

FF S3 Ep. 3 .mp3

Caraline [00:00:00] Hello, everybody, and welcome back to another episode of Fibro Friends, the whole gang is back for Episode three of Season three because we're just chugging along here.

Mesha [00:00:11] The trifecta.

Caraline [00:00:11] You got me, Caraline. We got Skye.

Skye [00:00:15] Hello.

Caraline [00:00:16] And Mesha.

Mesha [00:00:17] Top of the morning.

Caraline [00:00:21] But is it, though, you don't know when we record so ha ha. But, hey, we're back. We missed you. How's everybody been?

Skye [00:00:30] Hanging in there, man?

Caraline [00:00:31] Good.

Mesha [00:00:31] Hanging in there.

Skye [00:00:32] Doing doing my best.

Caraline [00:00:35] That's all that matters, right?

Mesha [00:00:38] Yep.

Caraline [00:00:38] All right, well, we just wanted to give our organization's next event another shout out because we love the Fibromyalgia Care Society of America. They are friends, we're their friends.

Mesha [00:00:51] Yes.

Caraline [00:00:52] We're all Fibro Friends. But on October 22nd, that's a Friday in Newark, New Jersey, we are having the Mariposa Gala and it starts at six thirty and I believe ends at ten thirty. But we like to party. So, who knows, but the all the proceeds go directly to the Centers of Excellence Fund, which we have talked about so much, is just to create a center of coordinated care for people with Fibromyalgia. So come on down. Meet us. We'd love to make new legitimate in-person Fibro Friends. Let's cut this internet junk. And let's actually meet human beings and real person. In real person.

Mesha [00:01:33] Real person.

Caraline [00:01:33] In real person. In real life.

Skye [00:01:37] Caraline and I will be making the making the trip up to Jersey.

Caraline [00:01:41] Yes, I'm so excited Yes, that will be momentous.

Skye [00:01:46] Yes.

Caraline [00:01:47] We'll take pictures together. So if you if you don't actually know what we look like, maybe we'll post a picture and let you know.

Skye [00:01:52] Right.

Caraline [00:01:52] It'll be a surprise.

Skye [00:01:52] Ooh face reveal.

Caraline [00:01:56] Because did you ever listen to the radio as a kid and wonder what the DJs looked like and.

Skye [00:02:02] Yes.

Caraline [00:02:03] Then look them up and then you're like, that's not them. That's their voice does not match.

Mesha [00:02:08] Voice doesn't match.

Caraline [00:02:10] So.

Skye [00:02:11] I wonder if our voices match.

Caraline [00:02:12] Yes. Let's see. You guys can let us know. Leave us a voicemail. And when we send a picture, you can let us know if we look what we sound like. Look like what we sound like?

Skye [00:02:20] Yeah. So if you don't know what we look like, I'm requesting that you draw us first to match our voice and then we'll see if you are right.

Caraline [00:02:30] Yes. We love that! Go for it. We also.

Skye [00:02:35] We love that.

Caraline [00:02:35] Have an email you could send it to fibrofriendspod@fibro.org send them our way.

Skye [00:02:39] Digital drawings, paintings, anything. I will accept it.

Caraline [00:02:41] Embroidery art. We want it all.

Mesha [00:02:45] We want it all.

Skye [00:02:46] Yes. Yes.

Caraline [00:02:46] We don't ask for much. Just this.

Skye [00:02:50] Just your time.

Caraline [00:02:51] Well, for today's episode, we wanted to keep it pretty casual because, you know, sometimes it's hard to think of things to talk about, even though this is something we talk about a lot. But sometimes it's just hard to pin down what to talk about. So I kind of flashed back to a thing that I used to do on my YouTube channel, which is called Fibro Favorites, because I'm just generally interested in what people do, because it's so different from person to person for what products they use, what medication they're on, what programs are doing, exercises, blah, blah, blah. So we are going to share some of our Fibro favorites today. We kept it to just three, but I'm sure maybe we have more. But here we go. Let me open my notes app because Fibro fog, we love the notes app.

Skye [00:03:42] Love it.

Caraline [00:03:45] Oh duh, my first favorite is something that, if you follow me on Instagram, is something I never stop talking about. And that's Topricin Fibro Cream. And I can tell you the first time I saw anything that said Fibro on the shelf, I like screamed internally. I was like, whoa, a product with my syndrome's name on it, cool. And I bought it and used it. And when it actually worked I was like, hey, cool, because I had been the BioFreeze person, the all the other pain creams. And I, I just genuinely don't like the ones that go hot and cold or the ones that have a strong smell. I get sensory overload with both. So Topricin Fibro Cream was like a godsend because it didn't have a strong smell. It was made with natural ingredients. And on the back you can actually see they'll make like a list on the back that says why each ingredient is in it and what it does. Like how many products truly have you seen that do that?

Mesha [00:04:55] None.

Skye [00:04:56] Not a lot.

Caraline [00:04:57] Not a lot.

Skye [00:04:58] Not a lot.

Caraline [00:04:59] So it doesn't have a strong smell and it doesn't burn. It is very soothing and I have just used it for many, many years and I don't foresee myself stopping using it. I like to put it on before I go to bed because then when I wake up, it kind of curbs the effects of the waking up pain. But they have bigger sizes. They have smaller sizes. So you can literally have one with you wherever you go. And because it doesn't have that strong smell, it's nice if you're around people and you don't smell like a peppermint field. Some people like that, but sometimes it burns people's eyes like some of the other ones. I couldn't put on in a closed bathroom because I was like.

Skye [00:05:40] It's like that menthol.

Mesha [00:05:41] It's too strong.

Caraline [00:05:41] So it was so strong. Oh, but they're such a good company, too. They've been so supportive of the Fibromyalgia community and. We love them and

actually speaking again of the Mariposa Gala, we're honoring someone from the company as well for a good reason. Skye, what do you have on your list?

Skye [00:06:04] So my number one thing that I always go to and something that is very near and dear to my heart is cannabis.

Caraline [00:06:11] Oh, yeah.

Skye [00:06:13] I studied cannabis at Florida Gulf Coast University. And I'm very, very happy that they had a program. And I was able to learn before I took I started taking the classes. I was not a cannabis patient. I did not have my medical card. But being in the class and actually re-educating myself on what cannabis is and what it can do for you really changed my life. And I always say that weed have saved my life because without it, I would probably be on a bunch of opioids and a zombie and at 20 years old. I didn't want to do that. I wanted to do a more natural and more natural route for as long as I can. And that's not to say that I haven't used opioids or I don't need them. Sometimes I might get to the point where I absolutely do, but I take CBD every single day. There's a brand I 1000 percent trust and it is called Green Remedy. And they are based out of Kentucky and I love their gel capsules because I just take them with my medication every single morning, but throughout the day if I'm having some trouble. I will increase my intake of CBD, but I do have my medical card. And one of my favorite cannabis products that people don't realize exists are patches.

Caraline [00:07:36] Ooh!

Mesha [00:07:36] What?!

Skye [00:07:38] And they are little old pain patches because cannabis can be taken transdermally for your skin. Your skin absorbs it. So they are little tiny patches and you can put it directly on the area or you can put it on like an intravenous a venous area like your wrist or your ankle. And it is amazing.

Caraline [00:07:59] My mind is literally being blown right now.

Skye [00:08:01] Yeah, people don't realize that.

Mesha [00:08:03] Wow.

Skye [00:08:03] So it's called route of administration. It's the way you take in cannabis. And people are like, oh, all you do is smoke it. Listen, they have patches, they have creams, suppositories that.

Mesha [00:08:15] Interesting.

Skye [00:08:17] You can put weed up your bumhole. But it's also great for people who have Endometriosis because you can also put suppositories in your lady parts to help with period pain and all that stuff.

Caraline [00:08:33] Hey-oh, oh my God, we're being educated so hard right now.

Mesha [00:08:36] You should see our faces.

Skye [00:08:36] It has changed my life. And if anyone has any questions, feel free to reach out to me. One day, maybe we can have a whole episode on it, I can talk forever about cannabis.

Caraline [00:08:50] And that episode will be called Jazz Cabbage there's no changing that.

Skye [00:08:53] The jazz cabbage! I do not like the term marijuana. I either prefer cannabis because that's what it is. Or the jazz cabbage.

Caraline [00:09:03] Yes, love it.

Skye [00:09:05] That is also what it is.

Caraline [00:09:08] That's awesome. And I think it's even better that you have that background education and knowledge, and that's like pushing you forward. And like when you get to talk about other people, you're not just it's like, I like it, it's good. You're like, here's the reason why I'm using it.

Skye [00:09:24] Exactly. And there is so much misinformation out there about it, because when you grow up in school, they have this DARE programs. They're like, all drugs are bad. Oh my God, it's like, OK, well, weed won't put me in the hospital, but taking too much Tylenol or Ibuprofen can.

Mesha [00:09:38] Yeah.

Caraline [00:09:39] That's funny.

Skye [00:09:39] You know.

Caraline [00:09:40] I was the DARE speaker at my fifth grade graduation.

Mesha [00:09:45] Oh.

Skye [00:09:46] NOO!

Caraline [00:09:46] I have a little metal with the lion on it.

Mesha [00:09:49] Fifth grade graduation.

Skye [00:09:49] And there's just there's so many more things that we ingest on a daily basis.

Caraline [00:09:57] Yeah.

Mesha [00:09:57] Yeah.

Skye [00:09:57] That is worse for you and will kill you than what cannabis does and that is a hill that I will one thousand percent die on is that, you know, Tylenol is one of the top

reasons that people end up in the emergency room and you can get liver damage from liver.

Caraline [00:10:18] Yep.

Skye [00:10:19] Cannabis does not affect your organs in that way.

Caraline [00:10:24] Yes, I love it.

Skye [00:10:26] Alcohol is legal.

Caraline [00:10:28] Meesh, what's top on your list?

Mesha [00:10:32] So my list of things all start with H.

Caraline [00:10:37] Ooh.

Mesha [00:10:37] Number one is the heating pad.

Caraline [00:10:39] Yeah.

Mesha [00:10:40] Because I am like ninety-eight no. Yeah, 100 percent of the time I'm just like stiff and sore and heating pad even though like it takes like two days for, for some reason for the effects to so on my body. It just when I'm using it I just feel so, I'm comfortable and I feel like I need to buy the one the most heat pad like the physical therapy clinics have.

Caraline [00:11:09] Yeah.

Mesha [00:11:10] Mine is just like plugs in.

Caraline [00:11:12] Yeah.

Mesha [00:11:13] Just heats up. But that moist heat is really good.

Caraline [00:11:15] Yeah. That's good stuff.

Mesha [00:11:17] Yeah. The second is headphones because you know music is very soothing, very healing for a lot of people.

Caraline [00:11:29] Yes.

Mesha [00:11:29] And for the most part when I'm feeling pain or feeling in a bad mood, I just listen to music as much as I can. And then the last thing is hugs.

Caraline [00:11:43] Yay.

Skye [00:11:43] Hugs!

Mesha [00:11:46] Yeah. My mother gives the best hugs like whenever I'm feeling it, like I just like reach out my arms like a baby. And it always works. Is that the moment of letting

go. Just dropping everything and reaching out to someone you love who gets it. That's like the best feeling in the world. Hug your loved ones more.

Caraline [00:12:10] Yes, agree.

Skye [00:12:12] Yes, yes.

Mesha [00:12:14] That's it.

Caraline [00:12:15] I would say my next one would be my TENS unit, which r.i.p I can't find another charger cord for it.

Skye [00:12:25] No.

Caraline [00:12:26] So I'm going to say which one it is. But then I'm going to crap on the company for not making the charger cord sellable on the Internet. So.

Skye [00:12:34] Yeah, that's a party foul.

Caraline [00:12:36] My favorite one that I've used is the Omron Heat Pain Pro. And I think they've updated what it looks like since I bought it the first time. But I love it because it's the TENS unit but it alternates. heat, TENS, heat, TENS. And I would all the time want to do tens and heat at the same time. But your girl is not about to put a heating pad on top of electrical current. Don't think that's a great idea. So when I found that I was like, this is awesome. I'm going to keep it forever. And I still have it because I like, refused to let it go because I'm hoping somewhere I can find a charger. But I even bought like an adapter with, like, all the charger chords and I found one that fit and it still doesn't work. So like you said, party foul on the company for not selling. Like or just make the charger cord universal, like.

Skye [00:13:33] You should email them.

Caraline [00:13:33] It's like a big round one so it's like I can't find it anywhere and I would totally buy it again. But I've also wanted to look into portable TENS, and I think maybe you've talked about this Skye or like want someone wanted a portable one. I think Skye wanted a portable heating pad.

Skye [00:13:51] Yeah, I did. Yes.

Caraline [00:13:52] Yes. But one that's is portable so that like, if I'm on the go, like if I need it somewhere quick that I can put the controller in my pocket and just like get on with my day because I'm never one to just like stop and do something. I'm like OK, I'm moving, we're going together. And so I'm looking into those right now. But that had been one of my favorites, but it's sadly dead and not coming back to life. So hopefully I'll get another one soon. And really, they're not that expensive. They are like an investment, I would say, because when I bought the Omron Heat Pain Pro, I think it was ninety dollars. But look at where you're buying it, because when I got from CVS I got fifteen dollars extra care bucks back so I got the TENS unit and then I bought circus peanuts with it. Which judge all you want. I don't care if you like peanuts. Kill me, I don't care.

Skye [00:14:45] My grandma loves those. Those are her favorite.

Caraline [00:14:47] They're such a polarized topic. I don't care. They're delicious.

Mesha [00:14:50] Goodness.

Caraline [00:14:52] And you could only find them at like pharmacies.

Mesha [00:14:55] Oh wow.

Caraline [00:14:56] Skye, have you got another favorite.

Skye [00:15:00] Yeah, so I guess my second line of defense would be heat, so I I've talked before how much I love my heating pads. I have like seven mainly because it's like I bought one that I lost it. And unfortunately, I need a new one right now at a Walgreens. Get a new one. My favorite one is a vest. So you like put it over your back in the front and you can tie it around your waist with your whole back.

Caraline [00:15:27] I love it.

Skye [00:15:28] I will fall asleep on them. And then I have like two smaller ones and those are my travel heating pad so I can just roll them up and put them in my bag when I'm flying home to Jersey. And then another way I use my most favorite way is sitting in the tub and I am somebody that will sit in the tub for two hours. I do not care. I'm in there, I'm relaxing and salt and I've been incorporating more Epsom salts into my baths. And recently I went to the gynecologist and they also said that that can help with like yeast infections and UTIs because the cell helps you balance out your PH levels.

Mesha [00:16:12] Really?

Skye [00:16:13] And I was like, oh, that's why my recent UTI completely subsided because I live in salt baths.

Caraline [00:16:18] Right.

Skye [00:16:19] So that's another super beneficial thing. But yes, I love I love heat, and now in our new house, we have a pool, so I have I know it's my first time ever having a pool in my life at my house. So every day I've been going in and I've been exercising in a pool and I love to see exercising has always been so difficult for me. But even just going in and sitting in my tube and moving my legs around.

Mesha [00:16:51] Yeah.

Skye [00:16:51] It feels so good. And I'm really happy that now I have that tool to also help and the water's warm and that's not I and going to freeze me or hurt my joints it's warm. I made Hunter put it to eighty five.

Mesha [00:17:09] There you go.

Skye [00:17:11] Warm water, my fave.

Caraline [00:17:12] You could fill the whole pool with Epsom salts and then it'll be like the Black Sea. You can just float.

Skye [00:17:16] Don't get me started.

Caraline [00:17:19] And I wonder if anyone's ever done that.

Skye [00:17:22] It is a chlorine pool. I know salt water pools out a little bit more difficult to take care of and I don't know if they're harder to take care of in Florida, specifically because of the climate. Not a pool expert. That's why we have a pool guy. Oh, my God. Having a salt water pool. Oh.

Caraline [00:17:40] That would be cool.

Skye [00:17:40] I would absolutely. That would be a total life changer right there.

Caraline [00:17:44] You'd have to get some big old goggles so you don't burn your eyeballs.

Mesha [00:17:49] Yeah.

Skye [00:17:49] Yeah, true. Because and I have contacts too so I can never open my eyes under water.

Caraline [00:17:55] Yeah. There are negative and positive with everything.

Skye [00:17:59] Exactly. With everything.

Caraline [00:18:01] Meesh, did you have any more on your list.

Skye [00:18:03] Meesh.

Mesha [00:18:03] So yeah I guess kind of adding to warm water. So it's kind of like two parts to it. I definitely yes, agree. Because when I was getting aqua therapy, which is physical therapy in a heated pool.

Caraline [00:18:20] Yeah.

Mesha [00:18:21] That was a life-changer.

Caraline [00:18:22] It is.

Mesha [00:18:23] Oh my gosh. My I feel so loose and free.

Caraline [00:18:26] You're the weight and the weight of your body is not on you anymore.

Mesha [00:18:30] It's exactly. Yes, exactly. And it's like at the end of each session they would put us on floaties and have us go to the deep end and just like float.

Caraline [00:18:39] Hang out.

Mesha [00:18:42] And it was like a nice spinal decompression that I know it's kind of like hard to find for people. So if you whoever is listening, if you have to go to physical therapy, try to find or ask about aqua therapy.

Caraline [00:18:58] Yeah.

Mesha [00:18:59] Might be a lot easier on your body. And on the other side of that is this is also kind of costly, but floatation tanks, so. You know talking about the Epsom salts.

Caraline [00:19:15] Yes.

Skye [00:19:15] Yes.

Mesha [00:19:15] Yes. There's a place I would go for my birthday. I've gone like two years in a row from a book called Serene Dreams in Carney, New Jersey.

Caraline [00:19:26] Yeah.

Mesha [00:19:27] And they're like flotation tank in the shower in one big room. And I. I mean, it's nice. It's really good. But if you're claustrophobic and if you're just claustrophobic, it could get a little stressful. And it definitely had a lot of anxiety. Felt like I was I don't know, I thought I was going to die in there.

Caraline [00:19:49] Makes sense.

Skye [00:19:49] It does kind of.

Caraline [00:19:50] You're like in a big pod.

Mesha [00:19:54] Yeah.

Skye [00:19:54] Yeah, it's a little eerie.

Caraline [00:19:55] No, I'm totally on the same page with aqua therapy. And too, if you're if you don't look for a physical therapist, because my thing with physical therapy is like once you show me the things once, bye. Like, I'll go do it by myself. Like, I don't need to keep paying you. So sorry. Physical therapists. I know you hate me. It's fine, I'll accept it, but I have a gym that has a warm therapy pool because they actually have a physical therapy office attached to it. But even in the regular pool, like if you have find a gym that has a pool, like go for it. And one of my favorite exercises to do in the pool is like ballet, like doing tendus and doing like leg lifts and plies because it's ballet already is such a good exercise. And doing it underwater with the resistance is like so good for you. But it doesn't it's just as not as harsh as doing it on land. And I get so much better when I doing it in the water and I don't feel like I'm like an elephant flapping my feet on the ground.

Mesha [00:20:59] An elephant.

Caraline [00:21:00] Yeah, I'm on I'm on the aqua therapy choo choo train. But I want to mention some technology that I've used. So I've used an app called Curable for a while, not consistently as as as consistently as I would like to. But what I like about that app is, first of all, they have a podcast you can listen to in conjunction with it. And even if you don't

use the app for sure, listen to the podcast. It's called Like Mind Like Body. And it's the same person who talks on the app, which her voice is super soothing, and she interviews a bunch of different doctors and therapists and all these different people. And it's a really good podcast to listen to. But basically in the app, you open it up and you have choices. So I love that because depending on how you feel during the day, maybe you don't want to do a really hard writing prompt that's going to ask you about why your dad is like the enemy number one, which happens. So just be prepared. But basically you can choose from writing prompts. You can choose that education. So learning about why your brain does the things it does when you have chronic pain, you can do brain training. So learning different coping mechanisms for having chronic pain and stuff like that, I think there's another one, too. But it's not coming to the top of my head right now. But I like having options. It's so nice.

Skye [00:22:26] Yeah.

Caraline [00:22:26] Because. It's hard just to do the same thing all the time, so at least if you have the choice, I mean, we've talked about this before. We already have such little control over most of those aspects of our life. So it's nice to have some control over that. But the the writing prompts have been so helpful to me. And I went and got a notebook that I used specifically for when I use this app and it goes away when I'm not using it and no one else sees it because I think I've definitely talked about before, like journal speak and how important it is to just let it all out in those journals. Because when you're holding back, it's not helping anyone, especially you. So I have a physical journal for that. Like I said, goes away when I'm not using it. But it has definitely helped me work through a lot of childhood traumas, a lot of recent traumas, and even even just regular stuff that isn't traumatic, but it definitely adds to the amount of pain you can be in. So that's when I really liked I also have been getting into biofeedback more. So I actually use a heart rate variability app which helps me maintain my breathing patterns because I'm not typically a deep breather. I take really short shallow breaths. And learning more to take breaths through your diaphragm and not your chest, things like that. But it's it gives you a visual representation of where your breathing patterns are at and how you can slow them down. So those two are super helpful.

Mesha [00:23:59] Yeah. Just started using Curable.

Caraline [00:24:02] Yay!

Mesha [00:24:03] This a couple of days ago. I was going to tell you what I was going to give it some more time to feel it out.

Caraline [00:24:09] Yeah.

Mesha [00:24:09] But, definitely like it so far.

Caraline [00:24:12] Therapy is hard in itself, but even just getting to find a therapist is like bleh. So I think these kind of apps are a really great place to start to just get yourself in the mode of, like, what therapy looks like. So I would definitely recommend Curable and hopefully I can soon recommend the app that I'm beta testing. But did anyone else have any more recommendations?

Skye [00:24:38] I guess my last thing that I found in the last few months that have been really helpful is compression.

Caraline [00:24:44] Oh, yeah.

Skye [00:24:46] And that might also be for the POTS. But I also noticed that when I use compression, a lot of my pain goes away. So I wear I'll wear Spanx under everything.

Caraline [00:24:56] Yeah.

Skye [00:24:56] And people are like, you don't need to worry Spanx. You're skinny. And I'm like, it's not for that one. Yes, I love when my waist looks snatched but like it helps so much. I think just like the added extra support in my abdomen and in my back makes everything so much better. So I think I've got a two pack. There's like a black and tan pair off Amazon for like sixteen dollars to me. And then I went on Shein and got a few from there. So they also have some really comfortable ones and they're mainly just shapewear. But since they're tighter in the stomach, like that's what gives you the support. I have had difficulty finding good compression socks because. Some of the people Fibro know that we are very sensitive to specific materials and a lot of times compression socks are made out of poopy material that itch and feel like.

Caraline [00:25:49] It's making my hands hurt right now, just thinking about putting them on because how it feels on my fingernails.

Skye [00:25:55] Yeah.

Mesha [00:25:55] Yeah.

Skye [00:25:56] And it just feels like it's like cutting your skin or just like rubbing like the edge of cardboard.

Caraline [00:26:02] Yeah. It's not soft.

Skye [00:26:04] It is not. So I found a pair recently that are tolerable. I mainly got them for the last time I flew to Jersey because whenever I fly on my legs oh my goodness, they hurt so bad. But on planes, compression socks and spanx.

Caraline [00:26:25] Oh we flying high baby.

Skye [00:26:28] Yeah, I felt much better. I made a significant difference. So yeah. Spanx. Well, I mean, it's why its Spanx are one of those things where that's the brand name.

Caraline [00:26:41] Like Band-aids.

Skye [00:26:43] Name of the product. Compression undergarments.

Caraline [00:26:48] Yes, I agree. But I feel on the same page with the material, so if you have any idea if our listeners have any good recommendations for soft, not crunchy, not that it's crunchy, I can't even, like, describe it just blech.

Skye [00:27:07] And they're ugly. Most of times they're ugly or they have, like, little heartbeats on it. And I don't want to be reminded, bro, just make them black or they'll be like black with, like lines and stripes. And sometimes that's fine. But I just want black socks.

Caraline [00:27:25] Yes.

Skye [00:27:25] Just black. They don't need to have, like pawprints, rainbow pawprints. You know, just. Oh, the ugly. I'm going to make my own brand.

Caraline [00:27:38] Yes. It'll be on our merch line. Fibro Friends compression socks. Cute!

Skye [00:27:47] Trademark! Nobody can take our idea now.

Caraline [00:27:50] Mesha, did you have any more recs?

Mesha [00:27:55] I just started literally like three days ago. Aside from, like, using Curable. So I've been kind of like kind of cleaning out my phone. I have a whole bunch of random apps and I saw that I had this family of apps from this company called Down Dog. My physical therapist from last year told me about it. And it's the four of them that I have, the meditation, yoga. I think it's called barre.

Caraline [00:28:27] Yeah barre, yeah.

Mesha [00:28:28] And the HIIT. I've I've been meditating again to help me go to sleep last night and then this morning I did want to. I guess not be stressed in. I did I did some more yoga, and I just love apps like these that really have a whole host of options for you, because like these apps in particular, allegedly, there's like fifty thousand different combinations you can choose from when you're doing whatever you're doing.

Caraline [00:29:08] Cool.

[00:29:09] You can choose from different voices, lengths for the exercise apps. I haven't started yet. I'm still a little scared. But you can choose between different intensity. Like if you're like a zero level, like, I don't know what this is, I can go with my arm and it's like very it seems like it's very accessible to a lot of options for if you need to sit down or you're not near equipment, you just have your body as the equipment.

Caraline [00:29:45] We love non-ablelist exercise apps.

Mesha [00:29:50] Exactly. So that.

Skye [00:29:51] A gem.

Caraline [00:29:52] That's awesome.

Mesha [00:29:54] Oh, and they have one for prenatal yoga too.

Caraline [00:29:57] Awe cutie.

Skye [00:29:57] That's awesome.

Caraline [00:29:59] For all our pregnant Fibro Friends, which God bless you, bless your heart in the heart of the little one in ya.

Skye [00:30:10] I've had a, I don't know if I've I never said this, but I've had doctors tell me to get pregnant.

Caraline [00:30:15] Yes!

Mesha [00:30:15] Yeah, totally.

Skye [00:30:15] Have we talked about this?

Caraline [00:30:17] Yes, I talked about this last week.

Mesha [00:30:19] Ridiculous.

Caraline [00:30:20] Stop saying that doctors. It's not funny.

Skye [00:30:24] That was a man too. He was like, oh well if you get pregnant then. And I'm like no, because I then I'm going to give birth. I'm going to go into a huge flare. And now I got to not only take care of myself, but now I have a newborn. No!

Caraline [00:30:36] They're dumb.

Mesha [00:30:37] Yes.

Caraline [00:30:39] Oi. Well, those are our favorite recommendations. But please, please, please, if you all listening have anything, even if it's something we mentioned and you want to be like me too. Me too. I love it. Send us an email. Like I said, fibrofriendspod@fibro.org or leave us a voicemail. We love hearing you guys. Please.

Skye [00:31:01] Love it.

Caraline [00:31:01] Send us a voicemail telling all your favorite things and maybe we can create like some master list that we can share. I think that would be fun and I always think it's great. I mean, that's why I thought this would be a good topic to talk about, because it's just so interesting to hear everyone's favorites. And your favorite might be medication. Your favorite might be an exercise. Like I just think having a big list of things to choose from is nice to have, because I think going on the Internet and reading recommendations from people you don't really like, know or like you don't know, their story is a little daunting. So we'll make a non-scary list and you can feel comfortable trying the things that we've tried. And if you don't take you do you boo because everyone is different.

Skye [00:31:47] And we read every single email.

Caraline [00:31:49] Yes, we do.

Skye [00:31:50] Every single email that all of you send us, we all forward them to each other. So we all read every single message. And I will tell you, that is one of my favorite

things to open my email to. It's oh my goodness, I'll be like, oh, new message from somebody. And it makes my life.

Caraline [00:32:07] Yes, we love it.

Skye [00:32:10] Just send us messages.

Caraline [00:32:10] Yes, please. All right. You want to get on to our Tender Points and Visible Victories?

Skye [00:32:13] Let's party.

Mesha [00:32:13] Yeah.

Caraline [00:32:13] OK, I'll go first this time.

Skye [00:32:18] Yes.

Caraline [00:32:19] So I don't know if you have ever heard of the vagus nerve.

Mesha [00:32:26] Yes.

Skye [00:32:26] Yep.

Caraline [00:32:26] Why isn't why is no one else talking about this? Because the amount of research.

Skye [00:32:30] I just had this conversation yesterday.

Caraline [00:32:32] What the hell we've been missing out on like the core piece of the puzzle! Because I was just talking about last week, I was like, it must be my autonomic nervous system, which it is. But listen, your vagus nerve is the big old nerve that runs through the whole body and connects to all your organ systems and does most of the work. So if that's messed up, you're going to have problems. And I was looking through all this research and literally the the every symptom, like every syndrome, every disease, every chronic illness I have, it stems from the vagus nerve.

Skye [00:33:08] Relates.

Caraline [00:33:08] One hundred percent.

Mesha [00:33:09] Wow.

Caraline [00:33:10] So I'm hopefully getting into that pain clinic I talked about in getting a neurologist there and hopefully they can help. But until then, there are so many simple things you can do to stimulate your vagus nerve that you do every day. So one of them I'm doing right now talking is like one of the best things you can do, especially I've heard if you do it in a soft and peaceful tone, it actually helps your vagus nerve be stimulated, but even even humming or singing or gargling water. But actually, it's funny because. Before I even went to research about it, a girl on TikTok was saying that when she gets panic attacks, she puts a cold ice pack on her chest because it stimulates the vagus nerve and turns the

fight or flight. And I was like, oh, cool, I'll save that, which I did. But then I did more research. I was like, that makes so much sense because they tell you to splash cold water on your face, turn on the cold water at the end of your shower. There's just so many little things you can do. But heart rate variability was one of them. So that's why I've gotten more into that and channeling my breathing and making sure that it's slowed and and deeper. But yeah, that's been like I'm very mad that, like in all the ten years I've talked to doctors, like not one person has brought that up.

Caraline [00:34:31] Yep.

Mesha [00:34:31] Dang.

Caraline [00:34:31] They're just like you have Fibromyalgia the end.

Mesha [00:34:34] Bye.

Caraline [00:34:35] And you're like, well, there's got to be a reason I have it, so.

Skye [00:34:38] Yeah.

Caraline [00:34:39] Good job, Dr. Caraline.

Skye [00:34:44] Caraline Shedd, PHD, MD, DO.

Caraline [00:34:46] And it's sad because it's like I shouldn't have had to wait this long to know about it, like.

Mesha [00:34:53] Nope.

Caraline [00:34:53] And it's like, I don't know the whole like I know what my body is and I know where things are generally, but it's like no one brings up the most important pieces because they don't want to care to look into them. So I'm going to make them important and I'm going to make them known. But so that's why Visible Victory is learning about the vagus nerve exciting. My Tender Point is dumb, but I'm going to say because that's what it is, I got sunburnt today.

Skye [00:35:22] Ooh.

Caraline [00:35:24] And it looks like I got shot in the middle of my head, like there could not be a more perfectly centered in my head, zit, than the one that's on my forehead right now. But it's OK. It'll go away. It's only temporary, you know, we move on. But that's my Tender Point.

Skye [00:35:41] Stil tender.

Mesha [00:35:43] So Visible Victory. I'm kind of I don't know how I feel about it. I'm a little scared I guess. Apparently I got approved for a study.

Caraline [00:35:56] Oh yeah.

Mesha [00:35:57] Fibromyalgia study.

Caraline [00:35:58] Exciting.

Mesha [00:35:59] That's all I'm going to say.

Skye [00:36:00] Ooh.

Mesha [00:36:01] Yeah. And I'm like sure I'll be a guinea pig for money at the same time. I'm like if things go wrong, what's going to happen.

Caraline [00:36:13] That's great.

Mesha [00:36:14] Yeah. Especially since I'm losing my health insurance within a month.

Skye [00:36:19] Ooh.

Mesha [00:36:20] Yeah. The study is it's starting in late October, so we'll see if I decide to go through with it.

Skye [00:36:29] Yeah.

Mesha [00:36:30] But yeah that, that'll be very interesting. Maybe I can be a part of something that'll be really helpful for us.

Caraline [00:36:38] Yes, that's exactly what I think I was going to say. Even though it's for money, like we're helping move research forward no matter what it is. Research is research and it's about what we have. So I think, yeah, do it, do it, to it.

Mesha [00:36:54] Do it, to it. And a Tender Point like this, my back pain has gotten worse again, like I have had this not on the left side of my back the and back for years off and on, but had physical therapy for it to get better then get worse again. And these last couple of days I've just been overexerting myself and it came back with a vengeance and it just it hurts so bad because. Then put it in the bed for. Well, just today, everyone knows what to say for the last two days, like no one at seen brain is just not working. But this, that and apparently I found out that I have a tiny fibroid, my uterus.

Caraline [00:37:47] Dang.

Mesha [00:37:49] Yeah, I had an ultrasound a couple of days ago to see if I still had a small cyst in my ovary from that was found when I had my kidney infection in August from a CAT scan.

Caraline [00:38:06] Yeah.

Mesha [00:38:07] So I was freaking out about that.

Caraline [00:38:08] It's good that they caught that though.

Mesha [00:38:09] It was just tiny.

Caraline [00:38:10] Yeah.

Mesha [00:38:10] Yeah. So it was little, tiny little thing to worry about. It usually goes away. So then Joanne in college said, oh yeah, you know, the sisters go and you know, you're just almost perfect, but you just have a teeny, teeny, tiny little fibroid. But it's OK. Those are just they're not always eating them. And I'm like, I don't want that in me.

Caraline [00:38:32] Yeah, that's scary.

Mesha [00:38:34] Now now I'm like, nervous because I don't want I don't want it to grow and multiply because I already have enough. I probably don't need any more things happening. I don't need it. Yeah. that's that.

Caraline [00:38:50] Oh man but yes. I hope it is magically disappears or stays the same size.

Mesha [00:38:57] Thank you.

Skye [00:38:58] Yeah.

Caraline [00:38:59] Oh my God. Skye, what about you.

Skye [00:39:02] Well relating to Mesha I guess my victory and my Tender Point is this, they're the same situation. So last Thursday I was diagnosed with Endometriosis after fighting for five years to try and get a diagnosis like actively five years. And this was my eighth doctor that I've seen and a lot of it was just being dismissed out of my pain or then being like, oh, you know, like you have you have a small cyst, but it's nothing to worry about. It'll go away, whatever. I even had surgery in twenty eighteen to see if I had anything in. My doctor is like, oh well your uterus in pristine condition. But finding out that Endometriosis can be so small and so microscopic that even if he did go in and look, it could still be in there, just not visible to his eye. So now I'm I'm starting to learn more about it. So I'm I'm happy. And it is a victory that I finally had a doctor to listen to me. She is a young woman who is fresh out of med school.

Caraline [00:40:18] We love it.

Mesha [00:40:19] We love it.

Skye [00:40:20] I think it's another reason why she was like you know being diagnosed at your age is more prevalent. And I was like, yeah, because they weren't going to diagnose me when I was 19 years old. Or, you know, I've I've had issues since I got my period at 13. So for the last 11 years, I have constantly gone to the gynecologist with different problems. They weren't going to diagnose a 15 year old, 16, 17 year old with this. So now that I'm twenty four, though, it's very common for your age to now be diagnosed because we fought for so long. And you're the eighth doctor that I've seen to try and listen to me and to listen to my pain. But with her really only took talking to her and telling her everything that I've been through for her to be like, yeah, this is we're going to we're going to treat you for it.

Mesha [00:41:11] Good.

Caraline [00:41:11] Yay!

Skye [00:41:11] So happy about it.

Mesha [00:41:13] Yeah.

Skye [00:41:14] Grieving, going through the grief process a little bit about, you know, this is a diagnosis that can affect things in the future. But if you also have Endometriosis and you have any tips, please email us. Message me. I would love to hear your information, what you've been through, because I know that could possibly help me kind of decide where to go from here because they could possibly put me on a very new medication that doesn't have a lot of research on it yet. So I would be a guinea pig in that way. Or I can go to a specialist and keep searching. So I'm I'm a little stuck at the moment as well.

Mesha [00:41:54] Yeah. Oh.

Skye [00:41:56] But progress.

Mesha [00:41:57] Yeah. I have a small tip. Yes. As I've adenomyosis, which is kind of like the inverse of endo. It's like when the uterine tissue goes into the walls of the uterus. Oh. Like endometriosis when it goes outside I'm not mistaken.

Caraline [00:42:16] Oh wow. Yeah.

Mesha [00:42:17] OK, yeah. Someone told me about I don't know if you drink tea at all but I'm a raspberry leaf. Tea is supposed to be really good for cramps and things like that. And I was like, you don't really believe that whatever. But I recently became a tea person and I started drinking the raspberry leaf t during my cycle because it shows up randomly so I can't prepare, but.

Skye [00:42:46] You never know. You.

Mesha [00:42:46] Never know! It was a surprise it actually helped the pain relief.

Skye [00:42:53] Ooh.

Caraline [00:42:53] Yay!

Mesha [00:42:54] I was in shock. Yeah, raspberry leaf tea. Yeah.

Skye [00:43:00] OK.

Mesha [00:43:00] That's what.

Skye [00:43:01] I yeah, I'm not a coffee person. I'm 100 percent a tea person. Like when I go to Starbucks iced green tea lemonade. I'm a I love green tea, Gold Peak green tea superior. But now I know raspberry leaf tea.

Caraline [00:43:14] Yeah.

Skye [00:43:15] I might have to go get me some tonight.

Caraline [00:43:17] Yes. I love it. That's good. Yay. That Mesha you found something you like and that hopefully Skye.

Skye [00:43:23] Yes.

Mesha [00:43:24] Yeah.

Caraline [00:43:25] It'll rock your world.

Skye [00:43:25] I will let you know.

Caraline [00:43:26] Yeah.

Mesha [00:43:27] Please do.

Caraline [00:43:31] We love it. Well thank you everybody for joining us for another episode. And we're very excited that anyone shows up and listens and especially you who's listening right now. Yes, you. You're special. We love you and we'll see you next time. Goodbye.

Mesha [00:43:48] Goodbye.

Skye [00:43:49] Bye!