation, pain sometimes shooting, continuous and now goes down through both legs to feet & also up through my jaw. Back is has a combination of DDD and L4/5 S1 problems, tried injections with little/no success and still the slight fusion in neck with osteo starting in hip, and ears just ring all the time." - [Jane \(Sebeka, MN\)](#)

"Flu like symptoms, extremely tired, tender spots, muscle pain, joint pain, brain fog, speech difficulties, interrupted sleep, headaches, skin problems, eye changes, TMJ, no energy, weakness, anxiety, depression, Good one day....do too much can't function for the next three days. concentration, memory, frequent urination, IBS, easily bruised, light, sound, and temperature sensitive, Sensitive to the touch. more I can't think of I'm sure.." - [Julie \(Arena, WI\)](#)

"Muscle joint and ligament tender skin untouchable, pain to walk unassisted, brain fog, sleep problems. Migranes weekly, stomach ache, constipated, diminished eyesight." - [Renee \(Phoenix, AZ\)](#)

"Generalized pain, with added pain in neck, lower back, chest, legs. IBS. Frequent UTI-like symptoms. Brain fog. Fatigue. 24 hrs per day / 7 days per week." - [Edith \(Naguabo, Puerto Rico\)](#)

"Much worse--fibro fog is more frequent and dramatic; more pain in a variety of places, including bottoms of feet-- feels like I am walking on broken glass; brain cognitive issues; cannot tolerate tight anything; vision problems; two years ago had PVD in left eye; weakness; breathing issues; still unrefreshed sleep; low thyroid etc." [Initial symptoms: hot, painful lumps near knees and elbows; extreme pain around neck, shoulders, arms and lower back excessive daytime tiredness HAD to go home to sleep on my lunch hour; GERD; High BP; pain upon finishing exercising; I used to be able to run 7 miles a day] - [Abby \(Pleasanton, California\)](#).

"Chronic Pain, Depression, Muscle Pain, Joint Stiffness, Complete Misery, Unable to Think or Articulate Speech As I Used To." - [Melissa \(Springfield, TN\)](#)

"Chronic sinus, lower back pain, widespread muscle pain (whole body), stiff joints, chronic sore throat, poor memory, no concentration, always feeling depressed because of the constant pain, restless legs, poor sleep, eye sight has become poor, fatigue, lost interest in life." - **Mary (Paeroa, New Zealand)**

"Worsening of respiratory ailments, fatigue, muscular and joint pain, arthritis type pain, parathesia, muscular skeletal pain, balance issues." - **Shannon (San Francisco, CA)**

"Fatigue, migraines, chemical sensitivities, ear aches, sensitive to sounds & smells, feeling of being poisoned, shoulder, neck, back, legs & joint pain. But I have had bouts of major improvement for 6 months now. [Currently using]...A natural supplement program from holistic DR., psychotherapy, diet changes, environment changes & product changes to almost chemical free." - **Stella (Ohio)**

"Muscle pain -Joint pain -Temperature sensitive - Memory loss & cognitive problems - Visual changes - Shoulder & rib pain/problems - Dizzy spells - Ringing in ears - Heart palpitations - More frequent headaches - Occasional numbness in toes, fingers, thighs, arms -Pinching/zinging sensation left side of head - IBS & TMJ" - **Diane (Ithaca, NY)**

" I am very sick now. I have pain everywhere, neck, shoulder, upper back, lower back, hips, fingers, elbows, knees, ankles, toes, feet, migrains, tired all the time, skin sensitivity, depression, vomiting, swelling, I can't think, problems remembering, panick attacks, depression, severe food allergy attacks to food I am not allergic to, plantar faciitis" - **Kelly (Mannheim, Germany)**

" Pain, fatigue, swollen lymph nodes, numbness, hair loss, rashes, knots in back, arthritis, carpal tunnel, sensitivity to temperature/ sounds/smells, headaches, pain in left side of ribs, mouth & nose sores, rashes, shakiness, lightheadedness, night sweats, edema, neurological/autonomic symptoms, fevers, sporadic sensation of fullness in right side of abdomen, constipation, weakness, muscle spasms, urinary/gynecological issues, elevated liver enzymes, enlargement of uterus & spleen, recent surgery for intussusception of small bowel (unknown cause), stiffness- especially in the morning, lack of ability to concentrate, irritability, memory loss." - **Jessica (Carrollton, TX)**

"Fatigue, feeling unrested. Body wide pain, stiffness. Multi skin issues: Dry, molting, rashes, discoloration. Raynaud's syndrome, dysmenera, skin pain, itching throbbing twitching. Dry mouth, eyes, nose. Memory, speech, balance and vision problems. And as stated above, a roulette wheel of other symptoms, that's frustratingly [long], I can't list all off at the moment." - **Sarah (Pittston, ME)**

"Word-finding difficulties, inability to comprehend/retain what is read, inability to calculate numbers and impairment of speech and/or reasoning, tremors, deep muscle pain, myofascial pain, visual disturbances (blurring, sensitivity to light, eye pain, need for frequent prescription changes); psychological problems (depression, irritability, anxiety, panic attacks, personality changes, mood swings); chills and night sweats; shortness of breath; dizziness and balance problems; sensitivity to heat and/or cold; alcohol intolerance; irregular heartbeat; irritable bowel (abdominal pain, diarrhea, constipation, intestinal gas); low-grade fever or low body temperature; numbness, tingling and/or burning sensations in the face or extremities; dryness of the mouth and eyes (sicca syndrome); gynecological problems including PMS and endometriosis; chest pains; rashes; ringing in the ears (tinnitus); allergies and sensitivities to noise/sound, odors, chemicals and medications; weight changes without changes in diet; light-headedness; mental foginess; muscle twitching;

"flu-like symptoms such as pain in the joints and muscles, unrefreshing sleep, tender lymph nodes, sore throat and headache. A distinctive characteristic of the illness is post-exertional malaise, a worsening of symptoms following physical or mental exertion occurring within 12-48 hours of the exertion and requiring an extended recovery period, Chronic Fatigue, incapacitating fatigue (experienced as profound exhaustion and extremely poor stamina) and problems with concentration and short-term memory loss "fibro fog" & more." - **Lauri (Rice Lake, WI)**

[**Comment on the above quote:** The level of detail you provided, Lauri, is greatly appreciated. Understandably, most Fibromyalgia sufferers only list the relative highlights of their most severe symptoms at any given time (even to their doctors, who rarely have enough time to listen to the complete list of symptoms). It's helpful to have someone make the extra effort to help others understand the range of symptoms.]

**PRIOR QUOTES:**

"More than frequent urination, brain fog, memory loss, fatigue, chronic hip pain, can't sleep at all, weight gain, pain in neck back joint and not very mobile anymore, nervousness, depression, tingling sensation in fingers and toes, sharp needle like pain from waist down, excessive thirst and tendency to urinate frequently and alot more I can't think of." - **Leslie (Pheonix, Arizona)**

"Widespread severe muscle/ joint pain, fibro fog, swelling, severe fatigue, anxiety, depression, stiffness, frequent urination." - **Karen (Harrisburg, Pennsylvania)**

"Too long to list...trigger point pain, tender point pain, rashes, hives, IBS, UTI's, yeast infections, shakiness, brain fog, shaky head feeling, numbness and pins and needles in shoulder, neck, hands and feet, insomnia, swelling feet, headaches and leg cramps/leg shakes." - **Carrie (Saskatchewan, Canada)**

"Chronic Fatigue, Brain Fog, Acute Pain, Short term memory loss, Low energy, Chronic candida, Sleep disturbances." - **Jacqueline (Lethbridge, Alberta, Canada)**

"Suppressed immune system, chronic fatigue, sleep difficulties, frequent infections, thyroid problems, muscle pain, very low energy level." - **Toni (Trabuco Canyon, California)**

"Extreme fatigue. Pain. Irritable Bowel. Alternating Diarrhea and Constipation. Brain Fog." - **Cyndia (Colorado Springs, Colorado)**

"Brain fog, pain, stiffness, joint snapping, obesity, anxiety, depression, fatigue, poor posture, heart pounding, low self-esteem, anti-social behavior." - **Daniel (Vancouver, Canada)**

"Fatigue leaving me housebound, weakness so extreme it leaves me unable to talk and short of breath when I try, generalized pain especially in muscles and joints, severe hypoglycemia, abdominal pain with bloating and gas, dizziness and balance problems....my morning stiffness has turned into 24 hour stiffness, memory and concentration problems, muscle spasms, involuntary movements and twitching, restless leg syndrome that is sometimes excruciating, irritable bowel and constipation, insomnia, hair loss (for a number of years already), bluish bruises and small red dots under my skin, visual disturbances with blurry vision (since March 2006), spinal fusion with excruciating pain (on x-ray since Feb 2007 and I still feel it fusing further and further up my spine), loss of control over legs (since Jan 2007), around Jan 2007 I started having excruciating tightness and pain in my skull and knew it felt like the bones in my skull were fusing..." - **Olivia (Safed, Israel)**

"Fatigue, Frequency, IBS, Aching muscles, pain moves around, sleep problems - wake very easily and hard to get back to sleep, memory problems, burning eyes, low moods." - **Tanya (Perth, Australia)**

"CFS, joint pains, IBS, migraines, back pains, fog, depression, thyroid, memory problems." - **Trudy (Keene, New Hampshire)**

"Wake up feeling like I got beat up the night before, achy, no energy, can't think straight like put words and thoughts together, can hardly walk in the morning or get out of bed because my muscles hurt so bad, burning in my feet and legs which progresses throughout the day, irritated skin to the touch (like something brushing against me can hurt), no motivation to do anything, and there's probably more I'm forgetting which is another issue (sort term memory loss)." - **Stephanie (Tempe, Arizona)**

"Still quite a bit of fatigue, bad sleep, Pain in my entire body - muscles, joints etc... although it depends on my diet. poor renal function.....diminished focus (eyes), Dizziness at times, Depression from the time of childhood, Chronic itching over the last 10 years, chronic bloating since I was 6 years old, and very sensitive stomach, twitching at night, 20kg overweight and thyroid dysfunction Sorry for that. The brain fog makes me forget so much..." - **Sharon (Perth, Australia)**

"Joint Pain, Back Pain, Bilateral Hip Pain, Muscle Spasms, Numbness/Tingling in Hands/Feet, Brain Fog, Sores in Mouth, Weak Muscles, Muscle Aches/Stiff Dizzy, Fatigue, Migraines, Dry Mouth, Constipation, Abdominal Pains, Bloating, Tenderness in Stomach Area, Nausea, Depression, Nervousness, Temporary Blind Spots, Loss of Balance" - **Tracy (Columbus, Indiana)**

"Fatigue, muscle pain (all over), chronic insomnia, memory problems, dizziness, skin tenderness, headache, lack of concentration/focus." - **Faith (Acushnet, Massachusetts)**

"Chronic fatigue, brain fog, trigger point pain, IBS, hair loss, joint pain, muscle pain, depression." - **Maureen (Orlando, Florida)**

"Pain in shoulder blades, lower back, severe pain in legs, hips, arms, neck, just diagnosed with under active thyroid, depression, no energy, always tired, eyes feel like they bulge sometimes, loss of memory," - **Ruth (Boones Mill, Virginia)**

"Acute and frequent migraine headaches, acute pain waste down, pain in elbows & upper arms and shoulders, neck, tingling hands, Brain fog, chronic fatigue, anxiety, depression." - **Lisa (San Marcos, California)**

Sleep 14 to 16 hrs. No energy. Lots of meds. Still have a broken bone in my leg from 25 yrs. ago (never healed)." - **Rose (Racine, Wisconsin)**

"Exhaustion, very painful joints and muscles; vision problems, IBS, depression; lethargy; numbness in hands and feet; difficulty sleeping; extreme chemical sensitivity; weight gain; difficulty concentrating and formulating sentences." - **Elaine (Syracuse, New York)**

"Pain, exhaustion, brain fog, irrit. bowel, weak, stress, dry skin, mouth, spasms, sick, depression, abdominal pain, dizziness, aches, stiffness, tingling in fingers, can't concentrate, forgetful, dry mouth, spasms, rash, loose balance." - **Helen (Port Macquarie, Australia)**

"Can barely get out of bed in morning, dress self or bend. Stiffness has gone from hips to feet to shoulders to neck worse below waist, sometimes in back. Stiffness main problem some pain in muscles also." - **Marcia (Lansing, Michigan)**

"Aches and pains in joints of my arms, legs, lower back, lack of concentration and memory feelings of despair and not wanting to do anything. Not being able to sleep due to pain. Depression." - **Debra (Chicago, Illinois)**

"Blurred vision. Itchy skin. Achy hands, knees, back, neck. TMJ. Sensitive to light, noise, smell, cold, heat, air conditioning. Have IBS, brain Fog bad, affected hearing, loss of memory mostly short term, concentration is very challenging, spell words, letters backwards now. Was an expert speller, now is hard. Bloating, gas all the time, sensitive to meds, even eye exams and dental visits. Pain and more pain, never goes away, just moves or goes all over. Tend to be exhausted even when I wake up in the morning. Cannot sit or stand too much. VERY limited in activities." - [Susan \(St. Simons Island, Georgia\)](#)

"Neck, shoulder, arms - muscles remain contracted causing severe pain and minute muscle tears. Also severe fatigue, back pain - continual spinal disc dislocations. Sore painful hips, insomnia, brain fog and dry mouth." - [Katie \(Ballarat, Victoria, Australia\)](#)

"Stiff neck and shoulders, hip pain, rheumatoid arthritis, migraines, brain fogginess, lump on the back of my neck, insomnia, sore throat." - [Michelle \(Portland, Oregon\)](#)

"Fatigue, "unable to get out of my own way", pain and stiffness in joints, numbness in fingers, hands and feet very cold most of the time. Swelling in fingers when I'm cold, I'm really cold and when I get hot, I get really hot and rarely have a happy medium." - [Mary \(Laconia, New Hampshire\)](#)

"Soar in all the joints problems sleeping lack of energy depression cognitive abilities impaired short term memory terrible." - [Brian \(Orleans, Ontario, Canada\)](#)

"Extreme fatigue, body aches, constant neck, shoulder and upper back pain, muscles tight and sore to touch, lack of concentration, frequent headaches." - [Angi \(Canton, Ohio\)](#)

"Pain and stiffness all over body, chronic fatigue, memory and concentration problems." - [Clara \(Paden City, West Virginia\)](#)

"Head, jaw, neck, shoulders, ribs, chest, arms, lower back, buttocks, legs, knees, ankles, and the heels of my feet. The pain is intense and it burns and aches. It feels like I've been run over by a large truck. And then burned. I'm very tired all the time. I have no energy. I have brain fog all the time. My hands go numb and they are always ice cold. I have way to many symptoms to list here." - [Debra \(Toronto, Ontario, Canada\)](#)

"Pain in shoulders, back, hips, and legs. Occasionally, numbness in hands and feet. I have severe fatigue and memory issues." - [Stephanie \(Joplin, Missouri\)](#)

"Headaches, TMJ, pain in neck, shoulders, back, chest, hands, legs and feet. Aches in muscles. Brain fog, upset stomach, depression, trouble sleeping." - [Cathy \(Jamestown, Kentucky\)](#)

"A lot of pain, exhaustion, soreness, restless legs, insomnia, nausea from the pain, headaches sometimes severe, numbness and tingling in hands and feet." - [Jennifer \(St. Albans, West Virginia\)](#)

"Tingling in arms and legs. IBS. Food reactions changing all the time. Wheat and milk products cause worst. Vision problems." - [Mary \(Georgia\)](#)

"I wake up everyday feeling like someone has beat me with a ball bat, theres nothing on me that don't hurt, It gets so bad my skin stings and is so tender to touch. I have had a kidney infection real bad. ended up in hosp cause I don't know when something is wrong cause i'm always hurting." - [Sandra \(North Carolina\)](#)

"Upper shoulder pain, pain in hip joints and knees. Stiff neck which causes headaches. I have anxiety and IBS. Chronic fatigue. I have brain fog, and also I have what I call eye floaters. All have continually gotten worse with years." - [Teresa \(Kansas\)](#)

"Body pain, chronic fatigue, brain fog, blurred vision, dizziness, non-restorative sleep, restless leg syndrome, feeling hot inside, irritable bowel syndrome, mood swings, flu like symptoms on and off, coughing when I get extremely tired, voice gets scratchy, muscle spasms, foot pain so bad I can hardly walk, muscle and joint pain, GERDs, memory loss, headaches, hearing problems, intolerance to bright lights and noises, loss of taste and smell."  
- **Cheri (Wisconsin)**

"Extreme fatigue, muscle aches and pains, chronic migraine, chronic back pain, chronic stomach pain, chronic nausea, back pain, rib cage pain, mental slowness, slight depression, insomnia." - **Anonymous (Jacksonville, Florida)**

**[Comment:** As condition progresses, severity of core symptoms increase...

(1) Cognitive Difficulties: difficulty concentrating, memory problems, attention deficit and/or crippling "brain fog" (severely impaired thinking)

(2) Joint Pain: mild, isolated joint pain becomes severe, widespread joint pain

(3) Extreme Fatigue: severe fatigue not relieved by sleep

(4) Muscle Pain & Stiffness: mild to moderate muscle pain & stiffness grows debilitating;  
tender points develop, related pain increases

And the volume of symptoms continues to grow to include...

Central Nervous System - cognitive difficulties, depression, insomnia, headaches, intermittent numbness (normally in the extremities)

Musculoskeletal - joint pain, severe muscle pain & stiffness (often beginning in lower back, neck & shoulders), muscle spasms, leg cramps, increased incidence of tendonitis, spinal & cranial calcification, severe "popping" of joints, chest pain, sensation of spinal compression (in advanced cases)

Gastrointestinal - constipation and/or diarrhea, irritable bowel, impaired immune system, candida formation, sudden food sensitivities

Thyroid - thyroid dysfunction, temperature sensitivity, sudden weight gain

Urinary - urinary tract infections (or ghost UTI's), kidney pain, kidney dysfunction (in advanced cases)

Vision - light sensitivity, difficulty focusing (in advanced cases)

Other - loss of balance, ringing in ears (in advanced cases), sudden chemical sensitivities, noticeable hair loss

## Does exercise help? What type?

### RECENT QUOTES:

" Yes, very gentle weights, walking and exercise machines at the gym with no weights or very light weight, no more than 10kg." - **Jane (Adelaide, Australia)**

"No exercise definitely does NOT help. In fact it causes all sorts of muscle and joint injury after doing even gentle exercise." - **Megan (Melbourne, Victoria, Australia)**

"Stationary cycling, sometimes low impact aerobics but only for 30 mins every other day. More than that exhausts me too much or hurts my hips/back too much. Yoga hurts too much for me." - **Carrie (Longmont, CO)**

"Possibly, however, no energy to even try. Although, a couple of weeks ago I tried to do a very easy 20 minute pilates - and it made me worse. Stretching helps." - **Lisa (Ramsey, MN)**

"No, most exertion makes me feel worse, I used to be a body builder and would work physically hard from dawn till dusk, perhaps I wore myself out." - **Tom (Winnipeg, Canada)**

"As i was a phys ed major in college I was always active. Have been involved in physical therapy many years because of all the surgeries I have had. I joined a bowling league in 05 but had to stop because of the chiari malformation in Jan06. Most things I try to do hurt extremely all over. Walking is a chore, I live in a 2-story home, so somedays it'd hard to get up and down the steps. I'm using small 1 lb. weights for my arms and stretching seems to help somewhat. I do small amount grocery shopping because standing in line sometimes is unbearable to where I break out in a sweat from trying to hold back the pain." - **Barbara (Baltimore, MD)**

"Excercise that does not put pressure on the joints or prolonged pressure on the tendons. Swimming is great, and Yoga. Now, thankfully, I can even dance sometimes." - **Shelly (Santiago, Chile)**

" Yes temporarily. Band arm stretches, body ball workout, bridges, light weights." - **Chrissy (Rices Landing, PA)**

"Yoga used to help but now cannot sustain it for more than a few days, just too exhausted." - **Lisa (Georgetown, TX)**

"Swimming is the only thing i can do without pain." - **Cari (Redlands, CA)**

#### **PRIOR QUOTES:**

"Swimming is like heaven! Nothing hurts while I'm in the water." - **Kathleen (Portland, Oregon)**

"Yoga or stretching helps somewhat." - **Katie (Evansville, Indiana)**

"Exercise definitely helps in moderation." - **Carla (Milwaukee, Wisconsin)**

"Competitive exercise or harsh exercise exacerbates symptoms rapidly." - **Tania (Adelaide, Australia)**

"In the beginning it helped a lot. I had more energy, etc. Within last 2 yrs. it has become almost impossible due to exhaustion, pain and flu-like symptoms. It enhances the symptoms of Fibro." - **Susan (Lynn, Massachusetts)**

"Walking, bicycling, light stretching and the BEST is swimming in heated pools. Getting the heart-rate up is very useful, and I believe increase of oxygen a plus." - **Lisa (Rome, Italy)**

"I feel so weak and tired I can't do very much if any exercise, I used to be very athletic and in great shape." - **Brooke (Bluffton, South Carolina)**

"I am unable to exercise now, except for walking. Exercise exacerbates the pain." - **Cassandra (Simi Valley, California)**

"Yes, yoga, walking, calisthenics/ callanetics - yin yoga has the most profound effect." - **Cathe (Shreveport, Louisiana)**

"It used to - now it makes me more sore. Mostly stretching exercises." - **Karen (New Berlin, Wisconsin)**

"Mild to moderate ok, but severe pain after all forms of strenuous exercise." - **Susan (Ararat, Australia)**

"Swimming in a therapeutic pool I feel great after a couple of hours in the warm water." - **Jan (Forest Lake, Minnesota)**

"Stretching helps some but I feel worse after physical activity. I don't go shopping even for longer than an hour at the most due to the walking." - **Cindy (Chandler, Arizona)**

"Sometimes, walking, light swimming, being in a warmer climate always helps. Use to be an athlete and very active." - **Maryann (Collingwood, Canada)**

"NO ~ If I exercise, generally I will pay dearly for it within a day or two. I used to be extremely fit and enjoyed powerwalking and even running up to 6 miles a day prior. Very sad about this now." - **Belinda (Meadville, Pennsylvania)**

"Yes. Mild stretching. Used to play tennis but vigorous exercise is painful. Walking." - **Clarissa (Montgomery, Alabama)**

"Water aerobics help me to keep my muscles limber." - **Lori (Wisconsin)**

"Light yoga/stretching helps. Anything more strenuous causes more pain." - **Karen (Pittsburgh, Pennsylvania)**

"Walking. Used to do aerobics but hard to do anymore. Most exercise seems to make it worse. I walk everyday, weather permitting. Sometimes that makes it worse too, but I persevere." - **Maurcie (Gainesville, Texas)**

"Walking, biking, swimming, skiing and snow boarding all help in small amounts with a day of rest afterwards. My body takes longer to heal." - **Loni (Boulder, Colorado)**

"Unable to do, but used to be in ROTC and very physically active and physically fit until I became ill." - **Anonymous (Jacksonville, Florida)**

"Yes, The Arthritis Foundation Aquatics program which stretches the muscles from head to toe and everything in between." - **Susan (Winchester, New Hampshire)**

"Water aerobics and light weight training. Sometimes hurts more, need to know limits." - **Wendy (Pittsburgh, Pennsylvania)**

**[Comment:** Clearly the ability to exercise depends on the severity of one's condition. Those with more advanced symptoms tend to find exercise very difficult as muscle & joint pain and stiffness often increases dramatically.]

## **What remedies or meds have you tried?**

### **RECENT QUOTES:**

"Accupuncture, dairy free, wheat free, caffeine free, sleeping tablets, selenium, no smoking, tried to be stress free, alcohol free, nothing helped though." - **Jobo (Nottingham, England)**

"I use a variety of supplements and have found magnesium, ginseng and Co-enzyme Q10 useful." - **Grace (Ipswich, Australia)**

"Chiropractic, massage therapy, OTC drugs, Trazodone, guaifenesin, Flexeril, Cymbalta, Lyrica." - **Kelley (St. Louis, MO)**

"Long list..Prescription: Darvocet,Cyclobenzoprine,Cymbalta.Supplements: B-50 Complex,DMAE, Coral Calcium, Hyaluronic Acid w/MSM Glucosamine/Chondroitin, Co Q-10,Chromium Picolinate, Alpha Lipoic Acid, Vit C&E. Have tried a myriad of others but these are the ones I believe help and currently take." - **Margaret (Amarillo, TX)**

"paradex and ibuprofen for a back injury this doesn't help the fibro, taking a thyroid tablet, dhea, zinc, b6, and magnesium these do help a little." - [Mary \(Paeroa, New Zealand\)](#)

"Have tried L-Carnitine, CoQ10, Magnesium; also tried muscle relaxants but due to the chronic fatigue this is unworkable as a solution; today i am generally free of pain (although pressure points are still very tender) and am taking guafeneison (sp) in the form of Mucinex daily. using Flexall or generic menthol rub per need on painful spots. currently i also take OTC thyroid "support" supplements or Ritalin (Rx) to stay awake and alert during the day." - [Sydney \(Bedminster, NJ\)](#)

"Raw foods only - worked wonderfully if I had time to do it. Multiple series of vitamin treatment from natural healers on web. Currently I see a nutrition who uses natural supplements. Working OK." - [Janet \(Eldon, MO\)](#)

"I use the chemical free diet and lifestyle, tried herbal remedies without any success, anti-depressants-don't work, over the counter pain medications, etc." - [Marie \(Coquille, OR\)](#)

"Panax ginseng which seems to give me more energy, multivitamin supplement, vegetarian omega 3,6 and 9 supplement. I take all three of these daily and have seen a mild improvement in energy levels. I have been on mirtazapine which helped with sleep, and also amitriptyline which again helped with sleep and also nerve pain but none of the other symptoms, and made my dehydration worse." - [Sarah \(Wolverhampton, England\)](#)

"I quit all medications except high blood pressure meds. I did liver cleanses and now I do a juicer everyday and eat fruit and stay away from tap water." - [Betty S. \(Greenville, SC\)](#)

"I now take vitamins, fish oil, D-ribose, and herbal supplements for immune system." - [Robert \(Manchester, NH\)](#)

"Heat for aches and pains; For severe pain I take Tramadol 200mg and this usually works within 30 minutes. I am currently taking Lyrica three times a day and have just recently begun taking Modavigil for fatigue (a medication normally prescribed for narcolepsy) - this helps alot without any side effects, except is very expensive, \$135 for 30 tablets and I need 2 a day to function at work." - [Fran \(Gold Coast, Australia\)](#)

"Celebrex, all sorts of depression/anxiety meds, OTC pain meds, massotherapy, chiropractic care, the best thing to date is the USANA supplements along with 3 omegas with tumeric and lots of rest." - [Becky \(Mechanicstown, OH\)](#)

"Lyrica, Cymbalta, Muscle relaxants, narcotics even." - [Carly \(Black Mountain, NC\)](#)

"Before I knew it was FM, I tried several different types of massage therapy and also chiropractic care. I tried Lyrica - but i needed 600 mg in order to be pain free and that caused side effects. About 4 months ago I boosted my vitamin intake that I get from a company called Advocare - along with taking amino acids (Catalyst), herbs that support muscle repair, and omega. This has reduced my pain level from an 8-9 to a 3-4. Like Lyrica it seems to be a bandage, not a cure, but without the side effects." - [Lisa \(Marysville, USA\)](#)

"High doses of vit c, spirulina, echinacea, thyroid stimulants, vit b and e." - [Jo \(Wellington, New Zealand\)](#)

"Armour Thyroid, celebrex, valtex, gamma globulin (definitely helped - can't get it now because its not available), something most people have not heard of, its called Viral Vaccine. This one definitely made a difference. I would even say it was better than gammaglobulin. I cannot get it any longer because the Dr. I used no longer lives in Texas and is not practicing medicine any longer. But it was composed of diluted flu vaccines and maybe even variacela. I'm not sure. Also, I used to take high amounts of B12 shots. This really helped too. I also took magnesium shots, which were very painful. But it did help with the achiness. And I took on a regular basis, allergy shots. I don't get allergy shots weekly as I should any longer. Also, I took histamine shots. This helped with the brain fog. I also received once, 2 IVs of Albumin. I don't think this helped me. But there are people who swore by it. It was very expensive, about \$1000 a treatment. It was supposed to give me energy and make me feel normal again. But I really didn't notice any improvement. In fact, afterwards the fatigue was worse and it continued for several weeks." - Kay (Port Arthur, TX)

"Calcium, magnesium, vitamins, EPA/GLA (omega oils), iron and kelp.- (mangnesium and EPA/GLA I cannot do without)." - Fil (Lisbon, Portugal)

"Endep at night helped with sleep for a while but makes you feel spaced out next day. like i need that? iam takink vit b complex mag chelate apple cider vinegar flaxseed oil vit c and virgin coconut oil all this seems to be taking some of the symptoms away and making me feel abi better." - Delphina (Secret Harbour, Australia)

"I took a Medrol Dosepak once, that didn't help at all - made me feel worse. I also tried several anti-depressants and eventually decided they were all just poison. I avoid taking medication as much as possible now - only an occassional Lunesta for a good night sleep." - Brandy (Pittsburgh, PA)

"Wellbutrin initially, which did help with the tingling and numbness, and overall pain levels for a few weeks. Guaifenesin helped for a while. The flairs it caused were not fun. li stopped using it since it was no longer available by perscription and cost more than i could afford. Better overall nutrition. I ate a fairly healthy diet before. I avoid processed foods as much as possible. I take coconut oil or evoo to help decrease overall pain levels" - T (Lexington, KY)

"NO MEDICATIONS! I just don't believe in drugs for most things. So far, the past two months, I've been on fibrosene, thyrosense (from Lorna Vanderhaeghe-she has a website also), I take thyodine, Vitamin D, eat lots of fruit and vegetables, gave up all pop, white sugar in my tea, I drink only herbal teas, V8 juice and lots of water - not distilled so I need to check into the water I'm drinking since I drink a lot of water and always have. I'm starting to read ingredients in foods/drink for the first time in my life - it's quite a lifestyle change but one for the better, I know. I've downloaded your information for my husband to read - he keeps up with my research and together we are determined to enjoy our retirement - TOGETHER! I will keep in touch with this website - have been researching Dr. Jacob Teitelbaum - he's really on to something, isn't he." - Peggy (Orillia, Ontario, Canada)

"I am on about 12 different meds." - Pam (Mt. Pleasant, SC)

"All of Ted's remedies. In addition I am now on Doxycycline for a long term. Read some data regarding chlamydia, case studies, people in same condition recovering by taking doxycycline for a couple of years. Been on it for 3 weeks, not noticing much.." - Carol (La Verne, CA)

"I have tried the new "lyrica". At first I thought it was a miracle drug, till 5 days later the migranes started so I am just taking the cymbalta, neurontin , lidoderm patches and nexium. I also have a TENS unit that sometimes works wonders for my back, I have gone to a chiropractor and that too helps. Acupuncture I would have tried but my insurance doesn't cover it. My sister has a jacuzzi that I sometimes use, even though she's only 30 miles from me I find it hard to get there." - Barbara (Baltimore, MD)

"Blue-green algae helped for a while. Armour Thyroid which I still take helped somewhat. Every SSRI, amitriptyline many years ago, trazodone, Ultram not helpful, methadone helps the pain, Lidoderm patches help. Now taking methadone, Cymbalta, Wellbutrin, Lyrica, Klonopin, Atarax. The most recent thing I've been trying is D-ribose recommended by Dr. Jacob Teitelbaum at endfatigue.com. It has actually helped my energy. Just as I was starting to feel better, after 2-1/2 weeks, I ran out and didn't have the money to get any more. Just reordered today. Definitely feel much more tired than I did when I was taking the D-Ribose." - [Barbara P. \(Charlotte, NC\)](#)

"Tylenol, ibup., hospital and given pain shots, one doctor tried giving me numerous vitamins intrav. another dr. gave me steroid shots in my spine about every 3 to 4 weeks, i was actually given iv and sedated each time, made me feel somewhat better for about 2 days..but angry, and hungry, also gained about 50 lbs, and had the puffiness..not worth it, and doctor never questioned me, or his so called "remedy" in it for the money, i'm sure." - [Shelly \(Lubbock, TX\)](#)

"The CPAP machine prescribed for the upper airway obstructive sleep apnea I supposedly had didn't work, various anti-depressants and anti-anxiety drugs such as Paxil and WellbutrinXL failed to work either, it wasn't until my request to try a combination advised on an FMS Forum that I finally began to feel somewhat better. Presently Lorazepam for anxiety, T3 for pain, At bedtime Zopiclone to put me to sleep and nortriptylene for quality of sleep helps me maintain some semblance of normalcy." - [Tom \(Winnipeg, Canada\)](#)

"Prozac, elivil, darvocet, xanax, too many to remember. Was taking 8 medications at one time." - [Debbie \(Bettsville, OH\)](#)

"Armour thyroid, Cortef, Estriol, tons of supplements." - [Michelle \(Oxford, CT\)](#)

"MANY. Past meds not taken now are - vioxx (helped til taken off shelves), celebrex, arthrotec,skelaxin, cymbalta, paxil, darvocet, T3, oxycodone for galbladder (bad reaction),ultram, prednisone (not good), spinal injections(nothing significant), requip (reacted bad), tizanidine (became sensitive too w/ night terrors),cyclobenziprine(react the opposite),ib, tylenol,naproxen, lexapro Yet nothing for psoriatic arthritis or nerve pain besides requip.I seem to be sensitive to many so i would like to stick to what i know works but doctor is not accepting with that choice. Just gave up muscle and spasm relaxers, lexapro and feel that the small dose of vicodin throughout day with ambien at night helps (tens unit too.) I have itching with a larger dose of vicodin so amount is key. I have always explored and tested herbs, teas, vitamins...i have found a few that i believe help reduce inflammation for a while like the primrose oil and flax seed oil,and feel that if these things don't bother me than it can't hurt to take things like the noni, acai, mangosteen, goji carrot juices along with other herbs and vitamins at different times." - [Jane \(Sebeka, MN\)](#)

#### PRIOR QUOTES:

"I've tried guaifenesin for 6 months ("What your doctor may not tell you about fibromyalgia" by Dr. St. Amand). It seemed to work but then I got worse again. Having to avoid salicylates and finding the right doses was complex I found. So I quit it and went all natural." - [Daniel \(Vancouver, Canada\)](#)

"I've been on all kinds of pain medication and nothing really has helped yet - am going to try pain injections." - [Angi \(Canton, Ohio\)](#)

"Too many to list. Tried about all of it!!!! Given up looking for a cure. There is none. Only managing it will work I think now." - [Connie \(West Virginia\)](#)

"Powerful antioxidants - Doctors Choice. About to start Immunplus Rx as have heard good things." - [Gary \(London, England\)](#)

"Just thyroid medications, synthroid, levothyroxine, armour thyroid, and diet changes/acupuncture." - [Brienne \(Brooklyn, New York\)](#)

"Everything from anti-inflammatories to anti-depressants to pain medications - but now only take homeopathics and dietary supplements." - [Sandy \(Cleveland, Ohio\)](#)

"Evening Primrose for itching skin; chiropractic; Physical Therapy; regular exercise (supervised); malic acid/magnesium; min-chex; melatonin; B-50, Activated B6, Vitamin C" - [Donna \(Clarks Summit, Pennsylvania\)](#)

"They have had me on so much I won't be able to remember them all but a few were celebrex and other like that, the neurologist had me on anti-inflammatory, mussel relaxors and something they give to people that have epilepsy she said was new. Fentanyl and suboxone. As for me trying or taking anything myself I don't want to use drugs. I don't drink water with fluoride in it, I no longer drink alcohol or sodas. I try to not eat any processed foods and eat more fruit and veggies. I take garlic and eat it raw. I take flaxseed oil. I don't use any oil except virgin olive oil and eat coconut oil to give me energy because of my thyroid. I drink a tonic of bragg's vinegar 3X day. I eat no sugar and rarely eat bread. I eat no junk food. I probably do more but can't think of it now." - [Leslie \(Phoenix, Arizona\)](#)

"B100, fish oil, guaifenesin, nortriptyline." - [Regina \(Trotwood, Ohio\)](#)

"Steroids, anti-inflammatories, strong painkillers. Glucosamine, variety of stuff from health food shop - waste of money." - [Alice \(Chorley, England\)](#)

"SAM-e -helps; antidepressants- not help; muscle relaxants- help; cognitive mental therapy- helps the most to cope well" - [Mavis \(Fort St. John, Canada\)](#)

"I am currently using guaifenesin (sold as Mucinex over the counter) protocol by Dr. R. Paul St. Amand. I'm also taking with the Guai, Wellbutrin (am) and Cymbalta (pm). I have Flexeril if my muscles are staying contracted and Rozerem for sleep problems. I only use the Flexeril and Rozerem as needed. I have had great success and relief with the Guai." - [Sharon \(Cynthiana, Kentucky\)](#)

GOOD SLEEP - Magnesium & Malic Acid along side Calcium, Good Multi vitamin, Ginger root for pain, B12 for fatigue, ginkgo biloba for brain fog, reduce sugar intake, no dairy for me (dairy allergy & ibs only makes things worse) a GOOD Chiro is hard to find but worth every penny - Mine uses only the Activator - no manual adjustments - massage therapy - but not too hard. - [Charity \(Barrie, Ontario, Canada\)](#)

"Naturopathy, western medicine, yoga, everything. Nothing works." - [Wyiki \(Singapore, Singapore\)](#)

"Distilled water with H2O2 made things worse. Celexa, Zoloft, The SSRI's gave me brain tremors and more anxiety and suicidal thoughts, because I asked for a Serotonin level and mine in 296 normal being 10 - 100. Flonase is a corticosteroid that I was on for 10 years and should have only been on for 2. It weakens the immune system. I am at the lowest point in health." - [Noelle \(Lakewood, Washington\)](#)

"What haven't I tried? I've taken Flexaril, Celebrex, Vioxx, Ultracet, Motrin, Tylenol 3 w/codine, Mobic, Bextra, Naproxen, Lidocaine patches, heat patches, Loritab, Imitrex, Topamax, Maxalt, Zomig, chiropractor, massages. Besides various antibiotics I THINK that may be all." - [Clarissa \(Montgomery, Alabama\)](#)

"A friend who sells Shaklee had me trying their brand of alfalfa and that really seemed to help joint pain a lot-but it's expensive and it takes about 20 a day to notice a difference. Store brands don't work so I just don't use it anymore. An anti-depressant called Elavil that I took early on also, for some strange reason, helped the joint pain. But I don't like using drugs so I stopped taking that about 22 years ago. I've mostly been using the vinegar/baking soda solution for the past year but have not been as consistent as I'd like to be." - [Kristy \(Lansing, Michigan\)](#)

"Co-Q-10, L-Carnitine, Guiffenisin (Plain Robotussin or Musinex) ACV, Oregano Oil, No wheat, flour, sugar, organic food, no chemicals or MSG, no artificial sweeteners Natural vitamins and minerals." - **Michelle (West Palm Beach, Florida)**

"I have tried a lot of natural approaches-guafinesin, massage (which feels good temporarily and then I feel like I've been beaten the next day), advil, aleve (which I still take on rare occasion when I am in agony). I also a long time ago tried a low dose of desyrel (trazadone) to help my sleep (and it helped some over time) but it caused me weight gain so I dropped off of that. Trading one health problem for another wasn't of interest to me and I really loathe putting drugs into my body which already struggles. I try to eat organically whenever I can. I avoid eating out and haven't eaten meat in over 19 years. I eat a lot of soy products for protein. I also eat lots of veggies and fruits and wash everything carefully. I have a water filter but not reverse osmosis. I drink mostly bottled water but at times, I drink tap water like when I drink coffee at work (which I must often), to stay awake. It would be difficult to make coffee with distilled water there. Other employees also don't know I have this condition (except for the management)." - **Lisa (Cary, North Carolina)**

"B100, fish oil, guaifenisin, nortriptyline." - **Regina (Trotwood, Ohio)**

"Too many meds to remember. I have a dr. who has worked with me to find a way to help me sleep on some kind of schedule. I take xanax on Tues. and Sat. I have muscle relaxers which I take as needed. I have been on Guiaffenisen treatment for 9 years, avoiding all salysilates. I don't have as much mucous as I always had to deal with." - **Susan (Winchester, New Hampshire)**

"Every antibiotic and now they don't work so they continually try to give me the new ones or I have shots and IV's. Also, I have had every muscle relaxer & anti-inflammatory drug available. The only drug that gave me a little relief was Vioxx, which was removed from the market. If you need a list, I could prepare one but it would be extremely lengthy." - **Connie (Ogden, Utah)**

"Accupuncture, chiropractic, massage, neck traction, medical doctors (with little success), Rakki, I was going to try chelation therapy, physical therapy." - **Victoria (Calabasas, California)**

"Antidepressants, prescription sleeping pills, massage therapy, physical therapy, criopractic, accupressure and accupuncture, sleep study, nutritional and supplements such as CoQ10, Amino acids, MSM, Malic/Magnesium" - **Linda (Garland, Maine)**

"I have tried everything I have read about. I don't remember most of them: MSM, anti-inflammatories (work the best) different anti-depressants (Cymbalta works the best) green tea, black tea, relaxation therapy with a phsychologist, chiropractor with supplements very expensive and only helped slightly." - **Cindy (Chandler, Arizona)**

"High potency colloidal minerals, chelated minerals & antioxidants" - **Susan (Ararat, Australia)**

"Cut caffeine out of my diet. Limited white sugars. Sleeping pills. Lots of muscle relaxers. Anti depressants. Rehabilitation therapy (weight lifting, etc.) Nothing has worked much." - **Karen (Pittsburgh, Pennsylvania)**

"I've tried everything that came along that is why financially we are not good. Nothing has made a difference." - **Pat (Toledo, Ohio)**

"Therapeutic hot baths, acupuncture, all my HMO will allow." - **Pat (St. Paul, MN)**

"I could write a book. Herbal...Natural foods, less sugar and white flour....Celebrix,Vioxx, Pain patches, Cymbalta, Darvoset,Zanaflex and others." - **Joyce (Cincinnati, Ohio)**

"I use muscle relaxers such as Skelaxin for severe pain, otherwise I stick to my sugar-free diet." - **Lauren (Yucca Valley, California)**

"Noni juice, B12." - **Connie (North Carolina)**

"Kava, Aleve, hot tub, massage, hot/cold baths/ acupuncture, chiropractors - no dairy, detox regimes, nothing has help for very long, Maybe I haven't stuck with one thing long enough, but I don't really know what to take." - **Cinda (Helena, Montana)**

"Lots and lots of meds. I feel the Loratabs take the edge off, as well as Klopip. I also take Trazadone for the insomnia that came with the fibro. Phenegren for the nausea. Now to name all the ones that I have been on I would need a hour and a lot more space, it feels like 100's yet the above four is what I take." - **Jennifer (St. Albans, West Virginia)**

"Massage physical therapy, Chiropractor, noni juice, wheat grass juice, supplements, regular medications-ultracet, flexeril, baclofen, antidepressants, plaquenil, steroids." - **Sue (Bergen County, New Jersey)**

"Diet, exercise, muscle relaxers, myofascial release, massage, epsom salt baths, vitamin B, calcium with magnesium, cod liver oil, vitamin C, fresh vegetable juices, kefir." - **Kacey (Turlock, California)**

"St. john's wort and 5-htp for the depression; malic acid, magnesium, and B vitamins, high vitamin C intake. Believe it or not, exedrin works great for the pain, but I only take it rarely. lodoral now." - **C (Palos Park, Illinois)**

"I don't remember but it's been a lot of different RX's." - **Tamara (Portland, Oregon)**

"Advil, UltraClear by Metagenics, Darvocet/Vicodan, vitamin therapy, hot water tub soaks with epsom salts, chiropractic adjustments weekly, foot reflexology, mild massages." - **Belinda (Meadville, Pennsylvania)**

"Gebauer's Spray & Stretch spray (terrific stuff!), Heat, Cold, Menthol patches, BioFreeze, Dermal pain patches, Flexeril, Lortab, Methadone, Restoril, Lyrica, Symbyax, Phenergan, Cymbalta, Methocarbamazepine, Darvocet, Baclofen, Nortriptyline, Topamax, Fluoxetine, Apap/Butalbital/Caffeine, Meclizine, Cephadyn, Trileptal, Ed-Flex, Ciprofloxacin, Nifedipine ER, Dicyclomine, Allegra, Lotrel, Bextra, Procardia, Lasix, Imitrex, Frova, Effexor" - **Kathy (Jasper, Alabama)**

"Ultram works wonders, klonopin, melatonin for sleep." - **Bobby (Michigan)**

"I have had all metal teeth fillings removed and caps put in place. I avoid anything with aspartame. I have gone from a typical mattress to a Temperpedica mattress. I avoid really spicy foods for the stomach problems." - **Cathy (Jamestown, Kentucky)**

"Personally I am off all meds as side effects seemed bad and health effects were not long lasting. Paxil, Elveril? (spelling) and testing for sleep apnea were included. I had uvulectomy to help with sleep apnea, the operation does not help. Massage and chiropractic help, as do some herbal supplements, vitamins, and other supplements." - **Robert (Manchester, New Hampshire)**

"I am on a special diet and take certain vitamins and minerals. I go for massage therapy. And I have finally decided to take the pain medication offered." - **Cheri (Wisconsin)**

"You name it, I tried it. Nothing helps/nothing works. Meds make me worse. I am off all meds now, feel better, did a body cleanse/no red meat/fruit salad chicken/water/coffee ACV/coconut oil just started a mo. ago/ & a water filter/fluoride in water here. Except for fatigue, its getting better. No brain fog." - **Georgianna (Colorado Springs, Colorado)**

## What makes you feel better?

### RECENT QUOTES:

" I have been taking vitamins for about a little over a year. I take Magnesium, calcium, zinc, and potassium. After starting this regiment the muscle spasms subsided and I was able to sleep better. I also have an adjustable bed where I have my head and legs elevated. It took a while to get use to but my back doesn't hurt as much in the morning.." - [Cheryl \(Mount Vernon, OH\)](#)

"Reducing chaos in my environment by being organized, taking my time to accomplish tasks rather than pushing myself to do it faster, giving myself plenty of quiet time, hobbies that are calming and relaxing (scrapbooking, beading)." - [Carrie \(Longmont, CO\)](#)

"Sunshine, hot tub of very warm water." - [Lin \(Bowmanville, Canada\)](#)

" Hot soaks in dead sea salts. Perfect sunny weather. Pain medications with muscle relaxants. Clean colon." - [Julie \(Johnstown, PA\)](#)

"Physically my tens unit helps take away my focus on pain sometimes. When I am allowed to take my vicodin before the pain hits big 3/4 of a tablet 3-4x a day & if I allow myself to take a whole ambien every night plays a big part in feeling better and lasting longer throughout the day but seem to always be in a battle with dr on prescribing enough to do that so i try to make it last with bad results and more stress ... mentally, these types of sites have been so helpful when i only see my life getting worse, i can find hope that someone out there is still trying to help." - [Jane \(Sebeka, MN\)](#)

"Lyrica helped at first. I took it for about two months but then developed bad leg cramps, twitching, joint pain, dizziness and blurred vision. I take Percocet at bedtime and just started on Ultracet. Heat does help my muscle aches but doesn't last long enough." - [Sharon \(Derby, KS\)](#)

"Again, exercise and healthy eating (fruits and vegetables). I also believe the supplements (mag/malic acid/thydone, etc) is what my body must have been lacking - since taking these, I'm coming out the other side.....slowly. A huge difference." - [Peggy \(Orillia, Ontario, Canada\)](#)

"Since I've changed my diet to Organic Food only, I've had no symptoms. I've even lost weight... And I eat everything organic: pizza, chocolate, cheese..." - [Janelle \(Miami, FL\)](#)

"It depends on the symptoms I'm having at the time. As long as I can stand the touch, massage relaxes my muscles. Hot tubs feel good too. I'm not sure if you want meds here or not, but Neurontin helps the burning in my muscles and Ultram helps the twitching (surprisingly doesn't do much for the pain, though)." - [Jennifer \(Memphis, TN\)](#)

"Regular chiropractic care, daily routine that allows mobility rather than 10 hours seated at a computer in a cubicle; hot shower in morning/evening; stretching exercises; Cold pack on neck; Tempurpedic mattress pad; good night's sleep; vitamin B supplements." - [Alison \(McLean, VA\)](#)

"Sleep, healthy food, meditation, shiatsu treatments. Emotional and physical support. Grocery delivery and my kids doing the vacuuming!" - [P.K. \(Norwalk, CT\)](#)

"When the nerves are pulsing too much in my body I take Xanax. This releases the pain but makes me very tired. Anything I take, supplements, etc. only offer temporary relief." - [Carol \(La Verne, CA\)](#)

" Following Dr. Rodger Murphree's protocol for FMS." - [Christy \(High Point, NC\)](#)

"Apples (10/day.. adds in oxygen to the blood supply); cold wraps on legs, cold house, lycira (although trying to ween off because of side effects), vicodin, hydrogen peroxide therapy, switched to: non-toxic cleaners, shampoo, soap, conditioner; no longer use CFL, quit flouride." - [Melinda \(Valdosta, GA\)](#)

"High doses of antioxidants and USANA protocol for arthritis and fibro." - [Becky \(Mechanicstown, OH\)](#)

"The only thing I've found to make me feel better so far is Ultram/Tramadol or, in the past, i have taken Vicodin, Soma, or Norco. Neurontin and Lyrica helped for a while but they both wore off after a few months and were no longer effective." - [Angel \(Phoenix, AZ\)](#)

"Dr. St. Amand's protocol helping. Sleeping pills - over the counter type." - [Pat \(Oakbrook Terrace, IL\)](#)

"Aqua jogging relieves pain symptoms for a brief period." - [Jo \(Wellington, New Zealand\)](#)

"I take magnesium which helps with muscle spasms, and codiene helps headaches but i try to limit the codiene." - [Tracie \(Hervey Bay, Queensland, Australia\)](#)

" Sleep, codien, Excedrin, sun and warmth, myofacial relief, physical therapy." - [Pat \(St. Louis, MO\)](#)

"Since I have been taking Armour Thyroid (210 mg) most of the pain has resolved. Technically, I do not fit the profile for someone with Thyroid problems. Conventional doctors have said that I don't have thyroid problems. But, I do fit the profile for Hashimoto's Thyroiditis. Also, when I took Valtrex I felt a lot better. Allergy shots also do help give me a little more energy. But it took a long time for that to happen. For pain, Ultacet is great for the pains from changes in weather. I also have Celebrex, but do not use it that often." - [Kay \(Port Arthur, TX\)](#)

#### **PRIOR QUOTES:**

"\* Meds: do not help (create more side effects); \* Alternative practices that help: Yoga, acupuncture, physical therapy and exercise; \* Supplements: Kirkland brand High Energy Vitamins, Magnesium; \* Herbal Detoxification: Garden of Life Fungal Defense, Herbal Detox teas made with Black Walnut Hull & Wormwood (use with caution and not for more than 5 days - eliminated joint pains)." - [Anonymous \(S. Brunswick, New Jersey\)](#)

"Taking vitamins, especially magnesium with malic acid and b complex" - [Christina \(Cleveland, Ohio\)](#)

"Water exercises; Sunshine; My understanding doctor; My sons; Stretching and regular walks; Hot mineral bath." - [Lori \(Wisconsin\)](#)

"B12 shots seem to help most but would like to know good natural help" - [Margie \(Arbovale, West Virginia\)](#)

"Still experimenting different things but avoiding all wheat helps IBS & fatigue." - [Karen \(Cape Town, South Africa\)](#)

"Getting enough sleep. Siting in the hot tub. Using an electronic nerve stimulator on sore back. I love the Thermacare heat wraps to use at work, but they are expensive!" - [Kay \(Paola, Kansas\)](#)

"Nothing yet. Tried acupuncture, physical therapies (i.e. pool etc..), massage therapy, full body adjustments from Chiropractor, herbal supplements, pain medication etc..." - [Cassandra \(Simi Valley, California\)](#)

"Walking helps. I try to stay on a sleeping schedule. I take vitamins/minerals daily and can tell a difference if I miss even one day." - [Kathy \(Fort Payne, Alabama\)](#)

"It is crucial to sleep a full night's sleep until my body wakes up on its own. Avoiding sugar, refined carbohydrates, high glycemic veggies as well as night shade veggies has done wonders. Hot sunny weather is great. Hot showers are great too. Super fruits like goji berries have given me new life. Avoiding stress is definitely crucial." - **Daniel (Vancouver, Canada)**

"Finding a doc that is willing and knowledgeable about diseases that are often dismissed." - **Darline (West, Texas)**

"Getting adequate sleep and having my Armour & Iodoral iodine." - **Catherine (Chicago, Illinois)**

"Mag & Malic Acid & calcium just before bed." - **Charity (Barrie, Ontario, Canada)**

"Massages, medication, doctor's believing in me, help from family, herbal remedies, Melatonin for sleeping, eating less processed foods." - **Carrie (Saskatchewan, Canada)**

"Not much because I quit the medications. Stretching - found a dance instructor type and she does "release" work, and Pilates. Magnesium has made a difference and that's it. I thought amino acids helped but I quit taking them, not working for sure but I need to get back to work." - **Wendy (Pittsburgh, Pennsylvania)**

"Healthy food, meditation, swimming." - **Nurit (Tel Aviv, Israel)**

"Honestly nothing. I try the normal take my meds, try to rest when possible and try to not get stressed which in my line of work and my [boyfriend's] line of work its hard not to stress." - **Jennifer (St. Albans, West Virginia)**

"Resting after stress, slow exercise like light yoga and walking even at a slow pace, occasionally my kidneys seem to kick in and my swelling and constipation go away for a few days. I am on a pretty good diet now, my water consumption is abnormally high, but if I am not swollen I feel better." - **Mary (Dripping Springs, Texas)**

"Yoga, support from my family and boyfriend, taking vitamin supplements (iron, B-complex, and ginkgo biloba)." - **Rebecca (Charlotte, North Carolina)**

"Being around friends and family who TRULY believe I am sick. Hard to convince some people and not be labeled 'lazy'." - **Stephanie (Joplin, Missouri)**

"Chiropractic adjustments are a great help, but the effects don't last all that long. But I think it's helped my overall health. Changing my diet was a big help. Getting the wheat out. I have to eat Omega 3 fat fish every day or I notice a big rise in symptoms. I still take the fish pills but they don't work as well as eating fish. Before I went to the chiropractor, I spent three years being treated by an acupuncturist who did Voll's electro therapy with it. It was the thing that really got me to start functioning again. The only reason I stopped doing it was the doctor moved away (he went broke because he was too kind to too many of us with this illness and the medical industry was in no mood to support him. We will never get a cure as long as we let the medical industry act this way. I vote with my dollars every time I got to the chiropractor and every time I change my diet in a healthy way." - **Alan (Cleveland, Ohio)**

"Supplements, eating organic foods. Walking." - **Michelle (West Palm Beach, Florida)**

"The twice a week muscle massage therapy. It has helped so much. My neck has so much more movement." - **Christine (Marion, Virginia)**

"Not too much - hot baths; sleeping with heated mattress pad; can't take enough pain killers to feel better." - **Elaine (Syracuse, New York)**

"Massage, staying away from sugar and caffeine, measured pace in all things, learning to say no." - **Robert (Manchester, New Hampshire)**

"Myofacial massage, yoga, listening to my body & varying idol & heavy work. Prayer. Visualization - staring at pain & working is slowly down to the ends of fingers or feet. Healthy eating. Hot tub." - **Mary (N of Baltimore, Maryland)**

"Warm weather, consistency with rest (I can get by on 8 hours if I stick to a schedule everyday) and eating constantly (every 2 hours) all day." - **Glenda (Chicago, Illinois)**

"Yoga, low impact aerobics, stretching, massage therapy, chiropractic therapy, acid cider vinegar capsules, baking soda water, apple cider vinegar baths, or just hot baths, talking to people, laughing, deep breathing." - **Cindy (Clarksville, Indiana)**

"Staying away from refined foods. MSG tends to aggravate. The Bowen Technique helps immensely." - **Darcey (Petaluma, California)**

"When I went to chiropractor for 3 months, I got better, but after 2 months out of therapy all symptoms came back." - **Emi (Florida)**

"A sunny day, naps, removal of stress, jacuzzi hot tub ... & definitely a positive attitude. After having been on the vitamins for a while, I thought that I didn't really need them anymore ... inside 2 weeks of stopping them, I was absolutely debilitated on the couch. Needless to say, I started back on the vitamins & my condition improved again." - **Suzy (Kitchener, Ontario, Canada)**

"Apple cider vinegar does help temporarily for pain and fatigue. Just started MSM and am noticing normal bowel movements (no more constipation). Am taking Cytomel T3 and has been helping with memory, pain and fatigue. Am going to try Armour to see if it works any better. Also am on Nystatin for internal yeast. Also am taking acidophilus and magnesium citrate." - **Tina (Olympia, Washington)**

"Warmth. Almost vegan diet. Juicing." - **Erika (London, England)**

"Eating healthy, exercising regularly and consistent with my multi vitamins and supplements (about 8-10 daily)." - **Lynnette (Burlingame, California)**

"Long, hot showers, floating in water." - **Susan (Saratoga Springs, New York)**

"Weekly acupuncture, weekly yoga and strict diet, nothing ever makes it go away entirely" - **Brianne (Brooklyn, New York)**

"REST. Shaklee supplements. Moderate exercise. Eating natural foods. Massage!!" - **Marsha (Florida)**

"100% fully rested sleep and sometimes sleep for days on end, chiropractic adjustments on neck and upper back/shoulders, hot water soaks with epsom salts, cervical neck roll pillow, hypoallergenic micro fiber mattress topper (like a featherbed)." - **Belinda (Meadville, Pennsylvania)**

"I used to find some relief in taking Sinutab and Advil. I currently find no relief regardless of what I take or how long I rest." - **V (Colorado)**

"Nothing except for a eight month stretch when steroids [methylprednisone] made me symptom free. Boy was that wonderful." - **Fred (Fletcher, North Carolina)**

"My chiropractor keeps me at a certain level. Not overdoing anything, moderation in all things." - **Pat (Toledo, Ohio)**

"Feldene capsules, my doctor said this could be gout years ago. I don't take them often. And pain pills which I don't take often." - **Connie (Eaton, Ohio)**

"Healthy diet, Warm Water exercises / water therapy. My hot tub. Relaxation techniques, heating pad, Magnetic Therapy, TENS Unit, Cupping, I've tried every natural way to help myself" - [Sandy \(Cleveland, Ohio\)](#)

"Sun, sitting in sun helps much. Hot shower." - [Georgianna \(Colorado Springs, Colorado\)](#)

**[Comment:** Assuming your condition includes "brain fog", chronic fatigue, severe muscle pain & stiffness, and joint pain among your laundry list of fibromyalgia symptoms, it should be relatively easy to test your potential sensitivity to fluoride.

To do this requires following these 2 steps for 1 month...

**1). Avoid dietary fluoride exposure from all major sources, including:**

**MOST IMPORTANT**

- (a) prescription drugs - typically those with "FL" in the chemical name  
note: medications containing fluoride must be avoided due to the *relative toxicity* of the fluoride involved, rather than simply the amt of free fluoride available to be absorbed (consult your physician before stopping any medication)
- (b) beverages with water added - drinking only distilled or reverse osmosis water, 100% juice not from concentrate (no water added), or milk
- (c) green & black tea - including any beverage *or supplement* containing green tea

**LESS CRITICAL, BUT IF POSSIBLE**

- (d) vitamins & supplements - *temporarily* stop use of multi-vitamins, or supplements containing calcium or magnesium to avoid potential residual fluoride exposure during the test - these can later be added back, one at a time, after fluoride sensitivity is identified  
(note: vitamins & supplements may contain residual fluoride even when it's NOT listed as an ingredient)

**OK TO IGNORE DURING TEST, BUT NOT LONG-TERM**

- (e) fluoride-based pesticides & food additives containing excessive amts of fluoride

**Important note:** while fluoride cannot be avoided from all food sources, minimizing exposure to the above sources (or at least as many of the above as possible), should reduce fluoride levels in the bloodstream enough to dramatically minimize the entire set of FM symptoms.

## 2). Use minimum of 1500mg of Vitamin C to counter buildup of fluoride generated free-radicals

(note: vitamin C should be in the form of ascorbic acid & without additives, preservatives, or fillers)

### DURING TEST

Using at least 1500mg of Vitamin C should help symptoms improve by significantly reducing the rapid formation of free radicals, which fluoride is known to generate. This should greatly speed up the recovery process and help those with fibromyalgia recognize how symptoms worsen with incremental fluoride exposure (after the month long test - minimizing fluoride exposure - is complete).

Warning: those with Fibromyalgia should consider avoiding Vitamin C when taking Benzodiazepines

### AFTER TEST, CONSIDER ADDING OTHER ANTIOXIDANTS

Once chronic fluoride poisoning is recognized and fluoride sensitivity is established, consider selectively adding other antioxidants. The next best antioxidant for systemic fluoride poisoning may be CoQ10.

**Re-Exposure to Fluoride to Test Sensitivity:** At the end of 1 month of religiously minimizing fluoride intake and supplementing with vitamin C, test the effects of re-exposure using a fluoridated beverage.

**FOR THOSE WITH FLUORIDATED TAP WATER** - Consume 2-3 glasses of fluoridated tap water. Assuming your drinking water is artificially fluoridated, your symptoms should noticeably worsen within 36 hours. If this occurs, continue minimizing dietary exposure (from all sources) indefinitely, while continuing to supplement with antioxidants. Note: Brain fog may take a few months to lift completely (if it was very severe). However, as with all symptoms, steady improvement should be obvious.

**FOR THOSE WITHOUT FLUORIDATED TAP WATER** - Green tea is a particularly good method of testing fluoride sensitivity. While it contains a very powerful antioxidant that would normally be highly beneficial (to those without severe chronic fluoride poisoning), it also contains one of the highest concentrations of naturally occurring fluoride of any food or beverage. So, assuming your symptoms improve significantly during your test, you can also use 2-3 cups of green tea to test your sensitivity to fluoride at the end of the month.

### After chronic fluoride poisoning is recognized, my other top recommendations are...

- 3). find an understanding doctor willing to treat your symptoms collectively, not individually
- 4). get plenty of direct sunlight - a vital source of vitamin D
- 5). take a B-100 vitamin (without additives, preservatives, fillers, etc.)
- 6). eat organic foods as much as possible (minimizing exposure to fluoride based pesticides, as well as additives like msg, aspartame, sodium benzoate [potentially very important when taking vitamin c], sodium phosphate, etc.)
- 7). minimize exposure to other major toxins: mercury (i.e. flu shot), aluminum (i.e. tap water, certain antacids, baking powder, etc.), lead, chlorine.
- 8). take vitamin B12 (1mg of highly absorbable methylcobalamin if possible)
- 9). buy a juicer to juice organic fruits and vegetables to help restore cellular energy.
- 10). take cod liver oil & CoQ10 (to reduce chronic inflammation).

### How has fibro affected your life?

#### RECENT QUOTES:

"It's destroying my life. I can't play with my kids or be intimate with my husband. Some days I can't even walk." -  
**Melanie (Paducah, KY)**

"Complete opposite to before. Cant work, cant exercise, cant do repetitive tasks, memory loss, no dancing, limited chore work house and garden, severe back and joint pain restricts movements, unable to get rem sleep." - **Victoria (London, Ontario, Canada)**

"Drug dependent due to chronic pain, isolated because people don't understand my limitations. Depressed from always being tired and in pain." - **Lin (Bowmanville, Canada)**

"I have been diagnosed with many things like depression, add, vit def, cfs, fibro. Have taken many meds to no relief. Have been exhausted just trying to keep up with responsibilities & stresses of life & marriage. Exhausted from having to justify my health issues and not feeling understood, validated or supported. Have been very sad at the fact that I Never Wanted to be like this. I have passions, desires and pent up creative energy, just like everyone else. At many times feeling helpless & hopeless. I had to learn to let go and give it all to God." - **Stella (Ohio)**

"I lost 8 years of my life till I found the protein whey that worked for me, totally by accident." - **Susan (Sidney, OH)**

"I lost all my future dreams. I can't think clearly, I forget simple things. I'm in pain 24/7. I feel know one understands or cares about what I'm going through. I feel completely isolated. I feel alone. I want someone to take responsibility for what happened to me. I don't know who to turn to." - **Rosemary K (Deptford, NJ)**

"I try not to let it keep me from being the person I used to be. I have days where I would love to see what it used to feel like again before I was in so much pain. I have good days, bad days and days that are Horrid! The thing that bothers me the most is the effect it has had on those around me. Some understand but the majority don't get it. If you look ok...then you should feel ok..right?" - **Julie (Arena, WI)**

"I couldn't do hardly anything anymore. I felt like my life was over. I've been feeling better lately. (with natural remedies). The doctor said there was nothing they could do for me!" - **Marsha (San Diego, CA)**

"I'm currently on another medical leave as of 06-20-08 for extreme pain on my left side. cant climb stairs, walk around a park or mall. i used to jog 7 miles a day. in 1997 i stopped the pain was so extreme. i'm not sad or depressed i'm sick and i hate it." - **Sandra (Dearborn Heights, MI)**

"Can't do what others my age can. I have to limit my activities and avoid repetitive movements." - **Kacey (Turlock, CA)**

"I am a mess. I can barely make it to work everyday, because it takes several hours for me to get my muscles to loosen up enough to get a shower or get dressed. I have a hard time concentrating at work, even though iam on adhd medication, and all kinds of other meds that are to help me sleep." - **Kerrie (Deatsville, AL)**

"What life? I can't drive most days because it wouldn't be fair of me to jeopardize someone else's life because of my pain and my ability to react quickly, if need be. I watch tv, try to read but can't focus on anything I have just read, that's why I am writing this." - **Barbara (Baltimore, MD)**

"I feel like I don't have the ambition to live my life, like I'm watching everyone else live and not enjoying anything. I am always too tired to participate in things." - **Debra (Strum, WI)**

"I feel old..very old. before this happened I was feeling very good then suddenly everything fell apart. I have difficulty doing house work, ie: carrying the laundry basket up the stairs, doing the dishes because my hands cramp, sewing and knitting are almost impossible I can't walk as often as I would like so I've gained weight, I feel unattractive, I feel depressed because I can't do what I want and useless for the same reason, taking my dog out on a leash hurts my arms if he pulls, I have to stop and determine if doing something is worth the pain that I may have to deal with over the next few days" - **Cathy (Saint John, NB, Canada)**

"It has limited my lifestyle and changed my habits. I was a tidy person and organised and now I feel out of control. Even cleaning the house is an effort. I drop many things. I help my daughter with her family sometimes and it takes two weeks to recover. I have become anti-social because I do not like to make arrangements in case I have a bad day. The pain and tiredness makes me feel useless quite often. Most people do not understand especially because I was a good listener and ready to arrange social events but that has changed. Some people think I exaggerate my condition when in fact I play it down out of embarrassment." - [Patricia \(Leicester, United Kingdom\)](#)

"I'm disabled and in a powerchair. It's difficult to walk. Pain rules my life etc., memory problems" - [Jocelyne H. \(Chandler, AZ\)](#)

"My marriage has been strained almost to the point of divorce, family support almost non-existent. Can't work. Words used to be my life...but now I can't find the word I want, especially trying to have a conversation. I lose my thought a lot, walk into door jams, walk like I'm drunk because I am so dizzy, depression to the point of suicidal thoughts, I can't go camping, hiking, fishing like I used to do. I was very active and loved the outdoors. Now all I do is crochet and watch TV. I barely have enough energy to make it through the day. I sometimes forget to eat. I am living alone most of the time and basically don't cook much any more. My house is dirty, I can't keep up with the housework. I have no one to help me unless I pay them. I have no job to make money to pay them. I seldom feel like leaving the house or have the energy to do so. Everything I loved about being me is gone. Eleven years of piano lessons and a passion for music of all kinds...but I don't feel like playing. Arthritis in my hands and back make it painful to play my piano." - [Charlene \(Muncy, PA\)](#)

#### PRIOR QUOTES:

"I was a "always up and going" person. Now its hard to cook a meal without paying the price. Have always been intelligent intellectual. A reader, a writer, a self educator. Now my focus is shot to hell. When this started I had written 800 pages of a novel. Only need about 50 to finish first draft...but can't get my head to work anymore. URGGGG! thats what I hate." - [Maurcie \(Gainesville, Texas\)](#)

"Muscle pain when I have flare ups makes life miserable. I wake up at night with aching...pinching...jabbing pains in my legs and arms. Foggy brain fatigue is frustrating and sometimes out and out scary." - [Natalie \(Upstate, New York\)](#)

"It's draining, sucks the life out of you, makes me feel stupid, taken time away from my family, cannot study anymore, made me gain weight, it hurts, makes me feel old, useless, because it's an invisible syndrome and some ignorant doctors make it impossible to get help." - [Carrie \(Saskatchewan, Canada\)](#)

"Unable to work, unable to maintain a social life until recently. Can not drive long distances any more as I can not concentrate on the road." - [Sonja \(Listowel, County Kerry, Ireland\)](#)

"It's affected me from having a social life cause I never know when my good days will be. Cant' plan trips. I'm not able to do the things around home I'd like. Working is becoming extremely difficult. I'm having lots of negative minded thoughts, and can't stand all this daily pain." - [Phyllis \(Clinton, North Carolina\)](#)

"I feel like I am 50 years older than I am and is hard to do house work or anything." - [Leslie \(Phoenix, Arizona\)](#)

"I went from a happy, energetic, fun, full-time hard working person to someone I do not recognize. I can only work part-time and much of the responsibility for the household falls to my husband which has created stress in my marriage. My daughter asks why I need to rest so much and why I can run around and play with her in the park." - [Susan \(Lynn, Massachusetts\)](#)

"My energy levels have plummeted. Only working part time due to muscle and joint pain." - [Linda \(Smyrna, South Carolina\)](#)

"It has changed my ability to work full-time jobs, financially it has caused a great deal of stress and problems. I feel bad because I cannot do the things I used to do, cannot do fun things like sledding, playing football, baseball, skating etc, that I would like to do with my son. Also I have grown to not trust doctors and have generally had bad experiences with them not believing in fibromyalgia. I have had a lot of medicine reactions and now I am afraid to try new medicines. I cannot be exposed to certain chemicals, especially bug pesticides, natural gas, lawn fertilizer etc, makes me sick." - [Jeannie \(Michigan\)](#)

"Well, if fibro is a thyroid problem, it has caused hair loss, most which has come back but not like it was on top, weight gain, tired, mood swings, missed periods, be talking about something and forget what I'm talking about." - [LeeAnn \(Oklahoma City, Oklahoma\)](#)

"Can't work for any length of time. I cannot do my painting thing because I cannot hold the brushes or sit for very long. Sex life is nil. The pleasure isn't worth the pain the next days. It has made our relationship a little strained at times. We are married 38 yrs. and always happy with our sex life. Sleep is difficult. Getting comfortable at night is a problem. I also use to read a great deal and now find it difficult to concentrate for any length of time. People don't believe me that I have so much pain when I look so healthy." - [Margaret \(Hickory, North Carolina\)](#)

"It has devastated my life. I have had to leave my profession (CFO,CPA), currently cannot work, suffer from recurring depression. The sense of loss is overwhelming." - [Phil \(Fort Collins, Colorado\)](#)

"I am normally the type who loves to physically work hard. Very social with lots of friends. always busy. Now it's an effort to even talk on the phone,i would love to hide from everybody and never get out of bed.my mind tells me i want to get busy vacuum house dust,wash car , go somewhere do something with my children but in my attempt my body will not cooperate. so my days are completely wasted." - [Tammy \(Crestline, California\)](#)

"I would like to have normal energy and be free of pain. I feel like I could have achieved so much more." - [Larney \(Brisbane, Australia\)](#)

"Absolute hell. I had to stop working at the age of 26 and file for bankruptcy. I hit absolute rock bottom and could barely afford food. I stopped seeing people because of self esteem issues and spent many days in bed. But I am completely turning it around thanks to my relentless research and refusal to give up." - [Daniel \(Vancouver, Canada\)](#)

"Tremendously. Major depression due to military docs thinking I am making this up. I don't have energy to take care of myself anymore. I sleep on my off time. Always on pain medicine." - [Lisa \(San Antonio, Texas\)](#)

"I have to plan my activities very carefully and no longer have the freedom to be spontaneous. Some days are quite depressing, especially due to the weight gain, swelling and inability to lose weight. It has affected all of my relationships negatively because people just don't understand." - [Lori \(Wisconsin\)](#)

"It has changed me completely, i feel like i am trapped in a 80 year old body" - [Patty \(New York, New York\)](#)

"I have to be very regimented about how I do things. I've had to completely change my diet and the amount of activity I do. I have to make sure I get enough rest and I can't handle working full time." - [Kacey \(Turlock, California\)](#)

"Totally - - If it were not for my belief in God I would not be able to handle it. Always very social, now just talking is exhausting, unable to go & do things normal people my age do... feel like an 80 year old. Lost friends, unable to work when I would like to, people & a lot of Dr.'s do not understand this condition." - **Mary (N of Baltimore, Maryland)**

"It has changed every part of my life: I have gained over 100 lbs, I used to work out all the time now i do little; It has affected my personality, I used to be very easy going, now I am irritable because of being in constant pain; It also changed our family dynamics, when one person in the family has a chronic illness everyone in the family is affected." - **Brian (Orleans, Ontario, Canada)**

"It has about ruined it. I try to have a life though. I am thankful. Not having a steady income has put more pressure on my husband. I cant do as much at home or attend all the family functions I want. I cant do many things." - **Connie (West Virginia)**

"Limits my ability to stand for long periods, or walk, causes embarassing events of loss memory, caused me to gain weight due to lack of exercise, I'm too tired to do things, my personality has gone from extremely outgoing to inverted." - **Bonita (Anniston, Alabama)**

"I had to give up my career as a firefighter. This was something I lived and breathed. I was a rock climber, loved to rappel, lifted weights, etc. I had to go from wide open to ground zero! It sucks. My family suffers. I have three children and I am not able to participate with them like I'd like to." - **Lori (Covington, Georgia)**

"Horribly, I "was" an extremely active woman for my age. I rode horses daily, traveled extensively. Now I can barely get out of bed. I am devastated by this disease!!!" - **Cinda (Helena, Montana)**

"Affected every bit of my life, my hobbies, my work, my family. No longer able to work, used to ski, hike, bike. Had good job, now unable to work." - **Dawn (Spokane, Washington)**

"Terribly bad...at first it was just aching muscles & fatigue, now it has affected my knees & ability to walk right as well as other problems had before have been heightened...no support system." - **Gladys (Spring Lake, North Carolina)**

"I could not work a regular job now. I am not active anymore and the slightest things wear me out. I do have more energy than I did a year ago thanks to some of the natural things I have learned about. I try to research every time I am home to find something new to help me with this illness." - **Michelle (Tennessee)**

"Besides living with this pain all the time, I cannot work. I can't concentrate or remember things any more. My career was computer programming which involved much learning, concentrating, remembering, alertness, etc. Obviously I cannot do that anymore. I knew it was getting worse in the last real job I had - I couldn't keep up with what was going on, didn't comprehend new instructions, was always out sick (Mono, Vertigo, exhaustion). At home, I cannot keep up with housework, shopping, nap frequently." - **Bobbi (Delray Beach, Florida)**

"Fibromyalgia continues to challenge my life on a daily basis. I have had many things taken from me because of it. My self esteem, and self worth. I as a reliable, self sufficient person have been debased, My lifestyle, and means of living have been put to proverty. My family unit has been broken. My credit has gone to hell. What is worse is no one believes that what is happening to me is really happening because I look Okay. No one sees the time when I am bound to my bed, recovering from a two or three day headache, or just plain can not get out of bed, because I don't invite them in to see it!." - **Lisa (San Marcos, California)**

"It has severely limited my ability to keep up with work and home. I can no longer do the physical parts in landscaping. I fatigue readily. I have almost no libido. I've gained weight, because vigorous exercise is out. IBS is another real fun side effect." - **Kathy (Wisconsin)**

"I can no longer do many of the things I used to do. I have always prided myself on being physically strong, and my strength has decrease dramatically over the years. I do not have endurance for many, many things. I must constantly pace myself which is an internal struggle. I live in constant pain, some days milder, other days unbearable." - [Sue \(Bergen County, New Jersey\)](#)

"Terribly bad...at first it was just aching muscles & fatigue, now it has affected my knees & ability to walk right as well as other problems had before have been heightened...no support system." - [Gladys \(Spring Lake, North Carolina\)](#)

"I have to stay active and keep moving...never sit down. If I sit, I get very stiff and cannot hardly move. Sometimes I need help getting my hips into bed." - [Dawn \(Colorado\)](#)

"A routine helps, but any variation, like staying up even 1 hr. later, throws me into a flare." - [Karen \(New Berlin, Wisconsin\)](#)

I try not to think about it, brain fog and memory problems along with the pain to the bones, it's affected my life in every way." - [Marilyn \(Texas\)](#)

### **What makes symptoms worse?**

#### **RECENT QUOTES:**

"Stress, poor diet/nutrition, too much junk food, not taking my vites and supplements." - [Bridgitte \(Oviedo, Florida\)](#)

"Weather fronts moving in, stress, doing too much on good days which lead to follow up days of much fatigue." - [Bonnie \(Coquille, Oregon\)](#)

"Lack of exercise, not eating properly, stress, etc. If I don't exercise (walk or stretch) every day, I feel very achy in my right hip, lower back and upper back and neck. Also, I've not eaten white bread, cakes, donuts, etc for 2 months now - huge difference. Cut out pop and most junk food. I think there may be a gluten connection to fibro as well." - [Peggy \(Orillia, Ontario, Canada\)](#)

"Well this is a tough one. Just moving can do it and I would also have to say that after having 14 kidney operations in less than three months changed my whole world because it aggrevated the fibromyalgia even more so. I have never been so limited in what I ca ndo as I have been since because the pain becomes so unbearable." - [Leslie \(Bellevue, NE\)](#)

"Illness, weather changes, cold (situations that are to cold for to long), heat (situations that are to hot for to long), movement, edema, dehydration, noise (to loud, to much, to long) Light, (to bright, to much, to long, bright flashing), inappropriate stressors." - [Terra \(Lee, IA\)](#)

"Overdoing, sadness, heat!, not taking medicine on time, stress of having to act normal when around others who don't understand, exposure to chemicals." - [Melinda \(Valdosta, GA\)](#)

"Winter, low sunlight, eating wheat products." - [Brooke \(Olympia, WA\)](#)

"Doing too much housework (seriously), trying to do heavier hand weights, not taking magnesium/calcium, humidity, and cold weather." - [Chrissy \(Rices Landing, PA\)](#)

"Changes in weather. Especially a thunderstorm or drop in barametric pressure of usually below 30. Also, drop in temperature and a blizzard or a lot of snowfall. This seems to be worse than the coming of a heavy thunderstorm. Heavy exercise and stress also make the symptoms worsen. Certain foods will increase the pain too. Cow's milk and eggs will result in pain." - [Kay \(Port Arthur, TX\)](#)

"If i dring lots of water i feel worse the next day, caffeine too and dairy." - [Jobo \(Nottingham, England\)](#)

"Barometric pressure changes, over doing when i have a good day, the stress of finding the right help along with financial stresses... The guilt of not being able to work outside of home and even accomplishing all the household tasks. Having to tell my daughters that i just can't do some things. Looking fine so people think you are faking. The frustration of family members that haven't yet tried to research or read on anything that has to do with my problem or medical condition...i think it would help me if they could understand better instead of listen to my ouching all the time. The list can go on." - [Jane \(Sebeka, MN\)](#)

"I have drastically change my eating habits, which was positivie. Beacause I travel a lot, I can not stay with my diet. Then it's get worst." - [Monique \(Montreal, Quebec, Canada\)](#)

"Sugar, Aspartame!!!!" - [Carol \(Grande Prairie, Canada\)](#)

"As said before: certain foods, also: stress, saddness, cold weather, humidity, lack of sleep, a lot of light and lack of movement." - [Catalina \(Toronto, Canada\)](#)

"Stress, my kids when they're on "high"!, menstrual cycle (insomnia, debilitating pain), too much stimulation (a crowded mall, driving in the snow and ice)." - [Carrie \(Longmont, CO\)](#)

#### PRIOR QUOTES:

"Coldness, lack of sleep, certain foods, certain meds, any colds or allergies." - [Jennifer \(St. Albans, West Virginia\)](#)

"Stress is a sure way to bring on the worst; lack of sleep; lack of support from family and friends; docs that refuse to take you seriously." - [Darline \(West, Texas\)](#)

"Physical strain, cold weather, humid weather, any very low pressure storms make me very sick, stress, illness." - [Sue \(Bergen County, New Jersey\)](#)

"Cold weather, barometric pressure, I think it is linked to certain foods. I have eliminated almost all chemical exposure in terms of cleaners, personal products, etc." - [Diana \(Fishers, Indiana\)](#)

"I believe the cold weather was a major issue as - Barometric pressure changes affects aches and joints." - [Jenny \(Alabama\)](#)

"Cold damp weather. Sitting and standing for too long. Exercise of any kind. Walking for too long. Stress from running around to see doctor after doctor. Eating tomatoes and spices made me feel worse." - [Debra \(Toronto, Ontario, Canada\)](#)

"Too cold weather, too hot weather, stress, perfumes, chemical smells." - [Bonnie \(Edison, New Jersey\)](#)

"Repetitive movements, like using the computer, walking too much, reaching, bending, overdoing any activity. Sometimes there's just no reason." - [Diane \(Silver Spring, Maryland\)](#)

"Cold weather, doing too much-even normal stuff, stress, pop or colas, MSG-esp TV dinners and Chinese food but other stuff too." - [Connie \(West Virginia\)](#)

"Waking up. No, lets see...Exercetion, after I quit taking antibiotics I feel worse, stress." - [Deborah \(Toms River, New Jersey\)](#)

"Cold, damp weather. Eating the wrong foods, especially wheat and dairy, and soda pop is a big no-no. I cannot tolerate any alcohol. Emotional stress of any kind is a big trigger. Not getting enough sleep is a guarantee of a flair up." - [Alan \(Cleveland, Ohio\)](#)

"SUGAR, simple carbs." - [Lauren \(Yucca Valley, California\)](#)

"Exercise, standing/sitting too long, sleeping poorly, too much physical activity in general." - [Heather \(Detroit, Michigan\)](#)

"Menstrual cycle, fluctuations in temp, stress." - [Wendy Jo \(Shelley, Idaho\)](#)

"Exercise, not enough sleep, chemical exposure, coming in contact with anything i am allergic to-foods, molds, drugs etc. too much stress etc." - [Rebecca \(Pittsburgh, Pennsylvania\)](#)

"Stress, rain, extreme heat, overexertion, allergies, Valley Fever fungus." - [Andrea \(Tucson, Arizona\)](#)

"Electric storms, rain storms, drop or rise in pressure, stress." - [Jacqui \(Johannesburg, South Africa\)](#)

"Stopping vitamin, mineral, herbals." - [Demian \(Seattle, Washington\)](#)

"Stress, Working Too Hard, Non organic Meats (probably other foods as well), often Non organic personal care products as well. Lack of sleep." - [Kristen \(Richmond, Virginia\)](#)

"Exercise, temperature changes, noise, bright light, odors, lack of rested sleep, MSG, confined quarters like in a small room or MRI unit - bad environments for me." - [Belinda \(Meadville, Pennsylvania\)](#)

"Housework, repetitive movements, sitting or lying for too long. too much or too little excercises, weather, late nights, colds, not pacing myself." - [Emma \(Wiltshire, England\)](#)

"Not enough sleep, unsupportive people, cold weather, STRESS, not eating enough veggies and constipation from pain medication, which is necessary to me arising from the bed each morning." - [Ally \(Arkansas\)](#)

"Exercise, stress, house work, being sick with a virus or cold. Any type of injury usually flares up the fibro." - [Jeannie \(Michigan\)](#)

"Coffee for sure. I recently quit drinking it and noticed a significant reduction in pain. I'm not sure what else worsens it but something must because I'm not drinking coffee and I just had a very bad flare up." - [Monique \(Canby, Oregon\)](#)

### **Did you ever have a long lasting virus?**

No: 50%

Yes; Epstein-Barr Virus: 11%

Yes; Lyme, Herpes or Other Virus: 39%

### **Military Service?**

No: 96%

Yes: 4%

### **Exposure to chemicals, heavy metals or pesticides?**

Mostly "no."

Some "yes" answers include:

"I am surrounded by farming areas that crop dust." - Tina (Macon, Mississippi)

"Bleach- used in walnut bleaching plant in my backyard." - Kacey (Turlock, California)

"Spraying fruit fields when young." - Heather (West, Michigan)

"Anthrax vaccination just prior to symptoms starting." - Lisa (San Antonio, Texas)

"Exposure to chemical spraying on a farm." - Patricia (Iluka, N.S.W., Australia)

"Yes, I worked with chemicals in a silk screening factory." - Angela (Lexington, Virginia)

"Mercury in fillings in my mouth." - Michelle (Tennessee)

"Just fluoride through water and fluoride treatments as a child." - Mary (Dripping Springs, Texas)

"not sure, although I was given a fluoride tablet(supplement) every day as young child." - Nicola (Gaborone, Botswana)

"Exposure to dry cleaning chemicals in drinking water while stationed at Camp Lejeune, North Carolina 1979-1982." - Lori (Fort Worth, TX)

"The usual for the US: lead, asbestos in household products in the 50's, DDT and other insecticides, solvents." - Lori (St. Joseph, Missouri)

"Worked in chemical plant for 2 years making herbicide and pesticides." - Lori (St. Joseph, Missouri)

"Lived across river from a steel mill that ran 24/7. We breathed the black soot that came from the plant for several years until the plant closed in the mid 1980's." - Margie (Baden, Pennsylvania)

"Yes with farming and I used to use aluminum cookware." - Melony (Elma/Lourdes, Iowa)

"Chemotherapy and many drugs." - Nurit (Tel Aviv, Israel)

"My father was an entomologist for an international chemical corp. involved in R&D As a child we helped with his experimental plots while he developed pesticides. He died of cancer in 2004 I had lived on farms or in heavy agriculture areas all but two years of my life." - Sandra (Preston, Georgia)

"Lead in well water." - Shelia (Jasper, Alabama)

"At 14 had a filling put into my mouth, it was full of mercury, turned my gum black. When I was 17 I went on birth control which had aluminum, when I was 26 I went on antidepressants full of fluoride, then off and on of other antidepressants and antibiotics, at the age of 45 I was sprayed in the face with a high concentration of malathion pesticide. A month later I had cancer." - Carol (La Verne, CA)

"tobacco (4000 chemicals) fluoride, chlorine, aspartame, mercury fillings, and many others that are hidden in our foods." - Tina (Manchester, United Kingdom)

"I grew up in a town where thorium was buried in large amounts. It contaminated well water, that many people used and the same water was used to fill the town pool for years. My family used the pool every year consistently." - Michelle (Tennessee)

"The town I grew up in was very proud that they were one of the first towns to Fluorinate their water. I drink mostly water and always have." - Karen (Melbourne Beach, Florida)

## 821 Fibromyalgia Questionnaire Responses - Compiled by Jason Uttley

Count	Person	Posting	City	State/Prov.	Country
	Anonymous (S. Brunswick, New Jersey)	09/28/05	S. Brunswick	New Jersey	U.S.
1	Carol (Wahiawa, Hawaii)	10/05/05	Wahiawa	Hawaii	U.S.
2	Darcey (Petaluma, California)	10/09/05	Petaluma	California	U.S.
3	Arlene (Crest Hill, Illinois)	10/12/05	Crest Hill	Illinois	U.S.
4	Kathy (Spokane, Washington)	10/12/05	Spokane	Washington	U.S.
5	Tina (Olympia, Washington)	10/15/05	Olympia	Washington	U.S.
6	Suzanne (St. Petersburg, Florida)	10/17/05	St. Petersburg	Florida	U.S.
7	Linda (Parrsboro, Nova Scotia, Canada)	10/19/05	Parrsboro	Nova Scotia	Canada
8	Tania (Adelaide, Australia)	10/19/05	Adelaide		Australia
9	Cassandra (Simi Valley, California)	10/27/05	Simi Valley	California	U.S.
10	Bobbie (Arkansas)	10/27/05		Arkansas	U.S.
11	Jean (Marysville, Washington)	10/27/05	Marysville	Washington	U.S.
12	Josie (North Carolina)	10/29/05		North Carolina	U.S.
13	Bobby (Spartanburg, South Carolina)	11/03/05	Spartanburg	South Carolina	U.S.
14	Lisa (Phoenix, Arizona)	11/05/05	Phoenix	Arizona	U.S.
15	Cindy (Clarksville, Indiana)	11/05/05	Clarksville	Indiana	U.S.
16	Anglia (Foxworth, Mississippi)	11/07/05	Foxworth	Mississippi	U.S.
17	Wendy Jo (Shelley, Idaho)	11/09/05	Shelley	Idaho	U.S.
18	Anonymous (Big Stone Gap, Virginia)	11/10/05	Big Stone Gap	Virginia	U.S.
19	Janet (Butler, Pennsylvania)	11/13/05	Butler	Pennsylvania	U.S.
20	Lisa (Dale, Oklahoma)	11/14/05	Dale	Oklahoma	U.S.
21	Anonymous (Dorset, England)	11/16/05	Dorset		England
22	Andrea (Tucson, Arizona)	11/15/05	Tucson	Arizona	U.S.
23	Tina (Tyler, Texas)	11/16/05	Tyler	Texas	U.S.
24	Coty (Big Stone Gap, Virginia)	11/21/05	Big Stone Gap	Virginia	U.S.
25	Angel (Arkansas)	11/21/05		Arkansas	U.S.
26	Thomas (Banning, California)	11/25/05	Banning	California	U.S.
27	Jacqui (Johannesburg, South Africa)	11/25/05	Johannesburg		South Africa
28	Mary D (Cleveland, Ohio)	11/26/05	Cleveland	Ohio	U.S.
29	Shelley (Saugerties, New York)	11/26/05	Saugerties	New York	U.S.
30	Mary (Plainwell, Michigan)	11/28/05	Plainwell	Michigan	U.S.
31	Jeanene (Las Vegas, Nevada)	12/05/05	Las Vegas	Nevada	U.S.
32	Lori (Wisconsin)	03/16/06		Wisconsin	U.S.
33	Carla (Milwaukee, Wisconsin)	03/22/06	Milwaukee	Wisconsin	U.S.
34	Jenny (Alabama)	03/22/06		Alabama	U.S.
35	Michelle (Tennessee)	04/01/06		Tennessee	U.S.
36	Chan (England)	04/03/06			England
37	Emi (Florida)	04/12/06		Florida	U.S.
38	Angela (Lexington, Virginia)	04/12/06	Lexington	Virginia	U.S.
39	Linda (Lexington, Oklahoma)	04/18/06	Lexington	Oklahoma	U.S.
40	Daniel (Vancouver, Canada)	04/21/06	Vancouver		Canada
41	Debra (Toronto, Ontario, Canada)	04/24/06	Toronto	Ontario	Canada
42	Patricia (Iluka, N.S.W., Australia)	04/24/06	Iluka	N.S.W.	Australia
43	Faith (Acushnet, Massachusetts)	04/24/06	Acushnet	Massachusetts	U.S.
44	Mischell (The Colony, Texas)	04/24/06	The Colony	Texas	U.S.
45	Glenda (Chicago, Illinois)	05/03/06	Chicago	Illinois	U.S.
46	Beth (West Virginia)	05/01/06		West Virginia	U.S.
47	Marie (Southern, California)	05/13/06	Southern	California	U.S.
48	Heather (West, Michigan)	05/16/06	West	Michigan	U.S.
49	Kacey (Turlock, California)	05/15/06	Turlock	California	U.S.
50	Monica (New Jersey)	06/01/06		New Jersey	U.S.
51	Kathleen (Portland, Oregon)	06/17/06	Portland	Oregon	U.S.
52	Angi (Canton, Ohio)	06/15/06	Canton	Ohio	U.S.
53	Connie (West Virginia)	06/23/06		West Virginia	U.S.
54	AJ (Dayton, Ohio)	06/27/06	Dayton	Ohio	U.S.
55	Stephanie (Joplin, Missouri)	07/02/06	Joplin	Missouri	U.S.

56	Mary (N of Baltimore, Maryland)	07/03/06	N of Baltimore	Maryland	U.S.
57	Gary (London, England)	07/05/06	London		England
58	Donna (Alabama)	08/06/06		Alabama	U.S.
59	Diane (Columbia, SC)	08/06/06	Columbia	South Carolina	U.S.
60	Natalie (Upstate, New York)	08/06/06	Upstate	New York	U.S.
61	Bobbi (Fort Collins, Colorado)	08/06/06	Fort Collins	Colorado	U.S.
62	Candy (Spokane, Washington)	08/06/06	Spokane	Washington	U.S.
63	Mary (Georgia)	08/22/06		Georgia	U.S.
64	Jennifer (St. Albans, West Virginia)	08/22/06	St. Albans	West Virginia	U.S.
65	Joyce (Cincinnati, Ohio)	08/22/06	Cincinnati	Ohio	U.S.
66	Lori (Covington, Georgia)	08/22/06	Covington	Georgia	U.S.
67	Connie (North Carolina)	08/22/06		North Carolina	U.S.
68	Darline (West, Texas)	08/22/06	West	Texas	U.S.
69	Cinda (Helena, Montana)	08/22/06	Helena	Montana	U.S.
70	Sandra (North Carolina)	01/15/07		North Carolina	U.S.
71	Ally (Arkansas)	01/15/07		Arkansas	U.S.
72	Teresa (Kansas)	01/15/07		Kansas	U.S.
73	Robert (Manchester, New Hampshire)	01/15/07	Manchester	New Hampshire	U.S.
74	Marsha (Florida)	01/15/07		Florida	U.S.
75	Marie (London, England)	01/15/07	London		England
76	Kathy (Wisconsin)	01/15/07		Wisconsin	U.S.
77	Dawn (Colorado)	01/15/07		Colorado	U.S.
78	Bobby (Michigan)	01/15/07		Michigan	U.S.
79	Belinda (Meadville, Pennsylvania)	01/15/07	Meadville	Pennsylvania	U.S.
80	Amy (Howell, Michigan)	02/10/07	Howell	Michigan	U.S.
81	Cheri (Wisconsin)	02/10/07		Wisconsin	U.S.
82	Gerri (Indiana)	02/10/07		Indiana	U.S.
83	Jeannie (Michigan)	02/10/07		Michigan	U.S.
84	Maurcie (Gainesville, Texas)	02/10/07	Gainesville	Texas	U.S.
85	Melony (Elma/Lourdes, Iowa)	02/10/07	Elma/Lourdes	Iowa	U.S.
86	Tamara (Portland, Oregon)	02/10/07	Portland	Oregon	U.S.
87	V (Colorado)	02/10/07		Colorado	U.S.
88	Jennifer (South Carolina)	02/13/07		South Carolina	U.S.
89	Shelia (Jasper, Alabama)	02/13/07	Jasper	Alabama	U.S.
90	Anonymous (Jacksonville, Florida)	02/14/07	Jacksonville	Florida	U.S.
91	Monique (Canby, Oregon)	02/15/07	Canby	Oregon	U.S.
92	Connie (Eaton, Ohio)	02/17/07	Eaton	Ohio	U.S.
93	Marilyn (Texas)	02/18/07		Texas	U.S.
94	Georgianna (Colorado Springs, Colorado)	02/18/07	Colorado Springs	Colorado	U.S.
95	Susan (San Angelo, Texas)	02/20/07	San Angelo	Texas	U.S.
96	Sandy (Akron, Ohio)	02/20/07	Akron	Ohio	U.S.
97	Fred (Fletcher, North Carolina)	02/20/07	Fletcher	North Carolina	U.S.
98	Susan (Lynn, Massachusetts)	02/21/07	Lynn	Massachusetts	U.S.
99	Michelle (Portland, Oregon)	02/21/07	Portland	Oregon	U.S.
100	Julie (Webbersfalls, Oklahoma)	02/21/07	Webbersfalls	Oklahoma	U.S.
101	Loni (Boulder, Colorado)	02/22/07	Boulder	Colorado	U.S.
102	Candace (Studio City, California)	02/22/07	Studio City	California	U.S.
103	Pat (Toledo, Ohio)	02/23/07	Toledo	Ohio	U.S.
104	Shari (Erie, Pennsylvania)	02/23/07	Erie	Pennsylvania	U.S.
105	Brian (Orleans, Ontario, Canada)	02/23/07	Orleans	Ontario	Canada
106	Lisa (San Antonio, Texas)	02/23/07	San Antonio	Texas	U.S.
107	Sally (Titusville, Pennsylvania)	02/24/07	Titusville	Pennsylvania	U.S.
108	Sue (Bergen County, New Jersey)	02/24/07	Bergen County	New Jersey	U.S.
109	Sandy (Cleveland, Ohio)	02/24/07	Cleveland	Ohio	U.S.
110	Clara (Paden City, West Virginia)	02/26/07	Paden City	West Virginia	U.S.
111	Tina (Macon, Mississippi)	02/26/07	Macon	Mississippi	U.S.
112	Elaine (Syracuse, New York)	02/26/07	Syracuse	New York	U.S.
113	Karen (New Berlin, Wisconsin)	02/27/07	New Berlin	Wisconsin	U.S.
114	Barbara (Wilmore, Kentucky)	03/01/07	Wilmore	Kentucky	U.S.

115	Debra (Chicago, Illinois)	03/01/07	Chicago	Illinois	U.S.
116	Jo (Luton, England)	03/05/07	Luton		England
117	Pat (St. Paul, Minnesota)	03/05/07	St. Paul	Minnesota	U.S.
118	Virginia (Tullahoma, Tennessee)	03/05/07	Tullahoma	Tennessee	U.S.
119	Alvita (Detroit, Michigan)	03/07/07	Detroit	Michigan	U.S.
120	Emma (Wiltshire, England)	03/08/07	Wiltshire		England
121	Wendy (South Plainfield, New Jersey)	03/09/07	South Plainfield	New Jersey	U.S.
122	Daphne Rowland (Altus, Oklahoma)	03/09/07	Altus	Oklahoma	U.S.
123	Marcia (Lansing, Michigan)	03/09/07	Lansing	Michigan	U.S.
124	Lauren (Yucca Valley, California)	03/10/07	Yucca Valley	California	U.S.
125	Larney (Brisbane, Australia)	03/13/07	Brisbane		Australia
126	Susan (Campti, Louisiana)	03/13/07	Campti	Louisiana	U.S.
127	Barbara (Montreal, Canada)	03/14/07	Montreal		Canada
128	Jennifer (Huntsville, Alabama)	03/14/07	Huntsville	Alabama	U.S.
129	Brook (Rock Island, Illinois)	03/14/07	Rock Island	Illinois	U.S.
130	Patty (Ocean View, Hawaii)	03/15/07	Ocean View	Hawaii	U.S.
131	Elaine (Glen Burnie, Maryland)	03/15/07	Glen Burnie	Maryland	U.S.
132	Tanya (Perth, Australia)	03/15/07	Perth		Australia
133	Altea (Ashland, Oregon)	03/15/07	Ashland	Oregon	U.S.
134	Catherine (Chicago, Illinois)	03/15/07	Chicago	Illinois	U.S.
135	Amy (Reston, Virginia)	03/15/07	Reston	Virginia	U.S.
136	Christine (Enoree, South Carolina)	03/18/07	Enoree	South Carolina	U.S.
137	Elaine (Attica, Michigan)	03/18/07	Attica	Michigan	U.S.
138	Karen (Melbourne Beach, Florida)	03/19/07	Melbourne Beach	Florida	U.S.
139	Trudy (Keene, New Hampshire)	03/19/07	Keene	New Hampshire	U.S.
140	Barbara (Earlville, New York)	03/19/07	Earlville	New York	U.S.
141	Karen (Pittsburgh, Pennsylvania)	03/20/07	Pittsburgh	Pennsylvania	U.S.
142	Christine (San Bernardino, California)	03/20/07	San Bernardino	California	U.S.
143	Donna (Clarks Summit, Pennsylvania)	03/20/07	Clarks Summit	Pennsylvania	U.S.
144	Kenneth (Sisters, Oregon)	03/20/07	Sisters	Oregon	U.S.
145	Penny (Fallon, Nevada)	03/21/07	Fallon	Nevada	U.S.
146	Margaret (Hickory, North Carolina)	03/21/07	Hickory	North Carolina	U.S.
147	Peggy (Saint Charles, Missouri)	03/22/07	Saint Charles	Missouri	U.S.
148	Wendy (Pittsburgh, Pennsylvania)	03/22/07	Pittsburgh	Pennsylvania	U.S.
149	EM (Swindon, Wiltshire, England)	03/22/07	Swindon	Wiltshire	England
150	Sally (Cleveland, Ohio)	03/23/07	Cleveland	Ohio	U.S.
151	Georgeann (Baltimore, Maryland)	03/23/07	Baltimore	Maryland	U.S.
152	Susan (Winchester, New Hampshire)	03/24/07	Winchester	New Hampshire	U.S.
153	Kat (Springfield, North Carolina)	03/24/07	Springfield	North Carolina	U.S.
154	Nancy (Modesto, California)	03/26/07	Modesto	California	U.S.
155	Sonja (Listowel, County Kerry, Ireland)	03/28/07	Listowel	County Kerry	Ireland
156	Cheryl (Shreveport, Louisiana)	03/29/07	Shreveport	Louisiana	U.S.
157	Keith (Casa Grande, Arizona)	03/29/07	Casa Grande	Arizona	U.S.
158	Jane (Glastonbury, Connecticut)	03/29/07	Glastonbury	Connecticut	U.S.
159	Ea (Los Angeles, California)	03/31/07	Los Angeles	California	U.S.
160	Phyllis (Clinton, North Carolina)	04/01/07	Clinton	North Carolina	U.S.
161	Janet (Steele, Missouri)	04/02/07	Steele	Missouri	U.S.
162	Mavis (Fort St. John, Canada)	04/02/07	Fort St. John		Canada
163	Helen (Port Macquarie, Australia)	04/02/07	Port Macquarie		Australia
164	Barbara (Lyons, Georgia)	04/07/07	Lyons	Georgia	U.S.
165	Janice (Cloquet, Minnesota)	04/07/07	Cloquet	Minnesota	U.S.
166	Ann (Seattle, Washington)	04/08/07	Seattle	Washington	U.S.
167	Heidi (Rock Island, Illinois)	04/09/07	Rock Island	Illinois	U.S.
168	Kelly (Marshall, Michigan)	04/09/07	Marshall	Michigan	U.S.
169	Jane (Suva, Fiji)	04/09/07	Suva		Fiji
170	Linda (Afton, Minnesota)	04/04/07	Afton	Minnesota	U.S.
171	Matt (Chicago, Illinois)	04/05/07	Chicago	Illinois	U.S.
172	Chistopher (Lynn, Massachusetts)	04/10/07	Lynn	Massachusetts	U.S.
173	Noelle (Lakewood, Washington)	04/10/07	Lakewood	Washington	U.S.

174	Mijjoo (Sturgeon Falls, Ontario, Canada)	04/14/07	Sturgeon Falls	Ontario	Canada
175	Christine (Marion, Virginia)	04/14/07	Marion	Virginia	U.S.
176	Mary (Laconia, New Hampshire)	04/14/07	Laconia	New Hampshire	U.S.
177	Alan (Cleveland, Ohio)	04/15/07	Cleveland	Ohio	U.S.
178	Lisa (Cary, North Carolina)	04/15/07	Cary	North Carolina	U.S.
179	Tammy (Crestline, California)	04/17/07	Crestline	California	U.S.
180	Aleta (Kimball, Nebraska)	04/17/07	Kimball	Nebraska	U.S.
181	Phyllis (Louisville, Kentucky)	04/17/07	Louisville	Kentucky	U.S.
182	Deborah (Santa Maria, California)	04/19/07	Santa Maria	California	U.S.
183	Dona (Hamilton, Ohio)	04/19/07	Hamilton	Ohio	U.S.
184	Susan (Oakcreek, Wisconsin)	04/20/07	Oakcreek	Wisconsin	U.S.
185	Jeanette (Brooklyn, New York)	04/24/07	Brooklyn	New York	U.S.
186	Lisa (Rome, Italy)	04/24/07	Rome		Italy
187	Robin (Cambridge, Massachusetts)	04/25/07	Cambridge	Massachusetts	U.S.
188	Rose (Racine, Wisconsin)	04/26/07	Racine	Wisconsin	U.S.
189	Laura (Upland, California)	04/28/07	Upland	California	U.S.
190	Diane (Lowell, Massachusetts)	04/28/07	Lowell	Massachusetts	U.S.
191	Katie (Ballarat, Victoria, Australia)	04/28/07	Ballarat	Victoria	Australia
192	Sylvia (London, Ontario, Canada)	04/28/07	London	Ontario	Canada
193	Karen (Mt. Larcom, Australia)	04/29/07	Mt. Larcom		Australia
194	Karen (Yakima, Washington)	04/29/07	Yakima	Washington	U.S.
195	Patty (Indianapolis, Indiana)	04/30/07	Indianapolis	Indiana	U.S.
196	Louise (Longford, Ireland)	05/01/07	Longford		Ireland
197	Patty (New York, New York)	05/02/07	New York	New York	U.S.
198	Shari (Fond du Lac, Wisconsin)	05/02/07	Fond du Lac	Wisconsin	U.S.
199	Brianne (Brooklyn, New York)	05/04/07	Brooklyn	New York	U.S.
200	Tiffany (Waterford, Connecticut)	05/04/07	Waterford	Connecticut	U.S.
201	Diane (Baltimore, Maryland)	05/06/07	Baltimore	Maryland	U.S.
202	Christina (Cleveland, Ohio)	05/06/07	Cleveland	Ohio	U.S.
203	Danielle (Atlanta, Georgia)	05/07/07	Atlanta	Georgia	U.S.
204	Sharon (Cynthiana, Kentucky)	05/07/07	Cynthiana	Kentucky	U.S.
205	Dawn (Charlotte, Michigan)	05/07/07	Charlotte	Michigan	U.S.
206	Monica (Lanse, Michigan)	05/08/07	Lanse	Michigan	U.S.
207	Terri (Seabrook, Texas)	05/08/07	Seabrook	Texas	U.S.
208	Bernadette (San Francisco, California)	05/09/07	San Francisco	California	U.S.
209	Jennifer (Jacksonville, Illinois)	05/09/07	Jacksonville	Illinois	U.S.
210	Kevin (Linton, Indiana)	05/11/07	Linton	Indiana	U.S.
211	Michelle (Hollywood, California)	05/11/07	Hollywood	California	U.S.
212	Susan (Saratoga Springs, New York)	05/13/07	Saratoga Springs	New York	U.S.
213	Bonnie (Edison, New Jersey)	05/13/07	Edison	New Jersey	U.S.
214	Marion (Ada, Oklahoma)	05/15/07	Ada	Oklahoma	U.S.
215	Bobbi (Delray Beach, Florida)	05/20/07	Delray Beach	Florida	U.S.
216	Cindy (Chandler, Arizona)	05/20/07	Chandler	Arizona	U.S.
217	Ginger (Henagar, Alabama)	05/20/07	Henagar	Alabama	U.S.
218	Maureen (Orlando, Florida)	05/21/07	Orlando	Florida	U.S.
219	Adriana (Hamilton, Ontario)	05/21/07	Hamilton	Ontario	Canada
220	Andrea ( Kettle Falls, Washington)	05/21/07	Kettle Falls	Washington	U.S.
221	Samala (Phoenix, Arizona)	05/23/07	Phoenix	Arizona	U.S.
222	Ruth (Boones Mill, Virginia)	05/24/07	Boones Mill	Virginia	U.S.
223	Lisa (San Marcos, California)	05/28/07	San Marcos	California	U.S.
224	Jackie (Reston, Virginia)	05/29/07	Reston	Virginia	U.S.
225	Linda (Garland, Maine)	05/30/07	Garland	Maine	U.S.
226	Susan (Ararat, Australia)	06/02/07	Ararat		Australia
227	Shelley (Grand rapids, Michigan)	06/06/07	Grand rapids	Michigan	U.S.
228	Sandra (Baraboo, Wisconsin)	06/06/07	Baraboo	Wisconsin	U.S.
229	Mary (Centerburg, Ohio)	06/06/07	Centerburg	Ohio	U.S.
230	Lynnette (Burlingame, California)	06/06/07	Burlingame	California	U.S.
231	Dan (Penn Valley, California)	06/09/07	Penn Valley	California	U.S.
232	Cyndia (Colorado Springs, Colorado)	06/10/07	Colorado Springs	Colorado	U.S.

233	Lorraine (Dublin, Ireland)	06/12/07	Dublin		Ireland
234	Denise (Lisle, Illinois)	06/12/07	Lisle	Illinois	U.S.
235	Mary (Kansas City, Missouri)	06/13/07	Kansas City	Missouri	U.S.
236	Monica (Oshkosh, Wisconsin)	06/18/07	Oshkosh	Wisconsin	U.S.
237	Julie (Los Angeles, California)	06/19/07	Los Angeles	California	U.S.
238	Tracy (Beverly, Massachusetts)	06/19/07	Beverly	Massachusetts	U.S.
239	Altheia (New Bedford, Massachusetts)	06/22/07	New Bedford	Massachusetts	U.S.
240	Aaron (Southgate, Michigan)	06/26/07	Southgate	Michigan	U.S.
241	Sandra (Preston, Georgia)	06/26/07	Preston	Georgia	U.S.
242	Lori (Kapaa, Hawaii)	06/27/07	Kapaa	Hawaii	U.S.
243	Moon (Hurricane, West Virginia)	06/30/07	Hurricane	West Virginia	U.S.
244	Margie (Baden, Pennsylvania)	07/01/07	Baden	Pennsylvania	U.S.
245	D.S. (Victoria, Texas)	07/02/07	Victoria	Texas	U.S.
246	Eva (Wahiawa, Hawaii)	07/02/07	Wahiawa	Hawaii	U.S.
247	Tim (Arcadia, California)	07/03/07	Arcadia	California	U.S.
248	Adrienne (Keene, New Hampshire)	07/03/07	Keene	New Hampshire	U.S.
249	Lisa (Wantagh, New York)	07/05/07	Wantagh	New York	U.S.
250	Belinda (Attica, Indiana)	07/08/07	Attica	Indiana	U.S.
251	Laura (Mytown, USA)	07/08/07	Mytown		U.S.
252	Valerie (Bloomington, Illinois)	07/10/07	Bloomington	Illinois	U.S.
253	Katharine (Arbroath, England)	07/11/07	Arbroath		England
254	Beth (Clearfield, Pennsylvania)	07/14/07	Clearfield	Pennsylvania	U.S.
255	Tammy (Martinsburg, West Virginia)	07/14/07	Martinsburg	West Virginia	U.S.
256	Glenda (Guntersville, Alabama)	07/14/07	Guntersville	Alabama	U.S.
257	Reta (Corona, California)	07/14/07	Corona	California	U.S.
258	Michelle (Joilet, Illinois)	07/16/07	Joilet	Illinois	U.S.
259	Margrit (Escondido, California)	07/16/07	Escondido	California	U.S.
260	Theresa (Gobler, Missouri)	07/17/07	Gobler	Missouri	U.S.
261	Kristy (Lansing, Michigan)	07/17/07	Lansing	Michigan	U.S.
262	Susan (Preston, Washington)	07/17/07	Preston	Washington	U.S.
263	Deborah (Salem, Oregon)	07/18/07	Salem	Oregon	U.S.
264	G (Rochester Hills, Michigan)	07/18/07	Rochester Hills	Michigan	U.S.
265	Pauline (Jeffersonville, Indiana)	07/19/07	Jeffersonville	Indiana	U.S.
266	Shellie (Newcastle, Australia)	07/19/07	Newcastle		Australia
267	Kristina (Lusby, Maryland)	07/20/07	Lusby	Maryland	U.S.
268	Tamara (Cleveland, Ohio)	07/21/07	Cleveland	Ohio	U.S.
269	Victoria (Calabasas, California)	07/22/07	Calabasas	California	U.S.
270	Michelle (Hood River, Oregon)	07/22/07	Hood River	Oregon	U.S.
271	Nicki (Cleveland, Ohio)	07/22/07	Cleveland	Ohio	U.S.
272	Carla (Stone Mountain, Georgia)	07/22/07	Stone Mountain	Georgia	U.S.
273	Kathy (Olive Hill, Kentucky)	07/22/07	Olive Hill	Kentucky	U.S.
274	Diane (Silver Spring, Maryland)	07/23/07	Silver Spring	Maryland	U.S.
275	Cathy (Jamestown, Kentucky)	07/23/07	Jamestown	Kentucky	U.S.
276	Rebecca (Charlotte, North Carolina)	07/23/07	Charlotte	North Carolina	U.S.
277	Jacqueline (Two Rivers, Wisconsin)	07/23/07	Two Rivers	Wisconsin	U.S.
278	Linda (Goode, Virginia)	07/23/07	Goode	Virginia	U.S.
279	Charity (Barrie, Ontario, Canada)	07/24/07	Barrie	Ontario	Canada
280	Jenny (Highland, Ohio)	07/24/07	Highland	Ohio	U.S.
281	Barbara (Buiern, Washington)	07/24/07	Buiern	Washington	U.S.
282	Robyn (Dayton, Ohio)	07/24/07	Dayton	Ohio	U.S.
283	Cathe (Shreveport, Louisiana)	07/25/07	Shreveport	Louisiana	U.S.
284	Tracey (Cincinnati, Ohio)	07/26/07	Cincinnati	Ohio	U.S.
285	Cindy (Clarksville, Tennessee)	07/26/07	Clarksville	Tennessee	U.S.
286	Wyvoone (Rialto, California)	07/28/07	Rialto	California	U.S.
287	Debby (Hobbs, New Mexico)	07/29/07	Hobbs	New Mexico	U.S.
288	Kendra (Big Bear City, California)	07/30/07	Big Bear City	California	U.S.
289	Claire (Southport, England)	07/30/07	Southport		England
290	Erika (London, England)	07/31/07	London		England
291	Lore (Overland Park, Kansas)	07/31/07	Overland Park	Kansas	U.S.

292	Pamela (Sperryville, Virginia)	08/02/07	Sperryville	Virginia	U.S.
293	Courtney (Waukesha, Wisconsin)	08/03/07	Waukesha	Wisconsin	U.S.
294	Sharyn (Sanford, North Carolina)	08/03/07	Sanford	North Carolina	U.S.
295	Dana (Boerne, Texas)	08/05/07	Boerne	Texas	U.S.
296	Virginia (Clinton, North Carolina)	08/06/07	Clinton	North Carolina	U.S.
297	Christine (Merseyside, England)	08/07/07	Merseyside		England
298	Bonnie (Mill Spring, North Carolina)	08/07/07	Mill Spring	North Carolina	U.S.
299	Heidi (Houston, Texas)	08/07/07	Houston	Texas	U.S.
300	Cindy (Baton Bouge, Louisiana)	08/09/07	Baton Bouge	Louisiana	U.S.
301	Gloria (Earlimart, California)	08/10/07	Earlimart	California	U.S.
302	Mary (Talking Rock, Georgia)	08/10/07	Talking Rock	Georgia	U.S.
303	Linda (Greenville, California)	08/11/07	Greenville	California	U.S.
304	Gena (Gassville, Arkansas)	08/11/07	Gassville	Arkansas	U.S.
305	Rebecca (Pittsburgh, Pennsylvania)	08/12/07	Pittsburgh	Pennsylvania	U.S.
306	Sharon (Chicago, Illinois)	08/14/07	Chicago	Illinois	U.S.
307	Susan (St. Simons Island, Georgia)	08/14/07	St. Simons Island	Georgia	U.S.
308	Robin (Bentonville, Arkansas)	08/17/07	Bentonville	Arkansas	U.S.
309	Michelle (Edgewater, Maryland)	08/23/07	Edgewater	Maryland	U.S.
310	Demian (Seattle, Washington)	08/24/07	Seattle	Washington	U.S.
311	Carol (Edinburgh, Scotland)	08/25/07	Edinburgh		Scotland
312	Olivia (Safed, Israel)	08/25/07	Safed		Israel
313	Linda (Chandler, Texas)	08/26/07	Chandler	Texas	U.S.
314	Kate (NW Florida, Florida)	08/26/07	NW Florida	Florida	U.S.
315	Lisa (Amersham, UK)	08/26/07	Amersham		England
316	Aster (Fort Wayne, Indiana)	08/27/07	Fort Wayne	Indiana	U.S.
317	Robyne (Mt. Desert, Maine)	08/28/07	Mt. Desert	Maine	U.S.
318	Kay (Paola, Kansas)	08/30/07	Paola	Kansas	U.S.
319	Valorie (San Juan, Texas)	08/30/07	San Juan	Texas	U.S.
320	Wyiki (Singapore, Singapore)	09/01/07	Singapore		Singapore
321	Kristen (Richmond, Virginia)	09/02/07	Richmond	Virginia	U.S.
322	Wynona (Point Harbor, North Carolina)	09/02/07	Point Harbor	North Carolina	U.S.
323	Janet (Chester, Ohio)	09/02/07	Chester	Ohio	U.S.
324	Alice (Chorley, England)	09/03/07	Chorley		England
325	Laurie (Clover, South Carolina)	09/04/07	Clover	South Carolina	U.S.
326	Stephanie (Tempe, Arizona)	09/05/07	Tempe	Arizona	U.S.
327	Franto (Perth, Australia)	09/06/07	Perth		Australia
328	Wade (Nashville, Tennessee)	09/06/07	Nashville	Tennessee	U.S.
329	Laurie (Auburn, Georgia)	09/06/07	Auburn	Georgia	U.S.
330	Lori (St. Joseph, Missouri)	09/07/07	St. Joseph	Missouri	U.S.
331	Julie (Salt Lake City, Utah)	09/07/07	Salt Lake City	Utah	U.S.
332	Emma (Ellaville, Georgia)	09/08/07	Ellaville	Georgia	U.S.
333	Linda (Smyrna, South Carolina)	09/09/07	Smyrna	South Carolina	U.S.
334	Margie (Arbovale, West Virginia)	09/09/07	Arbovale	West Virginia	U.S.
335	Lois (Washington, D.C.)	09/09/07	Washington D.C.		U.S.
336	Mary (Dripping Springs, Texas)	09/10/07	Dripping Springs	Texas	U.S.
337	Sandra (Buffalo, New York)	09/11/07	Buffalo	New York	U.S.
338	Brooke (Bluffton, South Carolina)	09/12/07	Bluffton	South Carolina	U.S.
339	Tracy (Columbus, Indiana)	09/12/07	Columbus	Indiana	U.S.
340	Donna (Elizabethtown, Pennsylvania)	09/13/07	Elizabethtown	Pennsylvania	U.S.
341	Karen (Hughes, Arkansas)	09/14/07	Hughes	Arkansas	U.S.
342	Sheryl (Marshall, Wisconsin)	09/14/07	Marshall	Wisconsin	U.S.
343	Eva (Los Angeles, California)	09/15/07	Los Angeles	California	U.S.
344	Marjorie (St. Simons Island, Georgia)	09/16/07	St. Simons Island	Georgia	U.S.
345	Tracy (Brisbane, Australia)	09/16/07	Brisbane		Australia
346	Donna (Campbellsburg, Indiana)	09/17/07	Campbellsburg	Indiana	U.S.
347	Folami (San Antonio, Texas)	09/17/07	San Antonio	Texas	U.S.
348	Marie (Prattville, Alabama)	09/17/07	Prattville	Alabama	U.S.
349	Heather (Detroit, Michigan)	09/17/07	Detroit	Michigan	U.S.
350	Debra (Strum, Wisconsin)	09/17/07	Strum	Wisconsin	U.S.

351	Becky (Asheboro, North Carolina)	09/17/07	Asheboro	North Carolina	U.S.
352	Kathy (Jasper, Alabama)	09/17/07	Jasper	Alabama	U.S.
353	Josie (Newburgh, New York)	09/18/07	Newburgh	New York	U.S.
354	Bonita (Anniston, Alabama)	09/19/07	Anniston	Alabama	U.S.
355	Tim (Falls Church, Virginia)	09/19/07	Falls Church	Virginia	U.S.
356	Gladys (Spring Lake, North Carolina)	09/20/07	Spring Lake	North Carolina	U.S.
357	Kelly (Reseda, California)	09/21/07	Reseda	California	U.S.
358	Sharon (Lake Elsinore, California)	09/22/07	Lake Elsinore	California	U.S.
359	Cindy (Mechanicsville, Maryland)	09/24/07	Mechanicsville	Maryland	U.S.
360	Gregory (Asheville, North Carolina)	09/26/07	Asheville	North Carolina	U.S.
361	Diane (Leslie, Arkansas)	09/27/07	Leslie	Arkansas	U.S.
362	Anne (Calgary, AB, Canada)	09/27/07	Calgary	AB	Canada
363	Lisa (Jeffersonville, Kentucky)	09/27/07	Jeffersonville	Kentucky	U.S.
364	Tammy (Austin, Texas)	09/28/07	Austin	Texas	U.S.
365	Stephannie (Chambersburg, Pennsylvania)	09/28/07	Chambersburg	Pennsylvania	U.S.
366	Pearlene (Omaha, Nebraska)	09/30/07	Omaha	Nebraska	U.S.
367	Bear (Anonymous, US)	10/01/07	Anonymous	US	U.S.
368	Christina (Marion, Indiana)	10/01/07	Marion	Indiana	U.S.
369	Connie (Ogden, Utah)	10/04/07	Ogden	Utah	U.S.
370	Christine (Clearwater, Florida)	10/05/07	Clearwater	Florida	U.S.
371	Heather (Waterloo, Iowa)	10/05/07	Waterloo	Iowa	U.S.
372	Laura (Portland, Oregon)	10/06/07	Portland	Oregon	U.S.
373	Bethany (Atco, New Jersey)	10/06/07	Atco	New Jersey	U.S.
374	Dorothy (Middlesbrough, UK)	10/08/07	Middlesbrough		England
375	Martha (Dinwiddie, Virginia)	10/08/07	Dinwiddie	Virginia	U.S.
376	Andie (Cuyahoga Falls, Ohio)	10/10/07	Cuyahoga Falls	Ohio	U.S.
377	Maryann (Collingwood, Canada)	10/10/07	Collingwood		Canada
378	Beth (Spencer, Indiana)	10/11/07	Spencer	Indiana	U.S.
379	Susan (Phoenix, Arizona)	10/12/07	Phoenix	Arizona	U.S.
380	Paula (Lawrence, Kansas)	10/12/07	Lawrence	Kansas	U.S.
381	Kelly (Cowichan Bay, Canada)	10/13/07	Cowichan Bay	Canada	Canada
382	Theresa (Landsisville, New Jersey)	10/13/07	Landsisville	New Jersey	U.S.
383	LeeAnn (Oklahoma City, Oklahoma)	10/16/07	Oklahoma City	Oklahoma	U.S.
384	Renee (Camas, Washington)	10/16/07	Camas	Washington	U.S.
385	Leslie (Pheonix, Arizona)	10/16/07	Pheonix	Arizona	U.S.
386	Laura (Seattle, Washington)	10/16/07	Seattle	Washington	U.S.
387	Jacqueline (Lethbridge, Alberta, Canada)	10/18/07	Lethbridge	Alberta	Canada
388	Regina (Trotwood, Ohio)	10/16/07	Trotwood	Ohio	U.S.
389	Kim (Turlock, California)	10/18/07	Turlock	California	U.S.
390	Dee (Nelson, New Zealand)	10/20/07	Nelson		New Zealand
391	Jan (Forest Lake, Minnesota)	10/20/07	Forest Lake	Minnesota	U.S.
392	Michelle (Miami, Florida)	10/22/07	Miami	Florida	U.S.
393	Janet (Jacksonville, Florida)	10/22/07	Jacksonville	Florida	U.S.
394	Terry (Canyon Lake, California)	10/22/07	Canyon Lake	California	U.S.
395	Helen (Cornelius, North Carolina)	10/23/07	Cornelius	North Carolina	U.S.
396	Paula (Culpeper, Virginia)	10/23/07	Culpeper	Virginia	U.S.
397	Gem (Duncan, Canada)	10/23/07	Duncan	Canada	Canada
398	Clarissa (Montgomery, Alabama)	10/25/07	Montgomery	Alabama	U.S.
399	Amber (Orange, California)	10/25/07	Orange	California	U.S.
400	Kathy (Fort Payne, Alabama)	10/26/07	Fort Payne	Alabama	U.S.
401	Crislee (Ogden, Utah)	10/27/07	Ogden	Utah	U.S.
402	Mark (Indianapolis, Indiana)	10/27/07	Indianapolis	Indiana	U.S.
403	Alyne (Garden Grove, California)	10/27/07	Garden Grove	California	U.S.
404	Christine (Rochester, New York)	10/29/07	Rochester	New York	U.S.
405	Allison (Jacksonville, Florida)	10/29/07	Jacksonville	Florida	U.S.
406	Anna (Helotes, Texas)	10/29/07	Helotes	Texas	U.S.
407	Jessica (Selma, Alabama)	10/29/07	Selma	Alabama	U.S.
408	Melanie (Charleston, South Carolina)	10/29/07	Charleston	South Carolina	U.S.
409	Jenny (Omaha, Nebraska)	10/29/07	Omaha	Nebraska	U.S.

410	Laurie (Dacula, Georgia)	10/29/07	Dacula	Georgia	U.S.
411	Linda (Coraopolis, Pennsylvania)	10/29/07	Coraopolis	Pennsylvania	U.S.
412	Catherine (Deltona, Florida)	10/30/07	Deltona	Florida	U.S.
413	Emma (Rome, Georgia)	10/30/07	Rome	Georgia	U.S.
414	Pam (Elkin, North Carolina)	10/30/07	Elkin	North Carolina	U.S.
415	Nursema (Buffalo, New York)	10/31/07	Buffalo	New York	U.S.
416	Paula (Sacramento, California)	11/01/07	Sacramento	California	U.S.
417	Susan (Voorhees, New Jersey)	11/04/07	Voorhees	New Jersey	U.S.
418	Karen (Harrisburg, Pennsylvania)	11/04/07	Harrisburg	Pennsylvania	U.S.
419	Deborah (Toms River, New Jersey)	11/04/07	Toms River	New Jersey	U.S.
420	Jane (Kirkcaldy, Fife, United Kingdom)	11/05/07	Kirkcaldy	Fife	England
421	Janene (Otway, Ohio)	11/06/07	Otway	Ohio	U.S.
422	Katie (Evansville, Indiana)	11/06/07	Evansville	Indiana	U.S.
423	Ron (Brunswick, Maryland)	11/07/07	Brunswick	Maryland	U.S.
424	Phil (Fort Collins, Colorado)	11/07/07	Fort Collins	Colorado	U.S.
425	Nurit (Tel Aviv, Israel)	11/07/07	Tel Aviv		Israel
426	Jennifer (Grand Rapids, Michigan)	11/07/07	Grand Rapids	Michigan	U.S.
427	Tracy (Toronto, Canada)	11/08/07	Toronto	Canada	Canada
428	Bonnie (Coquille, Oregon)	11/09/07	Coquille	Oregon	U.S.
429	Michelle (West Palm Beach, Florida)	11/09/07	West Palm Beach	Florida	U.S.
430	Hannah (Vancouver, Canada)	11/10/07	Vancouver	Canada	Canada
431	Deborah (Magnolia, Texas)	11/10/07	Magnolia	Texas	U.S.
432	Toni (Medford, Oregon)	11/10/07	Medford	Oregon	U.S.
433	Megan (Celina, Tennessee)	11/11/07	Celina	Tennessee	U.S.
434	Capt Larry (Barneгат Light, New Jersey)	11/11/07	Barneгат Light	New Jersey	U.S.
435	Karen (Cape Town, South Africa)	11/14/07	Cape Town		South Africa
436	Gill (New Plymouth, New Zealand)	11/14/07	New Plymouth		New Zealand
437	S (Litchfield, New Hampshire)	11/14/07	Litchfield	New Hampshire	U.S.
438	Shannon (West Palm Beach, Florida)	11/15/07	West Palm Beach	Florida	U.S.
439	Diana (Fishers, Indiana)	11/15/07	Fishers	Indiana	U.S.
440	V (Panama, Florida)	11/15/07	Panama	Florida	U.S.
441	Dawn (Spokane, Washington)	11/16/07	Spokane	Washington	U.S.
442	Toni (Trabuco Canyon, California)	11/16/07	Trabuco Canyon	California	U.S.
443	Peggy (Jeffersonville, Kentucky)	11/17/07	Jeffersonville	Kentucky	U.S.
444	Julia (Toronto, Canada)	11/17/07	Toronto		Canada
445	Jeannie (Oakridge, Oregon)	11/17/07	Oakridge	Oregon	U.S.
446	Carol (Fishkill, New York)	11/17/07	Fishkill	New York	U.S.
447	Nan (Northbrook, Illinois)	11/18/07	Northbrook	Illinois	U.S.
448	C (Palos Park, Illinois)	11/18/07	Palos Park	Illinois	U.S.
449	Patricia (Aberdeen, Scotland)	11/19/07	Aberdeen		Scotland
450	Brenda (Kitimat, Canada)	11/20/07	Kitimat		Canada
451	Candy (Spokane Valley, Washington)	11/20/07	Spokane Valley	Washington	U.S.
452	Pat (Moberly, Missouri)	11/20/07	Moberly	Missouri	U.S.
453	Shannon (Barbourville, Kentucky)	11/21/07	Barbourville	Kentucky	U.S.
454	Marina (London, United Kingdom)	11/21/07	London		England
455	Taudie (Kansas City, Missouri)	11/22/07	Kansas City	Missouri	U.S.
456	Sharon (Perth, Australia)	11/23/07	Perth		Australia
457	Susan (Berea, Ohio)	11/23/07	Berea	Ohio	U.S.
458	Cecelia (Fort Lauderdale, Florida)	11/23/07	Fort Lauderdale	Florida	U.S.
459	Tiki (Atascadero, California)	11/24/07	Atascadero	California	U.S.
460	Carrie (Saskatchewan, Canada)	11/24/07		Saskatchewan	Canada
461	Dana (Boerne, Texas)	11/24/07	Boerne	Texas	U.S.
462	Susan (Seattle, Washington)	11/25/07	Seattle	Washington	U.S.
463	David (Farmington Hills, Michigan)	11/25/07	Farmington Hills	Michigan	U.S.
464	Cheryl (Ocala, Florida)	11/26/07	Ocala	Florida	U.S.
465	Bridgitte (Oviedo, Florida)	11/26/07	Oviedo	Florida	U.S.
466	Kathleen (Wilmington, North Carolina)	11/26/07	Wilmington	North Carolina	U.S.
467	Anne (Denver, Colorado)	11/27/07	Denver	Colorado	U.S.
468	Eileen (Phoenix, Arizona)	11/27/07	Phoenix	Arizona	U.S.

469	Phyllis (Marietta, Georgia)	11/30/07	Marietta	Georgia	U.S.
470	Angie (London, Ontario)	11/30/07	London	Ontario	Canada
471	Kathy (South Lyon, Michigan)	12/03/07	South Lyon	Michigan	U.S.
472	Shelly (Wyoming, Michigan)	12/03/07	Wyoming	Michigan	U.S.
473	Pamela (Tigard, Oregon)	12/03/07	Tigard	Oregon	U.S.
474	Rhonda (Hadley, Pennsylvania)	12/04/07	Hadley	Pennsylvania	U.S.
475	Angela (Cincinnati, Ohio)	12/04/07	Cincinnati	Ohio	U.S.
476	Kim (Saratoga Springs, Utah)	12/06/07	Saratoga Springs	Utah	U.S.
477	Suzy (Kitchener, Ontario, Canada)	12/06/07	Kitchener	Ontario	Canada
478	Breanne (Winnipeg, Manitoba, Canada)	12/07/07	Winnipeg	Manitoba	Canada
479	Laura (Apple Valley, California)	12/07/07	Apple Valley	California	U.S.
480	Inas (San Francisco, California)	12/07/07	San Francisco	California	U.S.
481	Louisa (Orange City, Florida)	12/08/07	Orange City	Florida	U.S.
482	Trish (Millaa Millaa, Australia)	12/09/07	Millaa Millaa		Australia
483	Sharon (Cincinnati, Ohio)	12/10/07	Cincinnati	Ohio	U.S.
484	Donna (Sandwich, Massachusetts)	12/12/07	Sandwich	Massachusetts	U.S.
485	Colleen (Cape Town, South Africa)	12/12/07	Cape Town		South Africa
486	Kim (Greencastle, Pennsylvania)	12/13/07	Greencastle	Pennsylvania	U.S.
487	Meredith (Philadelphia, Pennsylvania)	12/13/07	Philadelphia	Pennsylvania	U.S.
488	Kelley (St. Louis, Missouri)	12/14/07	St. Louis	Missouri	U.S.
489	Susan (Hendersonville, Tennessee)	12/14/07	Hendersonville	Tennessee	U.S.
490	Melanie (Paducah, Kentucky)	12/14/07	Paducah	Kentucky	U.S.
491	Deborah (Santa Rosa, California )	12/14/07	Santa Rosa	California	U.S.
492	Jane (Adelaide, Australia)	12/15/07	Adelaide		Australia
493	Gladys (Chestertown, Maryland)	12/15/07	Chestertown	Maryland	U.S.
494	N (Seattle, Washington)	12/15/07	Seattle	Washington	U.S.
495	Mary (Stoughton, Wisconsin)	12/19/07	Stoughton	Wisconsin	U.S.
496	Kelly (Christiansburg, Virginia )	12/20/07	Christiansburg	Virginia	U.S.
497	Lisa (Cleveland, Ohio)	12/20/07	Cleveland	Ohio	U.S.
498	Cheryl (Mount Vernon, Ohio)	12/23/07	Mount Vernon	Ohio	U.S.
499	Mike (Miller, Michigan)	12/25/07	Miller	Michigan	U.S.
500	Lissa (Yuma, Arizona )	12/26/07	Yuma	Arizona	U.S.
501	Gail (Phx, Arizona )	12/27/07	Phx	Arizona	U.S.
502	Kathy (Lexington, Kentucky)	12/27/07	Lexington	Kentucky	U.S.
503	Bennie (Omaha, Nebraska)	12/28/07	Omaha	Nebraska	U.S.
504	Megan (Melbourne, Victoria, Australia)	12/28/07	Melbourne	Victoria	Australia
505	PJ (Berwick, Pennsylvania)	12/30/07	Berwick	Pennsylvania	U.S.
506	Jessica K. (Ormond Beach, Florida)	12/31/07	Ormond Beach	Florida	U.S.
507	Lin (Bowmanville, Canada)	12/31/07	Bowmanville		Canada
508	Stacy (City In Michigan, Michigan)	12/31/07	City In Michigan	Michigan	U.S.
509	Grace (Ipswich, Australia)	01/01/08	Ipswich		Australia
510	Carrie (Longmont, Colorado )	01/02/08	Longmont	Colorado	U.S.
511	Shari (Temple, Texas)	01/03/08	Temple	Texas	U.S.
512	Lisa (Ramsey, Minnesota)	01/04/08	Ramsey	Minnesota	U.S.
513	Barbara P. (Charlotte, North Carolina)	01/04/08	Charlotte	North Carolina	U.S.
514	Rosemary K (Deptford, New Jersey)	01/04/08	Deptford	New Jersey	U.S.
515	Cathy (Bailey, North Carolina)	01/04/08	Bailey	North Carolina	U.S.
516	Angela (Sussex, NB, Canada)	01/06/08	Sussex	NB	Canada
517	Thelma (Violet, Louisiana)	01/07/08	Violet	Louisiana	U.S.
518	Meir (Boca Raton, Florida)	01/09/08	Boca Raton	Florida	U.S.
519	Lea Ann (Oklahoma City, Oklahoma)	01/09/08	Oklahoma City	Oklahoma	U.S.
520	Joy (Eagle Point, Oregon)	01/10/08	Eagle Point	Oregon	U.S.
521	Cheryl (Grants, New Mexico)	01/11/08	Grants	New Mexico	U.S.
522	Deb (Sudbury, Ontario, Canada)	01/11/08	Sudbury	Ontario	Canada
523	Elizabeth (O'Fallon, Missouri)	01/11/08	O'Fallon	Missouri	U.S.
524	Cristina (Miami, Florida)	01/13/08	Miami	Florida	U.S.
525	Shelly (Lubbock, Texas)	01/14/08	Lubbock	Texas	U.S.
526	Susan (Sidney, Ohio)	01/14/08	Sidney	Ohio	U.S.
527	Mellony (Pell City, Alabama)	01/15/08	Pell City	Alabama	U.S.

528	Violet (Hudson, Florida)	01/15/08	Hudson	Florida	U.S.
529	Catalina (Toronto, Canada)	01/15/08	Toronto		Canada
530	Rebecca (Deeside, Wales, United Kingdom)	01/17/08	Deeside	Wales	United Kingdom
531	Julie (Arena, Wisconsin)	01/18/08	Arena	Wisconsin	U.S.
532	Tom (Winnipeg, Canada)	01/19/08	Winnipeg	Canada	Canada
533	Shannon (San Francisco, California )	01/20/08	San Francisco	California	U.S.
534	Pamela (Bournemouth, United Kingdom)	01/20/08	Bournemouth		United Kingdom
535	Darlene (Wilmington, North Carolina)	01/21/08	Wilmington	North Carolina	U.S.
536	Debbie (Bettsville, Ohio)	01/21/08	Bettsville	Ohio	U.S.
537	Jocelyne (Chandler, Arizona )	01/22/08	Chandler	Arizona	U.S.
538	Linda (Sulphur Springs, Texas)	01/23/08	Sulphur Springs	Texas	U.S.
539	Carol (Grande Prairie, Canada)	01/23/08	Grande Prairie		Canada
540	Michelle (Oxford, Connecticut)	01/24/08	Oxford	Connecticut	U.S.
541	Monique (Montreal, Quebec, Canada)	01/25/08	Montreal	Quebec	Canada
542	Lois (Florence, Mississippi)	01/26/08	Florence	Mississippi	U.S.
543	Mary (Fairfield, Ohio)	01/26/08	Fairfield	Ohio	U.S.
544	D (Cochranton, Pennsylvania)	01/26/08	Cochranton	Pennsylvania	U.S.
545	Julie (Johnstown, Pennsylvania)	01/28/08	Johnstown	Pennsylvania	U.S.
546	Kacey (Turlock, California )	01/28/08	Turlock	California	U.S.
547	Laurie E (Gainesville, Texas)	01/28/08	Gainesville	Texas	U.S.
548	Jane (Sebeka, Minnesota)	01/28/08	Sebeka	Minnesota	U.S.
549	Abbey (Rockville, Maryland)	01/29/08	Rockville	Maryland	U.S.
550	Debbie (Hadley, Pennsylvania)	01/29/08	Hadley	Pennsylvania	U.S.
551	Michelle (Leesburg, Georgia)	01/29/08	Leesburg	Georgia	U.S.
552	Marianne (Lima, Peru)	01/29/08	Lima		Peru
553	Sharon C (Burlington, Ontario, Canada)	01/29/08	Burlington	Ontario	Canada
554	Rebecca (Pleasant Grove, Utah)	01/30/08	Pleasant Grove	Utah	U.S.
555	Sharlene (Marrero, Louisiana)	01/31/08	Marrero	Louisiana	U.S.
556	Cynthia (Stuart, Florida)	01/31/08	Stuart	Florida	U.S.
557	Lynette (Newport, South Wales)	01/31/08	Newport		South Wales
558	Candace (Waterbury, Connecticut)	02/02/08	Waterbury	Connecticut	U.S.
559	Kelly (Dover, Delaware)	02/03/08	Dover	Delaware	U.S.
560	Ronnie (North Port, Florida)	02/03/08	North Port	Florida	U.S.
561	Jobo (Nottingham, England)	02/05/08	Nottingham		England
562	Connie (Fontana, California )	02/06/08	Fontana	California	U.S.
563	Lauri (Rice Lake, Wisconsin)	02/06/08	Rice Lake	Wisconsin	U.S.
564	C (Pok, New York)	02/07/08	Pok	New York	U.S.
565	Shirley (Eugene, Oregon)	02/07/08	Eugene	Oregon	U.S.
566	Isabelle (High Prairie, Canada)	02/08/08	High Prairie		Canada
567	Brooke (Olympia, Washington)	02/08/08	Olympia	Washington	U.S.
568	Terri (Sherwood Park, Canada)	02/09/08	Sherwood Park		Canada
569	Stacie (Houston, Texas)	02/10/08	Houston	Texas	U.S.
570	Penny (Halifax, Nova Scotia, Canada)	02/11/08	Halifax	Nova Scotia	Canada
571	Tammy (Hillsborough, New Brunswick, Canada)	02/12/08	Hillsborough	New Brunswick	Canada
572	Barbara (Palmersville, Tennessee)	02/13/08	Palmersville	Tennessee	U.S.
573	Brian (Glendale, Arizona )	02/15/08	Glendale	Arizona	U.S.
574	Marissa (Selma, Texas)	02/15/08	Selma	Texas	U.S.
575	Barbara (Baltimore, Maryland)	02/18/08	Baltimore	Maryland	U.S.
576	Laurie (Vancouver, Canada)	02/18/08	Vancouver		Canada
577	Jennifer (Vernal, Utah)	02/18/08	Vernal	Utah	U.S.
578	Melissa (Johnson City, Tennessee)	02/18/08	Johnson City	Tennessee	U.S.
579	Lori (Barneget, New Jersey)	02/18/08	Barneget	New Jersey	U.S.
580	Audrey (Sulphur Springs, Texas)	02/19/08	Sulphur Springs	Texas	U.S.
581	Fil (Lisbon, Portugal)	02/19/08	Lisbon		Portugal
582	Morgan (Arvada, Colorado )	02/20/08	Arvada	Colorado	U.S.
583	Lauren (Cincinnati, Ohio)	02/21/08	Cincinnati	Ohio	U.S.
584	Barbara (Cropper, Kentucky)	02/23/08	Cropper	Kentucky	U.S.
585	Linda (Leominster, Massachusetts)	02/23/08	Leominster	Massachusetts	U.S.
586	Janine (Tasmania, Australia)	02/24/08	Tasmania		Australia

587	Renee (Phoenix, Arizona )	02/25/08	Phoenix	Arizona	U.S.
588	Katie (Summerdale, Pennsylvania)	02/25/08	Summerdale	Pennsylvania	U.S.
589	Linda (Phoenix, Arizona )	02/25/08	Phoenix	Arizona	U.S.
590	Gale (Vista, California )	02/26/08	Vista	California	U.S.
591	Margaret (Mountain Ash, England)	02/26/08	Mountain Ash		England
592	Nita (Tulsa, Oklahoma)	02/26/08	Tulsa	Oklahoma	U.S.
593	Dana (Jerseyville, Illinois)	02/27/08	Jerseyville	Illinois	U.S.
594	Tom (Raleigh, North Carolina)	02/28/08	Raleigh	North Carolina	U.S.
595	Vicki (Apple Valley, Minnesota)	02/28/08	Apple Valley	Minnesota	U.S.
596	Tina (Manchester, United Kingdom)	02/28/08	Manchester		United Kingdom
597	Brandy (Pittsburgh, Pennsylvania)	02/29/08	Pittsburgh	Pennsylvania	U.S.
598	T (Lexington, Kentucky)	03/01/08	Lexington	Kentucky	U.S.
599	Karyn (Sierra Vista, Arizona )	03/01/08	Sierra Vista	Arizona	U.S.
600	Marsha (San Diego, California )	03/02/08	San Diego	California	U.S.
601	Terra (Lee, Iowa)	03/02/08	Lee	Iowa	U.S.
602	Meglyn (Gaithersburg, Maryland)	03/02/08	Gaithersburg	Maryland	U.S.
603	Sharon (Derby, Kansas)	03/03/08	Derby	Kansas	U.S.
604	Sherry (Lewistown, Pennsylvania)	03/03/08	Lewistown	Pennsylvania	U.S.
605	Jim (Lincoln, Maine)	03/03/08	Lincoln	Maine	U.S.
606	C (Pennsylvania)	03/03/08		Pennsylvania	U.S.
607	Tina (Andalusia, Alabama)	03/03/08	Andalusia	Alabama	U.S.
608	Shelly (Perth, Western Australia)	03/04/08	Perth		Australia
609	Leslie (Wheelock, Vermont)	03/06/08	Wheelock	Vermont	U.S.
610	Nina (Monroe, New York)	03/06/08	Monroe	New York	U.S.
611	Melissa (Haslet, Texas)	03/07/08	Haslet	Texas	U.S.
612	Tammy (Kissimmee, Florida)	03/08/08	Kissimmee	Florida	U.S.
613	Sherry (Pleasant Plains, Arkansas)	03/10/08	Pleasant Plains	Arkansas	U.S.
614	Norma (Sandusky, Ohio)	03/11/08	Sandusky	Ohio	U.S.
615	Dawn (Milford, Pennsylvania)	03/11/08	Milford	Pennsylvania	U.S.
616	Kathryn (Lake City, Florida)	03/11/08	Lake City	Florida	U.S.
617	Jessica (Jeannette, Pennsylvania)	03/13/08	Jeannette	Pennsylvania	U.S.
618	Kelli (Fortuna, California )	03/14/08	Fortuna	California	U.S.
619	Antoinette (Seattle, Washington)	03/16/08	Seattle	Washington	U.S.
620	Ronni (Tacoma, Washington)	03/16/08	Tacoma	Washington	U.S.
621	Linda (Strongsville, Ohio)	03/16/08	Strongsville	Ohio	U.S.
622	Capri (Nashville, Tennessee)	03/17/08	Nashville	Tennessee	U.S.
623	Angela (Bribane, Australia)	03/17/08	Bribane		Australia
624	Leslie (Bellevue, Nebraska)	03/19/08	Bellevue	Nebraska	U.S.
625	Betty (Bucyrus, Ohio)	03/19/08	Bucyrus	Ohio	U.S.
626	Shelly (Santiago, Chile)	03/20/08	Santiago		Chile
627	Vicky (Dansville, New York)	03/20/08	Dansville	New York	U.S.
628	Aye (Singapore, Singapore)	03/21/08	Singapore		Singapore
629	Peggy (Orillia, Ontario, Canada)	03/22/08	Orillia	Ontario	Canada
630	Denise (Didcot, United Kingdom)	03/22/08	Didcot		United Kingdom
631	Erica (Lakewood, California )	03/22/08	Lakewood	California	U.S.
632	Carol (La Verne, California )	03/23/08	La Verne	California	U.S.
633	Sharon (Gold Coast, Australia)	03/24/08	Gold Coast		Australia
634	Anne (Kerry, Ireland)	03/24/08	Kerry		Ireland
635	Kim D. (Fort Walton Beach, Florida)	03/26/08	Fort Walton Beach	Florida	U.S.
636	Debra (Syracuse, New York)	03/27/08	Syracuse	New York	U.S.
637	Janelle (Miami, Florida)	03/27/08	Miami	Florida	U.S.
638	Tammy (Lake Worth, Florida)	03/27/08	Lake Worth	Florida	U.S.
639	Cathy (Saint John, NB, Canada)	03/28/08	Saint John	NB	Canada
640	April (Richmond, Virginia )	03/28/08	Richmond	Virginia	U.S.
641	Laura (Menomonie, Wisconsin)	03/29/08	Menomonie	Wisconsin	U.S.
642	Jessie (Tulsa, Oklahoma)	03/30/08	Tulsa	Oklahoma	U.S.
643	Marlene (Minneapolis, Minnesota)	04/02/08	Minneapolis	Minnesota	U.S.
644	Sylvia (North Battleford, Canada)	04/02/08	North Battleford		Canada
645	Md (St. Louis, Missouri)	04/02/08	St. Louis	Missouri	U.S.

646	Giuseppina (Lasalle, Canada)	04/05/08	Lasalle		Canada
647	Jacque (Quanah, Texas)	04/05/08	Quanah	Texas	U.S.
648	Marie (Walla Walla, Washington)	04/06/08	Walla Walla	Washington	U.S.
649	Pam (Mt. Pleasant, South Carolina)	04/07/08	Mt. Pleasant	South Carolina	U.S.
650	Bettye (Grant, Alabama)	04/10/08	Grant	Alabama	U.S.
651	Marisa (Austin, Texas)	04/10/08	Austin	Texas	U.S.
652	Delphina (Secret Harbour, Australia)	04/11/08	Secret Harbour		Australia
653	Robin (Baltimore, Maryland)	04/11/08	Baltimore	Maryland	U.S.
654	Wendy (San Jose, California )	04/12/08	San Jose	California	U.S.
655	Dana (Dunsmuir, California )	04/13/08	Dunsmuir	California	U.S.
656	Julie (Nw, Ohio)	04/15/08	Nw	Ohio	U.S.
657	Candy (Dewey, Arizona )	04/15/08	Dewey	Arizona	U.S.
658	Lorna (Stranraer, United Kingdom)	04/16/08	Stranraer		United Kingdom
659	Judith (Hawkesbury, Canada)	04/16/08	Hawkesbury	Canada	Canada
660	Edith (Naguabo, Puerto Rico)	04/16/08	Naguabo		Puerto Rico
661	Jon (La Crosse, Wisconsin)	04/17/08	La Crosse	Wisconsin	U.S.
662	Tomi (Salem, Oregon)	04/18/08	Salem	Oregon	U.S.
663	Jennifer (Memphis, Tennessee)	04/18/08	Memphis	Tennessee	U.S.
664	Aislinn (Dublin, Ireland)	04/18/08	Dublin		Ireland
665	Lori (Fort Worth, Texas)	04/20/08	Fort Worth	Texas	U.S.
666	Natalie (Burlington, Ontario, Canada)	04/22/08	Burlington	Ontario	Canada
667	Melissa (Springfield, Tennessee)	04/23/08	Springfield	Tennessee	U.S.
668	Angela (Twentynine Palms, California )	04/23/08	Twentynine Palms	California	U.S.
669	Pamela (Saint John, Indiana)	04/23/08	Saint John	Indiana	U.S.
670	Melanie (Post Falls, Idaho)	04/23/08	Post Falls	Idaho	U.S.
671	Joyce (Sale, Australia)	04/24/08	Sale		Australia
672	Sherry (Meridian, Mississippi)	04/24/08	Meridian	Mississippi	U.S.
673	Margaret (Amarillo, Texas)	04/25/08	Amarillo	Texas	U.S.
674	Della (Burlington, Canada)	04/25/08	Burlington		Canada
675	Stephanie (Orlando, Florida)	04/26/08	Orlando	Florida	U.S.
676	Alison (McClean, Virginia )	04/26/08	McClean	Virginia	U.S.
677	Janet (John Day, Oregon)	04/26/08	John Day	Oregon	U.S.
678	Roni (Valparaiso, Indiana)	04/27/08	Valparaiso	Indiana	U.S.
679	Nancy (Clinton, New Jersey)	04/28/08	Clinton	New Jersey	U.S.
680	Barb (St Cloud, Minnesota)	04/28/08	St Cloud	Minnesota	U.S.
681	Felicia (Minneapolis, Minnesota)	04/28/08	Minneapolis	Minnesota	U.S.
682	Patricia (Leicester, United Kingdom)	04/28/08	Leicester		United Kingdom
683	Marie (Newcastle Upon Tyne, England)	04/28/08	Newcastle Upon Tyne		England
684	Jennifer (Marina Del Rey, California )	04/29/08	Marina Del Rey	California	U.S.
685	Mary (Paeroa, New Zealand)	04/30/08	Paeroa		New Zealand
686	Penelope (Perth, Australia)	04/30/08	Perth		Australia
687	William (Tampa, Florida)	04/30/08	Tampa	Florida	U.S.
688	Tonya (Spring, Texas)	05/01/08	Spring	Texas	U.S.
689	Nanell (Mont Belvieu, Texas)	05/03/08	Mont Belvieu	Texas	U.S.
690	Sydney (Bedminster, New Jersey)	05/05/08	Bedminster	New Jersey	U.S.
691	Karen (Alsager, United Kingdom)	05/06/08	Alsager		United Kingdom
692	Nancy (Fowler, Ohio)	05/06/08	Fowler	Ohio	U.S.
693	Karen (Council Bluffs, Iowa)	05/06/08	Council Bluffs	Iowa	U.S.
694	Mary (Windsor, Ontario, Canada)	05/07/08	Windsor	Ontario	Canada
695	Annette (Niantic, Connecticut)	05/07/08	Niantic	Connecticut	U.S.
696	Carla (Chicago, Illinois)	05/08/08	Chicago	Illinois	U.S.
697	Elizabeth (Mishawaka, Indiana)	05/08/08	Mishawaka	Indiana	U.S.
698	Linda (Moreno Valley, California )	05/08/08	Moreno Valley	California	U.S.
699	Kerrie (Canby, Oregon)	05/09/08	Canby	Oregon	U.S.
700	Marcie (Calabasas, California )	05/09/08	Calabasas	California	U.S.
701	Pat (St. Louis, Missouri)	05/09/08	St. Louis	Missouri	U.S.
702	Gale (Houston, Texas)	05/11/08	Houston	Texas	U.S.
703	Kim (Catawissa, Pennsylvania)	05/11/08	Catawissa	Pennsylvania	U.S.
704	Earnestine (Aurora, Colorado )	05/11/08	Aurora	Colorado	U.S.

705	Kathi (Burlington, Ontario, Canada)	05/12/08	Burlington	Ontario	Canada
706	Charlene (Muncy, Pennsylvania)	05/17/08	Muncy	Pennsylvania	U.S.
707	Kelly (Red Oak, Texas)	05/17/08	Red Oak	Texas	U.S.
708	Patricia (Ringtown, Pennsylvania)	05/18/08	Ringtown	Pennsylvania	U.S.
709	Debbie (Laurel, Montana)	05/19/08	Laurel	Montana	U.S.
710	P.K. (Norwalk, Connecticut)	05/19/08	Norwalk	Connecticut	U.S.
711	Christy (High Point, North Carolina)	05/19/08	High Point	North Carolina	U.S.
712	Paula (Everett, Washington)	05/19/08	Everett	Washington	U.S.
713	Debi (Snyder, Texas)	05/19/08	Snyder	Texas	U.S.
714	Sarah (Pittston, Maine)	05/19/08	Pittston	Maine	U.S.
715	Donna (Lynchburg, Virginia )	05/19/08	Lynchburg	Virginia	U.S.
716	Mable (Palatka, Florida)	05/20/08	Palatka	Florida	U.S.
717	Janet (Eldon, Missouri)	05/21/08	Eldon	Missouri	U.S.
718	Carolyn (Southampton, England)	05/21/08	Southampton		England
719	Billie Jo (Ely, Minnesota)	05/21/08	Ely	Minnesota	U.S.
720	Mo (Wigan, United Kingdom)	05/22/08	Wigan		United Kingdom
721	Stella (, Ohio)	05/22/08		Ohio	U.S.
722	Justin (Newport Beach, California )	05/22/08	Newport Beach	California	U.S.
723	Prea (Victorville, California )	05/22/08	Victorville	California	U.S.
724	Linda (Ravenna, Ohio)	05/24/08	Ravenna	Ohio	U.S.
725	Kat (Mcdowell, Florida)	05/24/08	Mcdowell	Florida	U.S.
726	Mavis (Coos Bay, Oregon)	05/25/08	Coos Bay	Oregon	U.S.
727	Heather (Glendale, California )	05/25/08	Glendale	California	U.S.
728	Melinda (Valdosta, Georgia)	05/26/08	Valdosta	Georgia	U.S.
729	Jeanine (Hopkinsville, Kentucky)	05/26/08	Hopkinsville	Kentucky	U.S.
730	Gidget (Churubusco, Indiana)	05/26/08	Churubusco	Indiana	U.S.
731	Marie (Coquille, Oregon)	05/28/08	Coquille	Oregon	U.S.
732	Wayne (Waukesha, Wisconsin)	05/29/08	Waukesha	Wisconsin	U.S.
733	Jan (Jonesboro, Georgia)	05/29/08	Jonesboro	Georgia	U.S.
734	Diane (Emerald Isle, North Carolina)	05/31/08	Emerald Isle	North Carolina	U.S.
735	Missy (Beech Grove, Indiana)	05/31/08	Beech Grove	Indiana	U.S.
736	Regina (Wantage, New Jersey)	05/31/08	Wantage	New Jersey	U.S.
737	Carole (Livonia, Michigan)	05/31/08	Livonia	Michigan	U.S.
738	Colleen (Yeppoon, Queensland, Australia)	06/01/08	Yeppoon	Queensland	Australia
739	Mechelle (Shelby Twp, Michigan)	06/01/08	Shelby Twp	Michigan	U.S.
740	Suzanne (Mount Pleasant, Michigan)	06/01/08	Mount Pleasant	Michigan	U.S.
741	Claudia (North Providence, Rhode Island)	06/02/08	North Providence	Rhode Island	U.S.
742	Cari (Redlands, California )	06/03/08	Redlands	California	U.S.
743	Emory (Liberty, Maine)	06/04/08	Liberty	Maine	U.S.
744	Ann (Cocoa, Florida)	06/04/08	Cocoa	Florida	U.S.
745	Cindi (Stratford, Connecticut)	06/05/08	Stratford	Connecticut	U.S.
746	Jennifer (Cape-Breton Nova Scotia, Canada)	06/05/08	Cape-Breton	Nova Scotia	Canada
747	Sarah (Wolverhampton, England)	06/07/08	Wolverhampton		England
748	Betty S. (Greenville, South Carolina)	06/07/08	Greenville	South Carolina	U.S.
749	Ronnie (Caloundra, Queensland, Australia)	06/08/08	Caloundra	Queensland	Australia
750	Donna (Birmingham, England)	06/08/08	Birmingham		England
751	Chrissy (Rices Landing, Pennsylvania)	06/08/08	Rices Landing	Pennsylvania	U.S.
752	Jean (Vancouver, Washington)	06/08/08	Vancouver	Washington	U.S.
753	Paula (Gulfport, Mississippi)	06/08/08	Gulfport	Mississippi	U.S.
754	Tracie (Hervey Bay, Queensland, Australia)	06/09/08	Hervey Bay	Queensland	Australia
755	Francine (Hadley, Massachusetts)	06/10/08	Hadley	Massachusetts	U.S.
756	Jo R.I. (Rio Rancho, New Mexico)	06/10/08	Rio Rancho	New Mexico	U.S.
757	Kae (Claremont, California )	06/11/08	Claremont	California	U.S.
758	Kathy (Birmingham, Alabama)	06/11/08	Birmingham	Alabama	U.S.
759	Adele (Melbourne, Australia)	06/12/08	Melbourne		Australia
760	Fran (Gold Coast, Australia)	06/14/08	Gold Coast		Australia
761	Katrina (Wolverhaption, West Midlands, United Kingdom)	06/15/08	Wolverhaption	West Midlands	United Kingdom
762	Phyllis (Philadelphia, Pennsylvania)	06/16/08	Philadelphia	Pennsylvania	U.S.
763	Becky (Mechanicstown, Ohio)	06/16/08	Mechanicstown	Ohio	U.S.

764	Alberta (Detroit, Michigan)	06/17/08	Detroit	Michigan	U.S.
765	Kerry (York, United Kingdom)	06/18/08	York		United Kingdom
766	Angel (Phoenix, Arizona )	06/19/08	Phoenix	Arizona	U.S.
767	Wendy (Rosamond, California )	06/20/08	Rosamond	California	U.S.
768	Vicki (Byron Ctr, Michigan)	06/20/08	Byron Ctr	Michigan	U.S.
769	Jennifer (Taylorsville, Kentucky)	06/21/08	Taylorsville	Kentucky	U.S.
770	Carly (Black Mountain, North Carolina)	06/22/08	Black Mountain	North Carolina	U.S.
771	Christine (La Habra, California )	06/22/08	La Habra	California	U.S.
772	Luella (Hartbeespoort, South Africa)	06/24/08	Hartbeespoort		South Africa
773	Nicola (Gaborone, Botswana)	06/25/08	Gaborone		Botswana
774	Karen (Topeka, Kansas)	06/25/08	Topeka	Kansas	U.S.
775	Lisa (Rancho Mirage, California )	06/27/08	Rancho Mirage	California	U.S.
776	Teri (Reseda, California )	06/29/08	Reseda	California	U.S.
777	Jackie (Ottawa, Canada)	06/30/08	Ottawa		Canada
778	Diane (Ithaca, New York)	06/30/08	Ithaca	New York	U.S.
779	Robert (North Huntingdon, Pennsylvania)	06/30/08	North Huntingdon	Pennsylvania	U.S.
780	Sandra (Dearborn Heights, Michigan)	07/01/08	Dearborn Heights	Michigan	U.S.
781	Betty (Jordan, New York)	07/02/08	Jordan	New York	U.S.
782	Isabelle (Carmel, California )	07/02/08	Carmel	California	U.S.
783	Claudia (San Antonio, Texas)	07/02/08	San Antonio	Texas	U.S.
784	Kay (Port Arthur, Texas)	07/06/08	Port Arthur	Texas	U.S.
785	Dory (Freeport, Illinois)	07/06/08	Freeport	Illinois	U.S.
786	Rachel (Burbank, California )	07/06/08	Burbank	California	U.S.
787	Kelly (Mannheim, Germany)	07/08/08	Mannheim		Germany
788	Kerrie (Deatsville, Alabama)	07/08/08	Deatsville	Alabama	U.S.
789	Vanessa (Denver, Colorado )	07/09/08	Denver	Colorado	U.S.
790	Melanie (Madison, Wisconsin)	07/09/08	Madison	Wisconsin	U.S.
791	Jenny (London, United Kingdom)	07/11/08	London		United Kingdom
792	Jo (Wellington, New Zealand)	07/12/08	Wellington		New Zealand
793	Lisa (Marysville, USA)	07/14/08	Marysville	Ohio?	U.S.
794	Victoria (London, Ontario, Canada)	07/15/08	London	Ontario	Canada
795	Bonnie (Perth Amboy, New Jersey)	07/15/08	Perth Amboy	New Jersey	U.S.
796	Cathy (Dayton, Ohio)	07/15/08	Dayton	Ohio	U.S.
797	Martha M. (Los Angeles, California )	07/15/08	Los Angeles	California	U.S.
798	Samantha (Novi, Michigan)	07/15/08	Novi	Michigan	U.S.
799	Pat (Oakbrook Terrace, Illinois)	07/15/08	Oakbrook Terrace	Illinois	U.S.
800	Corrie (Johannesburg, South Africa)	07/16/08	Johannesburg		South Africa
801	Jessica (Carrollton, Texas)	07/18/08	Carrollton	Texas	U.S.
802	Sherry (Eugene, Oregon)	07/18/08	Eugene	Oregon	U.S.
803	Marie (New Glasgow, Canada)	07/20/08	New Glasgow		Canada
804	Kathy (North Riverside, Illinois)	07/20/08	North Riverside	Illinois	U.S.
805	Terri (New Port Richey, Florida)	07/21/08	New Port Richey	Florida	U.S.
806	Luretha (Cleveland, Ohio)	07/22/08	Cleveland	Ohio	U.S.
807	Amy (Sierra Vista, Arizona )	07/23/08	Sierra Vista	Arizona	U.S.
808	Michael (El Paso, Texas)	07/23/08	El Paso	Texas	U.S.
809	Kelly (Ocean, New Jersey)	07/24/08	Ocean	New Jersey	U.S.
810	Cherie (Mcewen, Tennessee)	07/25/08	Mcewen	Tennessee	U.S.
811	Gwyneth (Toronto On, Canada)	07/25/08	Toronto On		Canada
812	Nancy (Cincinnati, Ohio)	07/25/08	Cincinnati	Ohio	U.S.
813	Jillian (Cork, Ireland)	07/26/08	Cork		Ireland
814	Barbara (Calabasas, California )	07/28/08	Calabasas	California	U.S.
815	Lisa (Georgetown, Texas)	07/28/08	Georgetown	Texas	U.S.
816	Jacqueline (Manchester, United Kingdom)	07/28/08	Manchester		United Kingdom
817	Debby (Smyrna, Tennessee)	07/28/08	Smyrna	Tennessee	U.S.
818	Frances (Donegal, Ireland)	07/28/08	Donegal		Ireland
819	Abby (Pleasanton, California)	07/31/08	Pleasanton	California	U.S.
820	Karen (Bowling Green, Kentucky)	07/30/08	Bowling Green	Kentucky	U.S.
821					