

FF S3 Ep. 8.mp3

Caraline [00:00:00] Hello, everybody, and welcome back to another episode of Fibro Friends, where we talk about all things Fibro and friends and podcasts, because that's what this is. We're very to the point. We are all back together again it is it is.

Mesha [00:00:16] We're reunited.

Caraline [00:00:17] A brand new day and here we are. I am one of your hosts, Caraline. And I also have with me, Skye.

Skye [00:00:25] Hello, I am Skye.

Caraline [00:00:27] And Mesha.

Mesha [00:00:28] Hi, I'm hoarse.

Caraline [00:00:30] Hi horse, neigh. Yes, we are back. We have nothing else to say. Mariposa is over, so we can't talk about it anymore. It's very sad. It went too fast.

Mesha [00:00:42] It went really fast.

Caraline [00:00:42] And I'm sad about it.

Mesha [00:00:45] Yeah.

Skye [00:00:45] It was awesome.

Mesha [00:00:47] Yes!

Caraline [00:00:47] We had a grand old time.

Mesha [00:00:49] Sure did.

Caraline [00:00:50] And Skye. You had a fun time with your family?

Skye [00:00:53] I did. I did. And yes, I'm sorry for missing last week, but I got to see my uncle for the first time in 11 years.

Caraline [00:01:00] Yay.

Caraline [00:01:01] That's so beautiful though.

Skye [00:01:01] Yeah, so very sad I missed the podcast but at the same time, seeing him was so, so important.

Mesha [00:01:10] Yeah, of course.

Skye [00:01:10] And we're actually already planning on spending Thanksgiving together too.

Caraline [00:01:13] Yay.

Skye [00:01:15] I'm happy.

Mesha [00:01:15] Love it for you.

Caraline [00:01:16] That's what we said, family is key, especially when you have chronic illness, and not that that was the whole point of that, but I'm sure you got some dopamine boost from that.

Mesha [00:01:26] Ooh.

Skye [00:01:27] Yeah. And yeah, he has. He has some chronic pain too. So it is nice to be able to sit down with somebody that's related to me. And you can we, uh, we.

Caraline [00:01:38] Trace the family line.

Skye [00:01:40] Yeah, yeah. We talk every day now, and that's pretty much.

Mesha [00:01:43] Oh my gosh.

Skye [00:01:45] Asking each other how we're feeling.

Mesha [00:01:47] Ooh.

Caraline [00:01:48] Awe. I love that.

Mesha [00:01:49] Yeah.

Caraline [00:01:50] Yay!

Skye [00:01:51] I'm very happy.

Caraline [00:01:53] I love that.

Mesha [00:01:55] Good, yeah me too.

Caraline [00:01:56] And that's it. If and if there's any excuse to miss a podcast episode, that would be one of them.

Mesha [00:02:01] Right?

Skye [00:02:01] Yeah, I thought it was a good excuse.

Caraline [00:02:04] Yeah.

Skye [00:02:04] And I posted pictures on Facebook to prove it.

Caraline [00:02:06] Right.

Mesha [00:02:07] Yeah.

Caraline [00:02:08] Pics or it didn't happen.

Mesha [00:02:10] Right.

Skye [00:02:10] Yeah, my. The last time I saw my baby cousin, she was five and now she is 16 years old.

Caraline [00:02:16] Mm hmm.

Mesha [00:02:16] Wow.

Skye [00:02:16] And she just got out of the car and was crying. And just hugged me, and it was it was like the best hugs I've ever had in my life.

Caraline [00:02:23] Mm hmm.

Mesha [00:02:24] That's beautiful.

Skye [00:02:24] You know, like I have this little nugget crying from seeing me and I'm like.

Mesha [00:02:28] Yeah.

Skye [00:02:29] What do you mean?

Caraline [00:02:29] Thank you!

Skye [00:02:34] I'm nothing to cry over but thank you.

Mesha [00:02:34] I'm special.

Skye [00:02:34] Oh, she's she's so cute. But yeah, the last time I hugged her, she was five years old.

Mesha [00:02:38] Oh my god.

Skye [00:02:40] It's weird hugging someone again after all that time.

Caraline [00:02:44] That's kind of like how it was like after the pandemic and stuff. I mean, there had been people that like I already hadn't seen in a long time, and then it just pushed it back even more. And like now, thinking about the holidays coming up like this, probably being the first semi-normal holiday since the start of the pandemic.

Skye [00:03:02] Yeah.

Caraline [00:03:03] Getting like a little bit of anxiety about it. Not really, because like, I don't know that I'm going to be with people like on actual Christmas.

Skye [00:03:12] Right.

Mesha [00:03:12] Mm hmm.

Caraline [00:03:12] But I'm like kind of getting nervous about it just because, like, I think over time, my anxiety has gotten worse about being like in big groups of people. So, yeah, we're just taking it one day at a time.

Skye [00:03:26] Yeah, no, that's that's a that's such a good thing that you brought up is like a lot of people who have chronic illness were in the house a lot of time anyway.

Mesha [00:03:34] Yeah.

Skye [00:03:34] And like the people we love, seeing our friends, seeing our family isn't as easy as it used to be.

Caraline [00:03:40] Yeah.

Mesha [00:03:41] Yeah.

Skye [00:03:41] So whether it's a pandemic keeping you apart, other family things keeping you apart or just like your chronic illness keeping you apart. Like once you see those people again, it really is the best feeling ever.

Mesha [00:03:55] It's the best feeling. Yeah.

Caraline [00:03:57] Yeah.

Skye [00:03:57] There's nothing like it at all.

Mesha [00:03:59] Not at all.

Caraline [00:04:00] Yeah. So good. And I'm hoping I think this Christmas, I'll get to see my brother and possibly his wife, Ashley. So I'm very excited I haven't seen them since they've gotten married in 2018.

Mesha [00:04:13] Ooh.

Skye [00:04:13] Wow.

Caraline [00:04:14] The last time I saw them was their wedding.

Mesha [00:04:17] Wow.

Caraline [00:04:18] So that's.

Skye [00:04:18] That's a long time.

Caraline [00:04:19] Strange. I know. And it's like, today is this three year anniversary of Andy and I moving to Durham moving from Arizona to Durham.

Mesha [00:04:30] Yay.

Skye [00:04:30] Really?

Caraline [00:04:31] We've been here three years because we moved in on Halloween.

Mesha [00:04:34] Congratulations. Wow.

Caraline [00:04:36] And for the first time.

Mesha [00:04:37] Oh wow. What a day.

Caraline [00:04:38] Someone knocked on our door and tried to trick or treat, and I just muted One Tree Hill and pretended I wasn't there. We didn't have any candy.

Skye [00:04:48] We had.

Mesha [00:04:49] Good job.

Skye [00:04:49] Zero trick or treaters. Zero.

Caraline [00:04:53] You live in a house, though, so you think they'd come. We're in an apartment. So I'm like, No, no.

Skye [00:04:59] Yeah. I guess here in Florida, people go to specific neighborhoods to trick or treat.

Caraline [00:05:05] Oh for sure.

Skye [00:05:06] Like you don't, you don't trick or treat in your own neighborhood, which is weird to me, because that's what we did growing up. Like this wherever you live that's where you trick or treat you don't go somewhere else. That's a party foul. But here that's how it like a very specific neighborhood because it's huge.

Caraline [00:05:23] Yes.

Skye [00:05:23] Houses are close together, so it's easy. Yeah, we did not get one single trick or treater and it made me sad.

Caraline [00:05:31] Because handing out candy is fun. I think I was a kid. I always like looked at the ups outside their house and I was like, I can't wait to be a grown up and hand out candy because I can decorate my yard and like, sit in a costume and not have to walk around to get candy I'll just like, once they're not in front of me I'll just like sneak a Reese's.

Mesha [00:05:49] All right.

Skye [00:05:51] One year we went to a house and they were probably now looking back. Now they were probably our age and it was cute girls just hanging out and getting getting slammed together. They were so drunk, but they had the big candy bars. And because they were so drunk, they gave us the whole box and it was like the best Halloween ever because we we're probably like, twelve you know, like it was our last year really trick or treating, and we were just like, Wow, like we want to be those ladies.

Caraline [00:06:25] I aspire to be you.

Skye [00:06:28] Hanging out on a Halloween together, giving our big candy bars.

Mesha [00:06:31] That is the goal.

Skye [00:06:34] That's the goal in your life.

Caraline [00:06:34] Yeah, our neighborhood only had like three houses that had kids in it. So it was me. My next door neighbor is my best friend and her brother. And then there was kids on the other side of us. So we actually did go to a different neighborhood. So we would actually make little bags for the kids in our neighborhood and they would come to our like. We'd all go to each other's houses first and exchange those bags. And then we all went to the houses behind the Little White Church. And fun fact. So like there was a Lay's potato chip factory very close to where I lived. So the wafting smell of Lay's tato chips was always in the air, but a lot of the parents that worked at Lay's lived in that neighborhood. So you were getting Lay's potato chips. You're getting Cheetos, Lay's, Doritos. All the good stuff. But here's the thing. So then you get home and we would sort out our candy and we would make our trades. And then mom comes and takes mom tax, which is whatever candy she wants.

Mesha [00:07:33] Yeah.

Caraline [00:07:33] She will scoop up all this, the chips and be like, These are for your lunches. You can't have them. So we did get them eventually, but they were rationed out and I was like, You're smart but rude.

Skye [00:07:44] That's very smart. That's a smart mom.

Caraline [00:07:48] Did your parents take parent tax from Halloween candy?

Mesha [00:07:53] Always.

Skye [00:07:53] They did not.

Caraline [00:07:55] Oh.

Mesha [00:07:55] Always.

Caraline [00:07:56] Skye. You're blessed.

Skye [00:07:57] Yeah, they took as they wanted.

Caraline [00:08:00] Right?

Skye [00:08:01] They didn't just like, immediately take it away. But I was cool with sharing because, you know, the neighborhoods we go to, I'd come back with two pillowcases. We used to take our pillowcases.

Mesha [00:08:13] Wow.

Skye [00:08:13] And we'd come back with more than half of a pillowcase full.

Caraline [00:08:17] Yeah.

Skye [00:08:18] It's too much candy to ever eat. I was a logical kid. I was like there ain't no way in hell I could ever eat this all by myself. Like.

Caraline [00:08:25] No, I'll do a piece a day. It's fine.

Mesha [00:08:28] Right.

Skye [00:08:28] Exactly.

Mesha [00:08:30] Yeah, see, I was the type of kid that only eat two to three types of candy anyway. Like, I needed my Hershey's, needed my M&M's.

Caraline [00:08:40] Yeah.

Mesha [00:08:40] And maybe I'll like, you know, love Skittles or starburst.

Caraline [00:08:45] Yeah!

Mesha [00:08:46] And Twizzlers too. So five five five types of candy is all I wanted. Everything else was like here Mom! Here Dad! And everything else that no one really ate will just sit in the house for years.

Caraline [00:08:59] I was going to say there was a candy that immediately went in the trash, and I I don't. Maybe you can guess it. I'm going to give you a hint. It was in a small yellow box. And the name of it is.

Mesha [00:09:12] Lemonhead?

Caraline [00:09:13] Four letters long. DOTS!

Mesha [00:09:17] DOTS, oh!

Caraline [00:09:17] Did you ever get DOTS?

Mesha [00:09:17] Yeah, I never ate those.

Caraline [00:09:20] Trash! In the trash. Those are garbage candies, and you're rude if you hand them out. That's like giving raisins.

Skye [00:09:28] Yeah.

Mesha [00:09:28] Oh my gosh.

Skye [00:09:30] Yeah. You can't give raisins.

Caraline [00:09:31] Apologies if you like DOTS. Like, we don't hate you because you ate DOTS but like what's wrong with you?

Mesha [00:09:36] Right, Five stars still please.

Skye [00:09:36] So look, I enjoy raisins. But come on, it's Halloween.

Caraline [00:09:41] I'd rather raisins than DOTS. They were just like, I can't even describe how nasty they are.

Mesha [00:09:47] You guys.

Caraline [00:09:47] Barf.

Mesha [00:09:49] What's your verdict on candy corn?

Skye [00:09:51] No.

Mesha [00:09:52] No.

Skye [00:09:53] Nasty.

Caraline [00:09:53] OK, so my my mother in law and I were just talking and we said we like the pumpkin ones, which, yes, arguably are the same as like same like candy like concoction as a candy corn, but it's a different shape.

Mesha [00:10:08] Uh-Huh.

Caraline [00:10:09] So.

Mesha [00:10:09] I didn't even know that there were other types of candy corn.

Caraline [00:10:13] Yeah, there's like different shapes. I would, you know, if I had to, but it's not my top choice. But I do like when people refer to them as the devil's earwax.

Mesha [00:10:20] Yeah, because it is.

Skye [00:10:23] I've never heard of that. And that's exactly what it is. I just think they're gnarly. Like, Yeah, if I had to eat them, I would like if someone said hey eat these I would do it, I would do it for sure. If I was hungry. If it's the apocalypse, the Walking Dead. Hell yeah I'm gonna eat them.

Caraline [00:10:45] Gotta do what you gotta do.

Skye [00:10:45] But if I had had a choice. Last probably the last choice.

Mesha [00:10:53] That's the truth.

Caraline [00:10:54] Not even in the top 10.

Skye [00:10:56] It's the I'm a texture person.

Caraline [00:10:59] Hmm.

Mesha [00:10:59] Same.

Skye [00:10:59] And I can't.

Caraline [00:11:02] But also, it's super fun to push them up on your front teeth and make fangs.

Mesha [00:11:07] I've actually never done that because I don't want them in my mouth.

Caraline [00:11:08] Most people don't want them near their mouth.

Mesha [00:11:10] Yeah, that's me.

Skye [00:11:11] Yeah. Because then they're on your teeth.

Mesha [00:11:13] That would be funny.

Caraline [00:11:14] Yeah.

Skye [00:11:15] Then your teeth are waxy.

Mesha [00:11:17] Yeah.

Skye [00:11:17] No.

Mesha [00:11:19] That's funny, though.

Caraline [00:11:20] Yeah. So getting back to Halloween and the spooky season, we decided to talk about the things that scare us the most about Fibromyalgia slash and chronic illness.

Mesha [00:11:42] Woooo.

Caraline [00:11:42] Ooooooh spooky chronic illness.

Skye [00:11:42] I'm scared.

Mesha [00:11:42] Oh my god.

Caraline [00:11:43] I'm nervous. I'm afraid.

Mesha [00:11:46] I'm scared too.

Caraline [00:11:49] So I can, I can start with one of mine that I have we're each going to give two unless we have doubles and then we're just going to continue to talk about it as we do because obviously we're not not good at talking. We're actually, really good at it.

Skye [00:12:08] We are good at it.

Caraline [00:12:08] Well, I would say one of the scariest things about Fibromyalgia to me is becoming a different person. So whether that be like your personality changing or just like you kind of having to change your habits and that kind of changes who you are or you become bitter because of your illness. I would say I've had that worry about myself, and I think I had mentioned a couple episodes ago how over the past year, I've kind of noticed more things about my personality that I've kind of taken and blown up times 10 to mask any bad parts of my illness. And now I'm trying to dial it back and figure out like what my real personality and like true self is. But I would say that's like something super scary, especially when you don't know if you're going to turn into someone you don't like.

Mesha [00:13:14] Ooh.

Skye [00:13:14] Damn.

Mesha [00:13:15] Yeah.

Caraline [00:13:15] OOOO!

Skye [00:13:16] Starting out strong, that hit hard.

Mesha [00:13:16] That was hard.

Skye [00:13:20] I kind of feel personally attacked a little bit.

Caraline [00:13:22] Oh no!

Mesha [00:13:23] Right.

Skye [00:13:23] Damn.

Caraline [00:13:23] Sorry!

Skye [00:13:26] I'm gonna have to go to therapy after tonight.

Mesha [00:13:27] Right? Gotta cry this out.

Caraline [00:13:29] This is therapy. We just don't get paid for it.

Skye [00:13:32] This is therapy. Yeah man it makes me think of, you know, like not that I'm I'm still talkative and bubbly like I was when I was younger, but. I just feel like a younger Skye was just so much more full of life, and now me, it's like I just I don't have the energy. I do not have the energy to be full of life. My limbs are I can't be dancing around jumping around bebopping and doing my thing and I'm hurting you know.

Caraline [00:14:02] Yeah and if you do, you regret it so.

Skye [00:14:03] Right, right? You know, so you just constantly have to be reserved in order to protect your being.

Mesha [00:14:13] Yep. Same, yeah, I used to go, I'm sorry, Skye go ahead.

Skye [00:14:17] Oh no, that's it just damn.

Caraline [00:14:21] That's all she gots to say about that.

Skye [00:14:21] Yeah, yeah that was the period to my sentence. Yeah.

Mesha [00:14:25] Got you. Yeah, yeah. I, especially during college years, I was always like out and about. I just go into, you know, community events and stuff like that and meeting new people and just enjoying my youth. And that all stopped, you know, once my. My significant leg injury in 2015 and diagnosis happened. And yeah, it just everything, just kind of withered down year after year, I'm like, No, I don't even go anywhere. I don't know. It's random random thing. I go to and it can't happen more than like twice a week, unfortunately.

Caraline [00:15:13] Yeah.

Mesha [00:15:14] Because otherwise I'm down for the count for like two or three days.

Caraline [00:15:17] Yeah.

Mesha [00:15:18] So.

Caraline [00:15:19] And it's like you can't even determine based on like how how much you think it's worth going to this because that's not even one is dependent on, it's dependent on literally how you feel that day.

Mesha [00:15:29] Yeah, exactly. And that's listen, that's the thing I. Triggered. The other day. I didn't get into an argument, but that's what I told you last week. Caraline.

Caraline [00:15:43] Yeah.

Mesha [00:15:44] The incident.

Caraline [00:15:44] Yes.

Mesha [00:15:46] Yeah. The person was like, Well, you did this and that and the third yesterday. And I said, Yeah, yesterday.

Caraline [00:15:52] Yeah!

Skye [00:15:52] Yesterday.

Mesha [00:15:55] Today I don't feel good.

Caraline [00:15:55] Right.

Skye [00:15:55] Yeah.

Mesha [00:15:56] Yeah. What? So why is it difficult?

Caraline [00:15:59] Yeah.

Mesha [00:16:00] To hear, to feel, you know.

Caraline [00:16:02] In their brain, you would hope they'd be like, Oh, you did that yesterday? Like, how are you feeling today?

Mesha [00:16:09] Yeah, right.

Caraline [00:16:10] That's how you know, someone understands that. They're not gonna be like, Well, now I'm holding you up to this higher standard because you did this, this and that in the third yesterday. Well, great because I didn't feel like a asshole yesterday.

Mesha [00:16:20] Right?

Skye [00:16:22] Like, what's what's the statute of limitation? How long do you have to give them for them to be like, Oh yeah, that's enough time for them to feel like shit now. Like, I don't understand. Like, what do you need a week, you know, three days? Like what is an acceptable time period because you can get food poisoning within two hours? OK, well, I could feel like poop within two hours.

Caraline [00:16:44] Yeah.

Mesha [00:16:45] Yeah.

Skye [00:16:46] It's the same thing. You can come down with stomach ache or the flu within an hour. Okay, I can't walk within an hour.

Caraline [00:16:53] Mm hmm.

Mesha [00:16:53] Exactly!

Skye [00:16:53] What? Like what? What?

Mesha [00:16:56] What?

Skye [00:16:57] How much time? How much time do I have to give you?

Caraline [00:17:00] Yeah.

Mesha [00:17:01] Right.

Caraline [00:17:02] For sure.

Mesha [00:17:03] Sheesh.

Caraline [00:17:05] Skye. What scares you?

Skye [00:17:09] I'd say the number one thing that's coming to the top of my head is. Giving up my passion. Or. Yeah. To begin with, also giving up my passion, I had to give up dance and, you know, I danced for ten years. I was part of a hip hop company. Dance was my escape from my life. You know, I, I was able to use that as a way to forget about what was

going on in my life that kept me busy, kept me in trouble. Kept me out of my room, and I loved it so much. And then I tore everything in my left knee when I was 15, and that's when I had to start stopping. And I had various surgeries after them as well. But now, like I, my biggest passion is traveling and learning about my genealogy, my history, my ancestors and I could talk forever about my family tree, I have hundreds of people on it right now that I've been working on, and I want to be where my ancestors came from because I found their immigration paperwork from Ireland, Germany and the Netherlands.

Caraline [00:18:22] Cool!

Skye [00:18:22] To me like that is my ultimate dream is to go to Ireland like that.

Skye [00:18:29] It's not like I want to go. It's like I need to go. I have to go like I feel it in my soul, in my being. I'm supposed to go there like it is strong.

Caraline [00:18:38] Yeah.

Skye [00:18:42] And you know, I'm I'm scared that the flight the flight's long.

Caraline [00:18:48] Yeah.

Skye [00:18:48] It's long. You know.

Mesha [00:18:50] Yeah.

Skye [00:18:51] My broke ass might not be able to afford that nice seat where I can lay down the whole time. I have to sit for 40 hours. You know.

Caraline [00:18:59] Which I thought all the international flights were like that until I now know they are not.

Skye [00:19:05] They're not.

Mesha [00:19:05] That's.

Skye [00:19:06] You know.

Mesha [00:19:07] That's a human rights violation right there.

Caraline [00:19:09] I was like, why do the movies make it seem like all the international planes have the lay down seats. That's rude.

Skye [00:19:14] Yeah, right? That's so rude that's false advertising. They should not be able to do that to you.

Caraline [00:19:19] Yeah.

Mesha [00:19:19] Yep.

Skye [00:19:20] But like getting there, having the jet lag, the time zone difference messes up a normal person's body, um.

Caraline [00:19:27] Yeah.

Skye [00:19:28] You know, obviously not being there for very long. So I have to pack all this stuff in within a few days a week, um.

Caraline [00:19:37] And you're carrying all that stuff around with you for the most part.

Skye [00:19:41] Exactly.

Mesha [00:19:41] Yeah.

Skye [00:19:43] Either way, I'm going to do it. I don't care. I've already told my family, if I have to, I will go by myself.

Caraline [00:19:50] I'll go with you because the top three that you listed are some of mine my heritage. German, Irish and the Netherlands.

Skye [00:19:59] Yeah. Like I said, the people in my family, I will go by myself. I will leave you behind because I do not care. I am going and nobody is stopping me except myself.

Mesha [00:20:10] When you're ready you're ready.

Caraline [00:20:11] Except Fibro.

Skye [00:20:11] Right. Nothing else is stopping me but my own body. Because if I was able to work in the last few years, I would have already had the income to have gone.

Caraline [00:20:23] Yeah.

Skye [00:20:24] And that's the other issue to it.

Caraline [00:20:28] Mm-Hmm.

Skye [00:20:28] But yeah, just you. You know, when you're really passionate about things that can be physical and you have to stop or give them up or, you know, you have to do them differently and doing them differently might not always prove to be the most effective, efficient, financially reasonable. It's it's hard. It's very hard.

Caraline [00:20:55] I feel that.

Mesha [00:20:59] Yep.

Caraline [00:20:59] Mesha, what scares you?

Mesha [00:21:02] What scares me the most is knowing how. For some reason, I go through cycles of motivation and determination, all that stuff. And then if something one little thing goes wrong, it all falls apart. So I'm worried the most about. Finding like treatment that really helps me like when I say treatment, I mean. Whatever lifestyle, change or whatever a healing modality, do, things like that finding treatment that works finally, right? And then. Having maybe like a depressive episode or losing my motivation to

keep up with it kind of falling into a deep and lasting flare that, you know, will kind of overshadow everything that I've worked for. That's that's what I'm afraid of, actually, because it's happened before.

Caraline [00:22:08] Oh yes.

Mesha [00:22:10] Yeah. Like, when I was going to acupuncture regularly, some challenges came up and then I stopped going and then I was like, Whoa.

Caraline [00:22:22] Yeah.

Mesha [00:22:22] I needed that and now I'm not going back. I'm not going to go back. And yeah, it takes me a long time to figure out how to get myself back to where I want to be.

Caraline [00:22:34] Yeah.

Mesha [00:22:36] Yeah.

Caraline [00:22:37] Even like building those routines, first of all, the building of the routine is probably the hardest part.

Mesha [00:22:44] It is.

Skye [00:22:44] Yeah.

Caraline [00:22:44] And then, if not even harder, is sticking to it. Which I think I was talking to like a family member about like kind of where I want to go in regards to like my next step as far as like looking for treatment.

Mesha [00:22:58] Yeah.

Caraline [00:22:58] And I still haven't done this because I don't know what I'm waiting for. But like, I don't think I can get any better until I either see if I have ADHD or I don't, because I literally think that's what's holding me back from sticking with anything.

Mesha [00:23:13] Same.

Caraline [00:23:13] And that's what sucks because I'm like, maybe I was doing things that could have helped, but I'm like, OK, I'm bored. Let's do something else now.

Mesha [00:23:22] Yes!

Caraline [00:23:22] Or like I missed one day I was like, I'm a freaking failure. Moving on with life, here we go.

Skye [00:23:27] Chronically bored if anything.

Caraline [00:23:29] Yes. Yes. And how much does suck that that like. And of course, after we talked to Dr. Lenz, like it only fueled the fire more where he saying most people I've treated with Fibro happen to have undiagnosed ADHD. So like, definitely get it checked out. And as I'm reading his book, which is wonderful, Dr. Lenz, thank you so very much.

Checking off the little checklist he has in this book, I'm like, Oh, fuck, oh, fuck. So bad. And so literally, I just need to take that in. I think it says it in his book, like, take it with you and be like, Boop boop boop. And I know, like, literally like everyone like anyone can literally check it off and be like, I have this, but it's like, Well.

Mesha [00:24:16] Yeah, let's go deeper, doctor.

Caraline [00:24:18] Just talk to me for like two seconds and you'll be like mm-hmm, okay.

Mesha [00:24:21] Yeah.

Caraline [00:24:23] So yeah, that I mean, it's just like multifaceted of like the fear of not being able to, like, find anything first and then b like trying to stick with it, even just like staying on medication is hard. Like, I know that some of the medication I need like, I need it and I'm just like ehh I don't feel like it.

Mesha [00:24:43] Same.

Skye [00:24:44] I will say that is one thing. I've been good with.

Caraline [00:24:47] Yeah.

Skye [00:24:47] That is probably the only thing because I know without it, bye bye me, I will wither away. You know, like I know for a fact.

Caraline [00:24:57] It's mostly the ones that I'm like, I don't know that they're doing anything.

Skye [00:25:01] Right.

Mesha [00:25:01] Got it.

Skye [00:25:01] Right.

Caraline [00:25:02] So like my heart medicine, she's my friend. I have to take her. Otherwise I got the palpitations, but.

Skye [00:25:09] Not the palpies.

Caraline [00:25:12] And the tachycardia. And so I'm like, OK, cool, I'll take you. But yeah, and then I'll do even more research about like things. And so most recently, I've been doing research about gastroparesis because I think that's something I'm going to have to get tested for, which I don't even think I have to like. I could pretty much tell you I do, but I'm like reading it and it's like, Oh, if you take acid-reducing medication that can actually increase your risk for gastroparesis, I was like, I've been on freaking omeprazole since I was 19 years old. So yeah. That makes sense. So it's like. And this is what scares me is that because we don't have coordinated care that my doctors are not talking to each other. And yes, because it's all listed on my my chart like, like they see what I'm taking, but sometimes I've like had to double check and be like, I'm taking two things for acid reducing. Do I have any acid in my stomach? Like, do I have anything to break down the food? No wonder I full for like six hours after I ate breakfast, like.

Mesha [00:26:10] Wow!

Caraline [00:26:11] Makes no sense. But they're like, No, it's fine. It's I'm like, No, I don't trust you.

Mesha [00:26:16] Girl, bye.

Caraline [00:26:16] I don't trust anybody. But yes, I I agree that like what you're saying is it's an absolutely a feeling. I feel all the time. And let me see. Which one do I want? I had written several. So let me see. I would say it's let's let's relate it back to Halloween. The other thing that scares me is being a ghostie. We have an invisible illness, and no one can see it. So boo. Here we are.

Skye [00:26:51] Boo, bitch. It me.

Caraline [00:26:52] Boo I have Fibromyalgia. Yeah, I mean, just like constantly having to. Like the feeling the need to prove yourself.

Mesha [00:27:05] Yeah.

Caraline [00:27:06] Which is disgusting, it's a disgusting feeling.

Mesha [00:27:07] Disgusting.

Skye [00:27:09] Yeah. It's icky.

Caraline [00:27:09] Like no one wants to have to constantly explain like how they're feeling just because you can't see it . And not that it bothers me that I have to. If I'm like, Oh, like, I'm feeling this certain way today blah blah blah today, it's like just giving you a heads up. But like, you know what's funny, though, I actually was talking to someone who hadn't explained my chronic illness to before. And they did the very common Oh, like, you don't look like you had you had you have any illnesses. And you know what? It didn't offend me. We've talked about it a lot, and I don't know what I had said previously about it, but I can tell when it's coming from a genuine like you just look so healthy, like I would never like. I couldn't imagine you being sick because of the way you present yourself and so on. And from this person. That is how it felt. And so I think that was a first. One of the first times that I had been received like that.

Skye [00:28:09] Mm hmm.

Caraline [00:28:10] And so it was weird because you hear it and you want to be offended by it just because of like how much we've heard it and how it can come off from some people when they're being rude about it. But in this way, it was like so genuinely like, Oh my gosh, like, I can't I couldn't even imagine you being sick because of how you are towards people.

Skye [00:28:29] Yeah.

Caraline [00:28:30] And I was like.

Mesha [00:28:30] I get that, yeah.

Caraline [00:28:31] You know what? That's OK. I was like.

Skye [00:28:33] Yeah.

Caraline [00:28:34] And let me explain to you more. So like, you're aware of why I am the way I am, and they were open to like listening and I was like, this. I wish every conversation went.

Skye [00:28:43] Right.

Mesha [00:28:44] Right?

Skye [00:28:45] See I do relate to that because the other day I had a friend call me like, Oh, you look better every time I see you.

Mesha [00:28:52] Mm hmm.

Skye [00:28:54] And that to me, I was like, Wow, that's a very good way to put it.

Caraline [00:28:59] Yeah.

Skye [00:29:00] But I think because they know, like, I, you know, I I try hard and from the first time I met them, I could say that I looked a little bit more sick in a way.

Caraline [00:29:12] Mm-hmm yeah.

Skye [00:29:14] So to me, I guess it's just like a good marker, like, Oh, someone has noticed my progress. Someone has noticed me trying. And I think the way that they worded it, it really seems like that. So I wasn't mad at all.

Caraline [00:29:29] Yeah.

Mesha [00:29:31] No, I respect that.

Caraline [00:29:32] Delivery makes a difference.

Skye [00:29:34] It does.

Mesha [00:29:35] Definitely.

Caraline [00:29:34] So just note that when you're talking to someone with chronic illness. I mean generally try to steer clear of sentences as such that we've previously mentioned. But if it does slip out like we like, I said like we can usually tell when it's coming from a genuine curiosity. And just like general overview of who you are not like, I don't believe you and you probably don't have it. Like, you can tell when it's coming off like that, so.

Skye [00:30:03] Yeah. But,.

Caraline [00:30:04] Yeah. Just generally not not being seen as having an illness because you aren't. Like, we don't have the outward presentation of like sick people like our eyes are supposed to be sunken in. We're supposed to be like losing our hair like. No, and yes, that's some, that's how some people's illnesses are, and that's that's just as awful as being trapped inside a body that looks perfectly healthy.

Mesha [00:30:35] Mm-hmm.

Skye [00:30:36] Yep.

Caraline [00:30:36] So think of it that way.

Mesha [00:30:39] Exactly, because it's all valid.

Caraline [00:30:40] Yep. Not ones worse than the other.

Mesha [00:30:43] No.

Caraline [00:30:43] Everybody's worse is their worst.

Mesha [00:30:45] Exactly. Everybody's worse is their worst.

Caraline [00:30:48] Yeah. Put it on a T-shirt.

Mesha [00:30:51] Add that to the list.

Caraline [00:30:51] Add it to the merch line.

Skye [00:30:51] We can do that.

Mesha [00:30:55] Yeah.

Caraline [00:30:56] Skye. You got a second scary?

Skye [00:31:00] I do. I'd say my second one is. The fear of never having closure and the fear of wanting to give up.

Caraline [00:31:13] Mm hmm.

Skye [00:31:14] Um, and by closure, I mean. You know, I I I was given this Fibro diagnosis when I was 19, and since then I've. Collected diagnoses like, damn, Pokemon cards got to collect them all, and.

Caraline [00:31:30] Amen.

Mesha [00:31:30] Like infinity stones.

Skye [00:31:32] I guess just just. Part of me feels like the root of my problem has never been figured out, and part of me thinks.

Caraline [00:31:40] Yes!

Skye [00:31:40] Is there's something deeper.

Mesha [00:31:41] Listen.

Caraline [00:31:41] Yes!

Skye [00:31:41] That doctors have just not wanted to look into.

Caraline [00:31:48] Preach Skye preach!

Skye [00:31:49] And I guess the feeling is never knowing are like, what if in a year a doctor's like, Oh, it was this the whole time? And then they can fix me, and then I'm like, Wow, I just lost seven years of my life.

Caraline [00:32:02] Absolutely. Okay, this is the best one, you win.

Skye [00:32:05] I start.

Caraline [00:32:06] You picked the scariest one.

Mesha [00:32:06] Yeah, like, I start my illness at 17 when I start getting seizures. So like that's like when for me when I got sick. So for me, it's seven years.

Caraline [00:32:16] Mm-hmm.

Skye [00:32:17] Or I might not ever know, and it might just be the doctors making me comfortable until what?

Caraline [00:32:26] Right.

Skye [00:32:27] You know, and that is a scary thought that now that I'm saying it out loud is scarier than, like what it was originally in my head as, um.

Caraline [00:32:38] Yeah.

Mesha [00:32:38] Yeah.

Skye [00:32:39] But also like because of that, the fear, you know, I've I've had the feeling of wanting to give up sometimes, and I think that it's very important to acknowledge because.

Caraline [00:32:48] Yes.

Skye [00:32:49] I would be a complete hypocrite if I was like, Oh, I'm a I'm a fighter all the time. No, because that gets tiring.

Caraline [00:32:59] It's exhausting.

Skye [00:32:59] It is exhausting.

Mesha [00:32:59] So exhausting.

Skye [00:33:00] Being strong and fighting all the time and constantly acting like you have it together. Oh my god, is it exhausting? And I've made it a point to talk about that on my social media because, you know, a lot of social media is, Oh yeah, and my life is all here together like yay.

Mesha [00:33:18] Listen.

Caraline [00:33:19] Right.

Skye [00:33:19] That's not life. I don't want to see that like, I want to see my friends post like, Hey, I'm having a rough time right now. But like, this is how I'm getting through it.

Mesha [00:33:27] Listen.

Skye [00:33:27] That to me is important. That's important.

Mesha [00:33:29] Right.

Skye [00:33:30] And I try to post stuff like that because I think it is important for other people to be like, No, she's a real person.

Caraline [00:33:36] Yeah.

Skye [00:33:37] Like, I am a real person. Sometimes talking about my issues on social media does make me feel better, whether people think it's for attention or not.

Caraline [00:33:44] Yeah.

Skye [00:33:45] It's really just more for me to have a space to bitch about it.

Mesha [00:33:52] Yeah. Right.

Caraline [00:33:54] Yeah.

Mesha [00:33:54] Right exactly.

Skye [00:33:54] Like that's their problem. But for me, it's therapy.

Mesha [00:33:57] Right, they can unfollow.

Skye [00:33:58] It's therapeutic for people to be like, Nah, man, I see that.

Caraline [00:34:03] Yeah.

Mesha [00:34:03] Right.

Skye [00:34:04] I feel you.

Mesha [00:34:05] I feel you, yeah.

Skye [00:34:05] I understand like that. I'm like, Okay, I'm not alone.

Caraline [00:34:10] Mm hmm.

Mesha [00:34:10] Exactly.

Skye [00:34:11] But yeah, you know, just constantly fighting all the time is a lot.

Caraline [00:34:16] Well and like the definition of like a chronic illness warrior. I mean, if you think warrior you like, on one hand, you might think there's like strong person and that they like are fighting and everything, and they never stop. No, when I think of a warrior, especially in the chronic illness capacity, I think of someone who who fights our hardest and even in like the toughest time is is not going to give up. And even though in a certain moment you're just like, I'm done. There's something in you that just like refuses to give up. And I that's when I call people chronic illness warriors, that's the definition I'm using.

Skye [00:34:49] Right.

Mesha [00:34:50] I feel that.

Caraline [00:34:51] LNot that you're outwardly this like grrr conquering Fibromyalgia. You're like, No, this is hard, but we're doing it.

Skye [00:34:57] Yeah.

Mesha [00:34:58] Right.

Skye [00:34:58] I mean, the amount of times I've cried and said, I'm done, I'm not doing this any more. And then I stop cry and I get up and I continue to do it like.

Caraline [00:35:06] You did it.

Mesha [00:35:07] Right.

Skye [00:35:08] You know, that's it. You know, when you're a warrior, you lose in battles, man.

Caraline [00:35:13] Mm-Hmm.

Skye [00:35:14] You just do.

Caraline [00:35:16] Yep.

Skye [00:35:17] That's how it is.

Caraline [00:35:19] Mm-hmm.

Skye [00:35:19] But you don't lose the war.

Caraline [00:35:21] Yep.

Mesha [00:35:21] That's right.

Skye [00:35:22] And that's what's important.

Mesha [00:35:23] Right. It reminds me of a conversation. I had my cousin yesterday. We were talking about how, you know, it always seems like people are only showing the good or the so-called good, the the endpoint, the glitz and glam. But it's like she said she wishes that people would show the struggle, too.

Caraline [00:35:45] Mm-Hmm.

Mesha [00:35:46] Because that's not, you know, we're human beings. We don't. We don't have constant, um, you know, pluses it positive we don't have an open door?

Caraline [00:35:59] Mm hmm.

Mesha [00:35:59] It's like sometimes the door's closed and then we have to go all the way back to where we started.

Caraline [00:36:04] Yeah.

Mesha [00:36:05] And it also brought to mind, I have this this widget on my iPhone called I am. Oh my my voice is cracking.

Caraline [00:36:15] I love it. It sounds jazzy.

Mesha [00:36:19] Sounds jazzy? I'll talk like this forever then. But yeah, it's an app. It's supposed to give like daily affirmations and try and get me to pay for it. But I'm not doing that through.

Caraline [00:36:32] Rude. Don't pay, we're not gonna pay for you to tell us we're pretty. Exacly.

Skye [00:36:36] For real.

Caraline [00:36:38] Or we are awesome.

Skye [00:36:38] I'll tell you, you're pretty for free.

Mesha [00:36:42] Yeah, exactly.

Skye [00:36:45] Damn, any time you think about buying it, just text me I'll tell you you're pretty and great.

Mesha [00:36:50] Thank you.

Skye [00:36:50] I don't cost anything.

Mesha [00:36:51] Exactly.

Caraline [00:36:51] We'll give you a Leslie Knope. What she says to Ann Perkins. You are a noble land mermaid. You beautiful see ox.

Skye [00:37:01] I like that.

Mesha [00:37:04] But I really do like that it's funny No, just the other day, one of affirmation came up and I immediately was like gross. It said I will become someone who feels naturally positive all the time.

Caraline [00:37:21] Eww.

Mesha [00:37:23] What?!

Caraline [00:37:23] Toxic positivity.

Mesha [00:37:23] That's impossible. Yeah, exactly. Toxic positivity.

Skye [00:37:26] That's just no.

Mesha [00:37:27] Like, that's impossible.

Skye [00:37:28] Yeah.

Caraline [00:37:29] You should give them a daily affirmation back. I will stop being stupid.

Mesha [00:37:34] I'll stop. It's like you want. You wish to feel positive, I think. Of course, I feel like everybody would want that. But. And it doesn't happen like that, unfortunately. You know, I just wish I wish.

Caraline [00:37:51] If we were positive all the time nothing would get done.

Mesha [00:37:53] Exactly, yeah.

Caraline [00:37:54] If no one was mad about anything. The world would not be a good place.

Skye [00:37:57] Exactly.

Caraline [00:37:58] I mean, people are mad about stupid stuff, but like you people, sometimes you got to get angry to make change.

Mesha [00:38:04] Gotta get angry to make changes. That's right.

Caraline [00:38:07] Positively angry.

[00:38:07] You know, we don't want to. We don't want to feel angry. We don't want to have to actually even deal with these issues either. But at the same time, it feels like, you know, a toxic positivity. You're not. You're you're pushing away your actual feelings, actual existence. You know, you're you're bottling all that up all the time. And then that leads to so many things to go wrong.

Caraline [00:38:33] Yeah. That literally triggers the problems we have.

Mesha [00:38:37] The avalanche.

Caraline [00:38:38] Yeah. So if anything, we are encouraging you to teakettle.

Mesha [00:38:42] Teakettle.

Caraline [00:38:43] But like to like touch on like the beginning of what Skye said about like not knowing if if you're ever going to find resolution to knowing what's wrong or on the other, on the other hand, like find resolution and be like, I just wasted 10 years of my life.

Skye [00:39:00] Yeah.

Caraline [00:39:01] I mean, that's how I kind of felt like a couple of years ago when I had a chiropractor tell me like, Oh, positively, your double concussion is what caused your Fibromyalgia. And only from then have I focused more on the brain because I'm like, my brain it got spadooshed in my noggin.

Skye [00:39:20] Yeah.

Caraline [00:39:20] Like, no wonder I have these problems. So that's where that's the only reason I've like done more research about autonomic nervous system issues and the vagus nerve and all this stuff. But then there's a point where I hit a wall and I'm like, Where do I go from here? Like, I can only do so much research. Who's who else is researching this? Who's practicing or like coming up with ways that we can like, treat people based on these issues? Because I've gone down the spiral of like finding like more information about how the autonomic nervous system. So I'm like, OK, let's maybe go back to the dysautonomia doctor. But weirdly, the dysautonomia doctors are mostly cardiologists, which yes, makes sense because most dysautonomic issues do have something to do with the heart. But your autonomic nervous systems in your brain, and this autonomy is literally the dysfunction of your autonomic nervous system. And this is where my brain goes *spinning sound* because it's like. I don't know where's the there's no roadmap like.

Mesha [00:40:22] Right.

Caraline [00:40:23] And if there was someone doodled on it with a Sharpie because I can't see shit. Where were they going? But yeah, that's that's been a huge issue lately, just because I. And I think we mentioned this like when Skye was talking about wanting to go back to school, like having the having the bug to learn more is actually like a good thing, but not when it puts you into a spiral of like, I'm trying to learn all I can, but now I can't tangibly do anything with it because I don't have a medical degree.

Mesha [00:40:53] Hello.

Caraline [00:40:56] So now we have to go back to school to be doctors.

Skye [00:40:58] Yeah.

Mesha [00:40:58] Yep.

Skye [00:41:00] Might as well.

Mesha [00:41:01] Who's going to pay for us? Hold out a tin can.

Caraline [00:41:06] Yeah.

Mesha [00:41:07] Can I have some change?

Caraline [00:41:08] Mesha, did you have a second scary?

Mesha [00:41:10] Yeah. The second scary is something I think I always talk about because it's always, not always, but. This topic is more often than not my Tender Point. It's like not having family over understand or care enough to want to understand, I guess.

Caraline [00:41:34] Yeah, absolutely.

Mesha [00:41:37] Yeah, I just it's exhausting. You know, when you're. If someone asks you how you feel and you don't you don't want to be honest.

Caraline [00:41:47] Mm-Hmm.

Mesha [00:41:47] And then like they keep asking like, well, you sound weird, like what's going on, what's wrong and like? And if you tell them it's just going to get an earful.

Caraline [00:41:56] Yeah.

Mesha [00:41:56] That stuff, I'm over it, honestly.

Caraline [00:42:00] Mm-hmm.

Mesha [00:42:02] But it's like, I don't know what to do at this point. It's like, I wish I, you know, if your family, you want to be honest and open with them, you know? But it's just at a point now. It's like, well, it's probably not even worth it, to be honest anyway. But then and then it gets to the point where if you're not honest and people expect more of you for whatever they're going to do and then you got to say, Well, I can't. And you got to explain why, then it's like, Well, I don't believe you because it's a spiral. You know, it's a mess. So that's the stuff I unfortunately like that stresses me out a lot.

Caraline [00:42:50] Yeah. And I don't take you as the person who would to a family member want to say, like, I shouldn't have to keep explaining myself.

Skye [00:42:57] Right.

Caraline [00:42:58] I feel like you feel it, but you're not the person to be like, listen.

Skye [00:43:02] We all have our breaking point.

Caraline [00:43:03] Which is why Skye and I are going to get on a Skype call with all your fam who keeps being a bunch of booty heads.

Mesha [00:43:10] Yeah.

Caraline [00:43:10] And we're going to talk to them about how to treat Mesha the right way.

Skye [00:43:15] They don't want to talk to me.

Caraline [00:43:16] We're going to have a family seminar.

Mesha [00:43:18] Oh, Skye's like, nah.

Skye [00:43:19] They don't want it.

Caraline [00:43:20] We're going to schedule a Skype call.

Mesha [00:43:21] Okay.

Caraline [00:43:22] If you're if you listen. All our all our Fibro Friends. If your family, this is like an infomercial. If your family is a bunch of booty heads and they say stupid stuff to you in regards to your Fibromyalgia or chronic illness. Please direct them to our seminar. That Skye and I are going to lead to tell you how not to be a dumb, dumb.

Skye [00:43:46] I'm down.

Caraline [00:43:47] When talking to people with chronic illness. Literally, it has to be a training, and it's like, some people just don't get it.

Skye [00:43:55] Then they have to Venmo you. That's a mandatory. They have to pay us for their time the end.

Caraline [00:44:01] Yes.

Mesha [00:44:01] Yes.

Caraline [00:44:01] Twenty five dollars.

Skye [00:44:02] Yeah.

Mesha [00:44:03] An hour.

Skye [00:44:04] An hour.

Caraline [00:44:04] Yes, it's going to be fun.

Skye [00:44:05] For each of us.

Mesha [00:44:07] For real, yes.

Caraline [00:44:10] But seriously, like, you know, there just needs to be like a handbook. Like, first of all, there's the handbook for us that would be helpful.

Mesha [00:44:19] Right. That would be right.

Caraline [00:44:21] But secondly, like, it's hard because if you're not the kind of person who first of all like feels comfortable even talking about it to a family member, and then they go and do that kind of stuff like.

Mesha [00:44:33] Right.

Caraline [00:44:34] What relationship are they trying to build?

Mesha [00:44:38] Exactly.

Skye [00:44:38] Yeah.

Caraline [00:44:38] And it's like, we've talked a million times about cutting toxic people out of your life, but sometimes they're like. Mostly like nice people, and then they just that right, that word vomit comes out.

Mesha [00:44:51] Yeah.

Caraline [00:44:52] And they just.

Mesha [00:44:53] In the particular instance.

Caraline [00:44:54] Put their foot in their mouth and I'm like, OK.

Mesha [00:44:58] Yeah.

Caraline [00:44:59] Stop talking now.

Mesha [00:45:00] Right.

Caraline [00:45:02] That's when you just say, I have diarrhea, I have to leave. Because if that's not the best excuse.

Skye [00:45:07] I'm going to poop my pants, peace out. I'm gonna soil myself. Umm bye!

Caraline [00:45:17] Because most of the time when people say that kind of stuff, it gives me the tummy bubbles anyways, so.

Mesha [00:45:21] Ooh right?

Caraline [00:45:24] I have diarrhea. I have to go.

Skye [00:45:34] That's how I get my mom off the phone. I gotta poop, bye.

Caraline [00:45:35] I'm about to poop my pants I gotta leave.

Skye [00:45:39] Mom, I gotta poop. I gotta go, bye. Okay, bye!

Caraline [00:45:40] Why does that always happen?

Skye [00:45:41] Immediately.

Caraline [00:45:42] That is literally like the same phenomena. When you go into a Barnes and Noble, you immediately have to poop. I don't know what they're pumping into the air.

Mesha [00:45:48] Oh that happened to me!

Skye [00:45:53] They put it through the air vents.

Caraline [00:45:53] It's like the same thing when you're on the phone, you could be texting whatever and nothing. And then someone gets on a call and you're like, Oh my gosh, this is not good.

Mesha [00:46:06] Caraline. I'm really dying because that happened to me last week.

Caraline [00:46:12] It happens to everyone! Barnes and Noble, we need to know what's happening in your store.

Skye [00:46:17] They put something through the air vents.

Caraline [00:46:18] And how are your bathrooms so clean? How are you doing that?

Mesha [00:46:23] Oh my God.

Caraline [00:46:24] And you're like, Oh, lovely book. Oh no. Got to go. And there's always only like one on each floor. So you're probably like up on the second floor where like the the cool stuff.

Skye [00:46:37] Yes.

Caraline [00:46:37] Ahh where's the stairs or the escalator. We'll do a whole episode dedicated on stores that we have identified as stores that are pumping poo poo, processing air. Someone tell us about the science behind these happenings.

Mesha [00:46:55] Right.

Caraline [00:46:55] I've heard Target also does the same thing. Mine is 100 percent always the dollar tree.

Skye [00:47:00] Mines always JoAnn's.

Caraline [00:47:00] Like I just found out that my Dollar Tree has a bathroom, so I was like, Great. Now I could actually come here without the fear of like, where do I? Because there's no place where there's a bathroom where I know of next to it. So again, we went way off track but I feel like that was important. And if you have had a poop in a Barnes and Noble, we'd love to know. Leave us a voicemail.

Skye [00:47:19] Please let me know.

Caraline [00:47:19] Send us an email.

Skye [00:47:21] I really would like to.

Mesha [00:47:25] That's another infomercial. Have you had to poop at a Barnes and Noble?

Caraline [00:47:25] Wait we can put up polls!

Mesha [00:47:25] Contact us now.

Caraline [00:47:25] If you if you listen to us on Spotify, we can add polls and questions. So we'll put up a poll and we'll see how many people have pooped in like dollar trees and like Barnes and Noble.

Mesha [00:47:34] Mines JoAnns.

Caraline [00:47:40] Wait!

Mesha [00:47:41] This is the most chaotic poll ever.

Caraline [00:47:41] Doesn't Gretchen Weiner have diarrhea in a Barnes and Noble in Mean Girls?

Skye [00:47:47] Does she?

Caraline [00:47:47] Facts.

Mesha [00:47:48] Oh, yeah!

Caraline [00:47:50] Yes, when they're saying sorry she's like, I'm sorry, I laughed at you about that time you got diarrhea in Barnes and Noble.

Skye [00:47:56] Gretchen Weiners was way before our time. She's been known. Gretchen Weiners been known.

Caraline [00:48:06] Oh my God. So if the things we've described were scary enough, having to poop at a Barnes and Noble should pretty much.

Mesha [00:48:11] Right.

Caraline [00:48:13] Literally, make you poop your pants, so.

Mesha [00:48:17] Wooo. That's my spooky sound.

Caraline [00:48:17] So yes, I mean, we were on theme. But I think these were important things to hit because I think there are a lot of things that people probably constantly think about, so.

Mesha [00:48:27] Yeah.

Caraline [00:48:28] If you've thought about any of the things we talked about, like, let us know you relate like I said, leave us the voicemail. Send us an email. Do all the things. But

we're going to get into our Tender Points of Visible Victories. Who wants to start, raise your hand. Oh, no, no one raised their hand.

Skye [00:48:47] I'm like okay.

Caraline [00:48:47] Go Mesha.

Mesha [00:48:51] Okay so, my Tender Points are that I am hoarse.

Caraline [00:48:59] Neigh.

Mesha [00:48:59] Yeah, neigh. I don't know what that was, but I don't like losing my voice at all.

Caraline [00:49:05] Yeah.

Mesha [00:49:07] But no, like on a serious note, I have like ever since I was pretty much out the womb, I've dealt with chronic congestion and like severe allergies, seem like my congestion is getting worse and I just can't breathe for most of the day.

Caraline [00:49:26] Hmm. That's great.

Mesha [00:49:28] How many times I blow my nose?

Caraline [00:49:30] Yeah.

Mesha [00:49:31] And at night, it's just like I've been sleeping like three or four hours a night for the past month, even in this new apartment, like it was good for two or three weeks. Wait no my math is off, whatever, but.

Caraline [00:49:45] We get ya.

Mesha [00:49:47] Yeah, but yeah, just I get woken up because it feels like I can't breathe and it makes it bad because like I have sleep apnea and I don't use a CPAP. I was supposed to, but I was like, Hey, I can't do it because I have to like, I would have to breathe in my mouth.

Caraline [00:50:08] Yeah.

Mesha [00:50:09] But then it's it's a mess because it feels like I'm like choking to death.

Caraline [00:50:13] Yeah.

Mesha [00:50:14] So my Tender Point has been really just being at the breaking point, like I'm just really fed up with my nasal anatomy.

Caraline [00:50:26] Do you have a deviated septum at all?

Mesha [00:50:29] I don't know. I really don't know. I don't remember hearing that. I do know, like my airway is smaller and I guess average, but also runs in the family on my dad's side.

Caraline [00:50:44] Dad, that was rude.

Mesha [00:50:49] Right? Come on Father. So I and I also, which is a part of my Visible Victory, I got insurance again. Starting today.

Caraline [00:51:00] Open enrollment time. Everybody get to benefits.

Mesha [00:51:03] Open enrollment. Yeah, so. And the good thing is it's it's it's NJ family care or in Medicaid, I think. Yeah. So yeah, so I'm going to be following up with a pulmonologist, an allergist, and ENT. One of the three.

Caraline [00:51:20] Nice.

Mesha [00:51:21] To see if they can fix my sinuses. That's because I can't take this.

Caraline [00:51:27] Yeah.

Mesha [00:51:28] So that's that.

Caraline [00:51:29] Awesome. Skye, what's up with you?

Skye [00:51:33] Well, I'll say Tender Point is last week I had a bad POTS flare up, so I was in bed for like two and a half days. My other Tender Point is my dogs constantly barking when I'm trying to record a podcast.

Mesha [00:51:48] Ooh.

Skye [00:51:49] To me is just so disrespectful.

Caraline [00:51:51] It's really rude. Like we're busy right now.

Skye [00:51:54] Like, right as I'm.

Mesha [00:51:56] There plotting.

Skye [00:51:57] Right as I'm talking about my tender Points my dog do this.

Caraline [00:52:00] It's your time to shine and they won't shut up.

Caraline [00:52:03] I'm sure you guys have heard them in past podcasts but right now. Tender Points, it's them barking. Like I ask for one hour boys, one hour. That's it. One hour of quiet time. Oh, God. And my Visible Victory. Oh, what did I do? Was there anything going? We trying to get out of the House more.

Caraline [00:52:30] Yay.

Skye [00:52:31] I'd say that's a victory for me. I'm trying to leave the house more.

Caraline [00:52:35] That's exciting.

Mesha [00:52:35] There you go.

Skye [00:52:35] Yeah.

Mesha [00:52:36] Yeah.

Caraline [00:52:36] Love it.

Mesha [00:52:38] Do what you can with what you got.

Skye [00:52:41] Facts. Caraline?

Caraline [00:52:43] My Tender Point. Well, the biggest one is that. The literally the past two Saturdays, I've gotten what I like to call these like lightning headaches where they like start in the back and then shoot to the front of my head and so they're not like constant, like pounding. It's literally just like pew pew pew.

Skye [00:53:03] Love that.

Caraline [00:53:04] And then I got it literally this moment I walked into Mariposa and I was like, That's really rude. And then I got it. And this Saturday and I was like, I was like, It's fine when it's not doing it, but when it's doing it, I literally. I like making this like sour face.

Mesha [00:53:23] Sheesh.

Caraline [00:53:25] And like, I don't think taking any medicine helps. Like, I asked for medicine in the moment because I was like, Maybe it will help, but I'm like, Man, this probably won't do anything. So I just drank a lot of water and ate some protein. And that went away a little bit later, but it does. Once it's done, that's when it leaves like that kind of left over like massage, headache where it's like squishy brain. And then I'm going to like weave a Tender Point into a not a victory, but like an exciting thing. So yesterday on Instagram, some people from the original cast of Spring Awakening, which is one of my favorite musicals, were like teasing that something was going to be posted today. And what do I see when I get out of work but the original freaking cast of Spring Awakening is like doing a concert for the Actors Fund, and it's fricken' sold out already in like two seconds, it's sold out.

Skye [00:54:19] No!

Mesha [00:54:19] Dang.

Caraline [00:54:20] I don't know how I was going to get to New York City and do it anyways, but I at least wanted the chance. And so what I've read so far, they're not like livestreaming it or anything like, I'm sure there's going to be like hopefully footage of it. But it was one of the first musicals that I found on my own that wasn't like introduced to me through like choir music. And I love the music from it. I think it's so good. And yeah, so I'm like, happy that that's happening, but mad that I can't like see it in person. But my two small Visible Victories are that I started a low fiber diet, which, contrary to popular belief, you don't need to eat a whole bunch of fiber depending on how your stomach works. So everybody's like fiber makes you poop. And I'm like, OK, but not when you have like low motility in your stomach. So when you can digest things as well, a lot of fiber is actually

super bad because your stomach can't process it. So I switched to low fiber, which is not super restrictive, which is good because I tend to not stick to super restrictive diets. There's really just like cutting this peels off of fruit and like not eating seeds and like more leaner, tender meat. Easy peasy, I could do that. And then I also picked up a book from the library today, which is written by one of the contributors of the Curable app that I've talked about a million times it is called The Way Out by Alan Gordon, and he's the founder and director of the Pain Psychology Center, and I'm really excited to read it.

Mesha [00:55:52] Oh, enjoy.

Caraline [00:55:54] So I just finished Dr. Lenz's book, so that's why I'm jumping into another one. So and this has a lot to do about like the brain and how you can help heal your brain to help help heal chronic prain. Prain? Brain? Rhyming is hard.

Mesha [00:56:09] That's going to be our new thing, our prain.

Skye [00:56:13] Chronic prain.

Mesha [00:56:14] It comes on the brain.

Caraline [00:56:14] But yeah, that's me. Lots of weird, small things. But.

Mesha [00:56:19] Got it.

Caraline [00:56:19] That's what we got. So as always, as we've said already, twice in this episode, send us emails.

Skye [00:56:27] Yes.

Mesha [00:56:28] Please.

Caraline [00:56:29] Our inbox has bats coming out of it. Bats and cobwebs. Talk to us. We love you. We want to hear from you, even if you've already emailed us, talk to us more.

Mesha [00:56:38] Right.

Caraline [00:56:39] And send us those voicemails. We love hearing your voices.

Skye [00:56:44] Message us on Instagram.

Caraline [00:56:44] About the email.

Skye [00:56:45] Some of you have.

Caraline [00:56:46] Yeah.

Skye [00:56:46] It makes my day. Oh my God. No matter where I am, I read it and I cry.

Caraline [00:56:52] Yeah.

Skye [00:56:52] It's happy tears.

Caraline [00:56:53] And all the information's in our show notes. We got our Instagrams, our email, the link for the voicemails. You got everything. You have all the tools you need to contact a Fibro Friend.

Mesha [00:57:03] You know where to find us. Shout out to top Topricin Fibro Cream for sending us free samples again after Mariposa.

Caraline [00:57:13] We love you.

Skye [00:57:13] We love you. Thank you.

Mesha [00:57:14] We love you guys. Thanks.

Caraline [00:57:16] Yes. And as always, we love you, the listeners.

Skye [00:57:21] We love you.

Mesha [00:57:22] We love you guys.

Caraline [00:57:22] And we will see you next time. We won't see you. We'll just talk at you.

Mesha [00:57:26] You will hear us.

Caraline [00:57:27] And you'll be here.

Mesha [00:57:27] See you next time.

Caraline [00:57:30] We love you. Goodbye!

Mesha [00:57:31] Bye!