

FF S4 Ep. 1.mp3

Caraline [00:00:00] Hello, everybody, and welcome back to another season of your favorite Fibromyalgia podcast. It's Fibro Friends. Woo woo!

Mesha [00:00:10] Yay!

Caraline [00:00:11] It's season four, how are we a season four already, we started this literally last March.

Mesha [00:00:20] Oh my goodness.

Caraline [00:00:22] It's confusing to me.

Mesha [00:00:22] Blows my mind.

Caraline [00:00:24] But to introduce your hosts, I'm one of them. My name's Caraline. I also have Mesha.

Mesha [00:00:30] Hello!

Caraline [00:00:30] And Skye.

Skye [00:00:30] Hello!

Caraline [00:00:32] But we're back. We're excited to be back. I'm so happy to be here.

Mesha [00:00:36] I'm happy to be here. I'm laying down because it hurts to sit up.

Caraline [00:00:42] Yeah if you ever wonder why we don't share the video version of our podcast, you should see sometimes what positions we're in.

Mesha [00:00:49] Yeah, yeah.

Caraline [00:00:51] Because you have to do what you have to do to get the job done and we're doing it for you. So we're gonna do what we need.

Skye [00:00:59] We're not the fanciest on this show.

Caraline [00:01:00] No.

Mesha [00:01:01] No, nope.

Caraline [00:01:02] I currently have a towel wrapped around my head because you can see me. But now you know what I look like.

Mesha [00:01:10] Half the time I'm like in the dark because I forget to turn the light on.

Caraline [00:01:15] Yes, and we do this. We share our podcast on Anchor and Anchor, so generously shares it with all the other platforms. But they had just announced that they

were doing video versions like you could share video on Spotify. I was like, thank you, but no.

Skye [00:01:30] Thank you next.

Caraline [00:01:31] And you see in our faces now that what do you more do you need than the pictures from the gala? You know what we look like we were all together in the same room, the end. We'll eventually get together again.

Skye [00:01:43] Picture us as that.

Caraline [00:01:45] We always look like that.

Mesha [00:01:48] Oh, yeah.

Skye [00:01:49] All the time.

Caraline [00:01:50] No, honestly. Like if you could see us, that's like the realest real of Fibromyalgia you could ever get, but.

Mesha [00:01:54] Oh.

Caraline [00:01:55] You're not gonna so sorry. But anyways, yeah, we've been on like a little over a month and a half break, and honestly, it's been great.

Mesha [00:02:07] Yeah.

Caraline [00:02:08] As much as I miss doing the podcast. We need to take care of our mental health, and I feel in a good space to start up again, so.

Mesha [00:02:19] Yes, same.

Skye [00:02:21] Everybody needs a break sometimes.

Mesha [00:02:23] Exactly.

Caraline [00:02:24] Yes.

Skye [00:02:25] So true.

Caraline [00:02:26] So we figured to kick off the season and this episode, we kind of just like chat about what we've been up to. Anything super exciting happen to anybody?

Mesha [00:02:40] I got COVID.

Caraline [00:02:40] Womp womp.

Mesha [00:02:46] Boo!

Caraline [00:02:46] But helpful in the fact that now we have a platform to talk about it and it's going to be more personal. I just went home to visit my family that has seen in a long

time and I didn't really make any plans. Every day I woke up, I was like, What are we doing today? And I was so much less stressed than I've ever been going home. So I'm really proud of myself for making strides in those areas of not being so anal about what I'm doing every day. I was just like like it is what it is. Tell me when breakfast is.

Mesha [00:03:24] Right, feed me and I'm happy. I know that.

Skye [00:03:28] I've been trying really hard to plan out. The big events of my next year, so like I can mentally and physically and mentally prepare for all of them. And as stressful as that has been, it's also really nice to be able to look at a calendar and say, Hey, this is where I'm going to be seven months from now, so.

Caraline [00:03:51] Get it together.

Skye [00:03:51] Schedule accordingly.

Mesha [00:03:54] Right.

Skye [00:03:54] Now, like traveling takes a lot out of you.

Caraline [00:03:58] Yeah.

Skye [00:04:00] It is just a lot, especially being on a plane.

Caraline [00:04:03] Yes.

Skye [00:04:04] And the changes in the air pressure and the temperature.

Mesha [00:04:07] Yeah.

Skye [00:04:08] I'm kind of I'm kind of entering a flare up right now, one worse than I. I've been in a little while and I think it's just due to traveling. And, you know, being in Florida right now are we're experiencing our winter. So it's a little bit cooler out when it gets really chilly during the day, it's hot. So it's just the temperature is constantly changing so much. And I'm very sensitive to temperature. So it's it's a good thing. You know, I like Florida winters, but at the same time, it can be super difficult.

Mesha [00:04:41] Yeah, wow.

Caraline [00:04:43] That's definitely something I know I don't talk about a lot as far as Fibro, but temperature regulation is actually one of the biggest things that comes with Fibro like.

Mesha [00:04:54] Yeah.

Caraline [00:04:54] Regardless of like being sensitive to the what it is outside like, I get laughed at because I have a blanket on me, whether it's two degrees inside, outside or 90 degrees inside outside, it's because one second I'm blazing hot and I can just whip it off in the other side. It's like the tundra, like my body does not know what to do with anything.

Mesha [00:05:18] No.

Caraline [00:05:19] You think it's going to know how to be what temperature it's supposed to be? No.

Skye [00:05:24] Yeah, that's another thing I've been struggling with is just regulating body temperature. I'm the same way. I'm always cold so if I'm hot. You know, it's a problem.

Caraline [00:05:34] Right.

Skye [00:05:34] Oh yeah, You know, it has to be sweltering hot in that place if I'm hot.

Caraline [00:05:38] Yeah.

Mesha [00:05:39] It's it's weird for me because like, I'm also always cold, but. It's really easy for me to get hot, too, and I sweat a lot and it's really annoying. So it's like in the wintertime, like, I really I dread actually being outside in the winter because I'm freezing, right? So I layer up. But if I if I have to like, rush somewhere or I'm doing too much or from inside somewhere where it's hot and I'm sweating.

Caraline [00:06:09] Yeah.

Mesha [00:06:10] And now have all this sweat and then I go outside and it's cold and it's like.

Caraline [00:06:14] Yes.

Mesha [00:06:14] I'm going to get sick now, so.

Caraline [00:06:17] That's how it was like on the plane, like I dressed for being in an airport, so I'm like, I have a cold, but I don't need to wear it, but I have it if I need it. But unfortunately, there was like a little delay with my second flight and there was no place to sit. And when I mean no place, meaning like people do not want you sitting in the empty seat next to them. Which screw you, I'm going to pass out if I don't sit down, but whatever. And it was like a little bit. They kept getting delayed and delayed. And so by the point that I was like, I'm not feeling very good, we were boarding the plane. So I was like, well, at least get to sit down. But then you sit down and you're like, Now I'm stuck in this plane for an hour and a half. And it's just like so much at one time, like and I'm always like, I'll be fine until I'm not like, but especially with like, I didn't think I was going to have enough time to get anything to eat or drink, but I was like, I'll get something on the plane. And then I did end up having time, but not really. And then I was too afraid to take off my mask on the on the plane. So I was like, It's fine, I'll just wait and the second like that. The wheels hit the ground at my hometown airport. I started having like a mast cell flare up, I think due to stress and so under my mask, I'm starting to like flush like extremely bad. And I was having like a heart like murmurs. All of a sudden I'm on heart medication, so it shouldn't be happening. But I was just like, Get me off this plane. It was awful.

Mesha [00:07:51] Yeah. Oh, sorry about that. That does sound horrible.

Caraline [00:07:54] And it was just going home too I was fine going to New York, but,.

Mesha [00:07:58] Jeeze.

Caraline [00:07:59] It just everything ends up like piling on top of each other. So it was like, Oh, I could have gotten a drink and I did it and I could have just asked that person for a drink. They offered me a beverage and I chose not to take it, but I'm like, I'm not just doing it because I'm like being stubborn and I don't want to drink anything. I'm like sitting right next to somebody. I don't know where they've been or who they've been around.

Mesha [00:08:22] Yeah, exactly. Like, I don't know where you've been.

Caraline [00:08:26] Who have you been seeing? You might have germs, yuck.

Mesha [00:08:27] Cooties! Yeah.

Caraline [00:08:30] But yeah, so I mean, I'm excited to talk about it, not that it's exciting to talk about a global pandemic. But like I said, we've been wanting to talk about COVID and just never knew when the right time was. And then Mesha got COVID. So now we have an in.

Skye [00:08:45] To me, one of the weirdest things about COVID is just how it affects everybody differently.

Caraline [00:08:50] Yes.

Mesha [00:08:51] Yeah.

Skye [00:08:52] And that's something I've realized lately. You know, I am very lucky. I've been OK the last almost two years.

Caraline [00:09:01] Yeah, isn't that weird?

Skye [00:09:01] I hate saying that.

Caraline [00:09:03] Yeah.

Skye [00:09:03] It just does not feel that long, but it does. At the same time, I'm lucky that I've been OK. A few months ago, Hunter got it. My boyfriend, Hunter and you know, we sleep in the same bed. And it was the day before I left for some trip, so I was freaking out.

Caraline [00:09:23] Right.

Skye [00:09:24] I tested negative. I was OK. I left. By the time I came back, a few days later, he was negative. We were totally fine.

Mesha [00:09:32] OK.

Skye [00:09:32] And now him and I both got tested yesterday. We're both negative again, but everyone we've been around in the last three days has tested positive.

Caraline [00:09:42] Yes.

Mesha [00:09:43] Oof.

Caraline [00:09:43] And this is the variant that's like. No one, not no one, but it's so much harder to know, and not just for people who don't have chronic illness, but especially for people who have chronic illness, at least in the beginning of COVID, there would be hallmark symptoms that you'd be like, I don't have this with Fibromyalgia now even more than ever have I said, I feel these things every day.

Mesha [00:10:12] Every day.

Caraline [00:10:13] How am I supposed to know the difference?

Mesha [00:10:15] Exactly.

Skye [00:10:16] Yeah.

Caraline [00:10:16] It was. And that's why it was literally having a meltdown in the car, coming home with Andy because I just felt sick. And I think I might have been like giving myself anxiety and making it worse about it. But like the fear of like getting him sick or getting anybody else sick, especially because I was at home with like my grandma, my mom and it would like that would kill me more than me being sick. I could whatever get through it. But like the possibility of getting people I love sick is like, you know, traumatizing.

Mesha [00:10:47] Sacry.

Skye [00:10:47] Same, same.

Mesha [00:10:47] Same here.

Caraline [00:10:47] So I'm like just the literal anxiety of thinking that you could have it has I think for me gotten worse, especially with the Omicron variant, which I keep trying to remember. That's Omicron and not Omrron, because that's the TENS unit I have.

Mesha [00:11:06] Oh, okay goodness.

Skye [00:11:07] And it's not Omarion.

Mesha [00:11:09] And I was about to say that, you know.

Skye [00:11:10] The celebrity.

Caraline [00:11:12] He had to make a video about it, he's like I'm not COVID.

Mesha [00:11:18] Poor Omarion.

Skye [00:11:18] Yeah, just just knowing we've been around multiple people, four of them confirmed that are positive.

Caraline [00:11:26] Yeah.

Skye [00:11:26] And him and I are negative. I'm very thankful, but it just makes. My it just makes no sense to me in regards to my immune system because on paper, I'm immunocompromised because of of other medical factors, not including Fibro and. I just think it just leaves a bigger question in my head like, OK, well, what is wrong with me? Is my immune system stronger than I thought? Or no, am I just safe and lucky?

Caraline [00:12:00] Yeah. It's very confusing.

Skye [00:12:01] It makes no sense to me at all.

Mesha [00:12:03] Yeah. And I feel that, you know, so I'll tell you guys what happened.

Caraline [00:12:08] Spill the tea!

Mesha [00:12:10] Spill the tea. So. This all ties back. To December 15, and I'll try to make this short. So I picked up a canvassing job I had to stand in like a place for like four hours to hand out pamphlets. And it was a really high paying job, and I was like, OK, this is great, I could do this for a term being and it's only four hours a day. And yeah, it's going to continue to do it or whatever. I only did it that one day on 15th on that was on Wednesday. Ended up having to go back a few days later on, like the Sunday and Monday. And on the Monday, I was outside talking for five hours, of course, masked up. I made a purpose to not drink any water because I was like, I don't want to use these public bathrooms. And also, I don't want to take my mask off. So halfway through my shift, my throat started getting like a little tingling. I'm like, Oh, that's probably just because I'm dehydrated. I'm talking a lot. It's cold outside and my nose is like runny and sniffly. But I was like, OK, well, that's literally every day of my life. Because my allergies.

Caraline [00:13:40] Yep.

Mesha [00:13:41] So I'm like, This is fine.

Caraline [00:13:45] Everything's fine. It's that meme where the rooms on fire.

Mesha [00:13:47] It's the meme exactly.

Skye [00:13:49] Yes.

Mesha [00:13:50] Exactly.

Caraline [00:13:50] This is fine.

Mesha [00:13:54] So I had scheduled myself already. This was December 21st just to go in to get a flu shot. And this was the day after my throat started feeling like ughh.

Caraline [00:14:08] Yeah.

Mesha [00:14:10] I went in and the nurse was like stressing like, Are you sure? Are you OK? Are you not? You're not sick, right? Because if you get the flu shot and you're sick, you're going to feel like crap. I'm like, I'm fine. I mean, I don't feel well, but I never feel well, so.

Skye [00:14:26] Right? What's the difference?

Caraline [00:14:27] Right.

Mesha [00:14:27] Exactly. Like, please, I'm begging for this flu shot because as we know now, there's what you call flu. Fluvid.

Caraline [00:14:36] Yeah.

Mesha [00:14:37] We're not going to talk about that. So. So. Ended up that night that Tuesday night, the 21st feeling kind of worse. And then the next day, the two days after that, I was feeling horrible, like severe congestion, coughing, sneezing, sore throat, low grade fever, ninety nine. And I was like, Well, I don't know what's happening. I went to go get a COVID test the day after, which is like the 23rd. I still don't have those results. It's January 5th as we speak.

Caraline [00:15:17] Slow moving.

Mesha [00:15:18] Yeah. So I'm like, OK, I don't know what's going on. Fast forward to Sunday. I think the 26th the day after Christmas, I ended up accidentally eating some food that was contaminated with shrimp and gave myself a very severe allergy attack. I went into anaphylaxis for the first time in my life. My chest, my chest completely tightened up for like a really horrible asthma attack. Upper abdomen was in so much pain. So I I went to the E.R. overnight and I also begged for a COVID test because I told them what happened to me before. And next day I got the results back, said I have COVID.

Caraline [00:16:09] And that's when we said a shrimp gave you COVID.

Mesha [00:16:12] Exactly.

Skye [00:16:14] Right, yes. It was the shrimp's fault.

Caraline [00:16:19] We blame the shrimp.

Mesha [00:16:19] Blame the shrimp. I do too. But the the scary thing was the doctor had told me, she said it was a chance that if I was COVID positive, which we only had just did the test, if I was COVID positive, I'm actually dealing with both COVID symptoms. That I still I still have an allergic reaction. So it's like my system was like.

Caraline [00:16:45] What's happening?

Mesha [00:16:47] Yeah.

Caraline [00:16:47] When it's not like it's not already currently doing that.

Mesha [00:16:51] Right.

Skye [00:16:52] Right.

Mesha [00:16:53] And then it what made it worse is that my body was trying to work harder because I had the flu shot.

Caraline [00:16:59] Oh my God.

Mesha [00:17:01] Right?

Skye [00:17:02] Oh my Lord.

Caraline [00:17:04] You know the episode of SpongeBob where the all the little SpongeBobs are running around.

Skye [00:17:08] That's exactly what I was thinking!

Caraline [00:17:10] I'm pretty sure we've mentioned that before.

Skye [00:17:11] And everthing was like burning. Oh yeah, everything's burning and on fire and like ripping themselves in half because they don't know what to do.

Caraline [00:17:21] That is truly the series of unfortunate events.

Mesha [00:17:24] Literally. And I'm like, Whoa, I have to end this year with a bang, don't I?

Skye [00:17:30] Of course. Of course.

Mesha [00:17:32] Yeah. And then. As a so I was feeling OK over the New Year's Eve and New Year's Day. Then two days ago. Full on full blown Fibro flare slash post-viral syndrome, which is a term I learned today because I I set up a telehealth appointment with my doctor yesterday because the last two days I've been feeling like just excruciating pain from some sick, and I was really considering going back to the E.R., but I don't want to spend another 10 hours in there and expose myself more COVID. So doctors like you, you're probably dealing with post-viral syndrome and I'm like, Oh my god, what's that?

Caraline [00:18:21] Say what now?

Mesha [00:18:22] Yeah. So yeah, and it's like, you're still dealing with the, whatever you had, even though you might not be contagious anymore. So it's just a lot. So I say all that to say if you have Fibro and you end, up with COVID, of course, like we all know, things affect people differently. That's how that's what happened to me. It was just like a triple whammy of things.

Caraline [00:18:50] Yeah.

Mesha [00:18:52] But we also have to be wary of post-viral syndrome, a.k.a. a Fibro flare up on top of viral symptoms.

Caraline [00:19:02] Wow.

Mesha [00:19:03] So, yeah, so like when I Google post viral syndrome, guess what popped up? Chronic fatigue syndrome, so.

Caraline [00:19:11] And that's for like any virus too, not just COVID?

Mesha [00:19:13] Yeah, for yeah, for any virus it could be. You could deal with it if you have like a really bad cold, if you have the flu. So many things so. This is bad.

Skye [00:19:24] That's why a lot of people, yeah, a lot of people who had a virus end up getting POTS.

Caraline [00:19:30] Yeah!

Mesha [00:19:31] Yeah.

Skye [00:19:32] It's caused by virus because it's it's your autonomic nervous system trying to heal you take care of you and it's just malfunctioning.

Caraline [00:19:41] Yes.

Skye [00:19:42] Which is why a lot of people now post COVID and now they have long COVID.

Caraline [00:19:46] Yes.

Skye [00:19:46] Are being diagnosed with POTS.

Caraline [00:19:49] Mm hmm.

Mesha [00:19:49] Right.

Caraline [00:19:50] I think we've mentioned that and we've said, welcome to the club, unfortunately, but we're really cool club. So that's fine. Sorry, you're in this boat.

Skye [00:19:59] It's the cool kids club.

Mesha [00:20:00] We have THC cookies.

Caraline [00:20:02] But hopefully, maybe it's opening up some eyes to, Hey, this is real. We've lived through this for a long time. Lots of people have. And. Maybe it'll light some fire under someone's butt and figure out how to fix this. Maybe?

Mesha [00:20:17] Yeah.

Skye [00:20:17] Yeah.

Caraline [00:20:18] But yeah, and all to say like. Really like your runny nose and your cough like or all that stuff is like.

Mesha [00:20:32] Common.

Caraline [00:20:32] Yeah, common, and I've read everything that's come up about every variant that's like here's the symptoms, look out for I'm like got it. Check have it check feeling that right now, check doo doo doo I'm like what do you want me to do?

Mesha [00:20:48] Right.

Caraline [00:20:49] And I think that's why the anxiety has been higher, because not that I'm more susceptible to COVID than anybody else because I I don't think I technically am under the immunocompromised bubble. But I do have more anxiety because I'm like, I I've said a couple of times now like I could have totally had it once, twice multiple times now. I wouldn't have known I could have spread it to other people and just that literal thought of thinking that I could have given it to someone else is like so traumatizing.

Mesha [00:21:23] It's the worst.

Caraline [00:21:23] It's horrible.

Mesha [00:21:24] It is.

Mesha [00:21:25] Yeah. I was so scared of that.

Caraline [00:21:25] Because because you live in a life that normally you can't pass Fibromyalgia to other people, you can't give POTS to other people, what a great thing to be in for yourself and for other people that you love. And then this comes and you're just terrified all the time and that's not a fun life to live and I think we were we were getting to a point where we were comfortable going out and starting to do things again. But again, that was in like the summer time. And now that it's winter. And we have really like totally experienced what the give and take is, and now that it's surging, it's like no stay inside. I'm like, I need to go to something. Which is hard.

Mesha [00:22:13] I'm scared to leave the house again.

Caraline [00:22:15] I am especially and I think obviously we're just experiencing like flying for the first time during this. I mean, when I flew to the gala I feel like it wasn't as scary, but definitely with the surge, it was a lot more. Anxiety inducing with like they're not being any gaps between seats on the plane, and I literally just like shoved my I pick window on plane, I just put my face in the hole. Like stay away from me!

Mesha [00:22:39] Oh my goodness, right? I'm going to seal this off.

Caraline [00:22:42] I'll be in the bathroom the whole time. See everybody when we land.

Skye [00:22:47] I want to say, I think.

Mesha [00:22:49] Awe man.

Skye [00:22:49] I think people have to understand that the fear, you know, because people are like, Oh my God, it's fear mongering. Everything that's going on, you shouldn't be that scared. But I think for us specifically, the fear stems from the fact that we know what it's like to feel this way. We know what it's like to. We know what it's like to live with these symptoms every day of our lives, and we don't wish that on anyone else, which is where the fear comes from. Like we know, I don't want to give this to my mom, my grandparents, anyone I love. Why would I want them to go through what I go through, right? And when I got tested yesterday, I like pulled up to the doctor and I said, Hey, so I have POTS and Fibro, and she's like, Ooh.

Caraline [00:23:31] Thanks.

Skye [00:23:31] Right. And I was like, I don't know if I'm just in a really bad flare right now or if it's COVID. And she's like, or it's both. And I was like.

Caraline [00:23:42] You drive away with the middle finger up. Beep beep!

Mesha [00:23:45] Right thanks.

Skye [00:23:46] Yeah, thanks for that thought. Like even. But even by her reaction, she was like, Oh, OK, like the symptoms are similar, you know, OK, are you experiencing a flare up or is this actually COVID? And for us, we don't want our symptoms to get worse, so we don't want anyone else to live with what we have to live with and. You know, that's my boyfriend was like, Oh, well, you know, our friend has like fatigue right now and, you know, they're like having diarrhea and they're having all these terrible things. And I was like same.

Caraline [00:24:22] I feel that.

Skye [00:24:25] I was like same!

Caraline [00:24:25] That's a Tuesday.

Skye [00:24:26] Literally every day.

Mesha [00:24:28] That's a Tuesday, exactly.

Skye [00:24:28] Right, exactly. Like, that's just that's just a day in the life of me, OK? But to them, they're like suffering right now and and you know, you have to kind of put yourself in the mindset. I think we've talked about this before that what other people are going through is real and valid.

Mesha [00:24:48] Yeah.

Skye [00:24:49] Even if we're the ones that go through it.

Skye [00:24:51] Yeah, every day, you know, like it's to them, it's new and different and they don't know what's going on, just like how we felt in the beginning.

Caraline [00:24:59] Yeah.

Mesha [00:25:00] And still sometimes.

Caraline [00:25:02] Mm hmm. Yeah, for sure. And I constantly think of the interview we did with Abe and how he talked about how COVID seemingly attacks your weakest system. And so that makes me nervous for people because he was mentioning how he had a heart issue and he feels like he's had worse symptoms. So Meesha I'm I'm interested to see if you have any specific issues that kind of lag around.

Mesha [00:25:29] I don't know if you just saw my face, face freeze, for a good seven seconds, because that literally is what happened to me. Oh my god. Yeah, my lungs.

Caraline [00:25:41] Right!

Mesha [00:25:42] My lungs are my weakest system. I pretty much. I've been struggling to breathe for the last two weeks, two and a half weeks, however long it has been since, yeah, December 21st.

Skye [00:25:56] Right.

Mesha [00:25:59] I've had to use my because I have asthma too. And the thing is like, I recently started going back to a pulmonologist, which is an asthma doctor asthma specialists or I mean, yeah, they specialize in diseases of the lungs. So um, and I went through all the testing and he was like, Yeah, you, you have mild asthma or mild to moderate. Just make sure you take your your daily inhaler. So I was supposed to be taking it twice a day, morning and night, and I haven't been doing that and I haven't been able to partially because it's like insurance problems. Thanks, America, but.

Skye [00:26:45] I love it.

Mesha [00:26:46] But yeah, so. So I haven't had any medication and. All those things that makes total sense now as to why I've been doing with all the chest tightness, shortness of breath and coughing.

Skye [00:27:01] Sure.

Caraline [00:27:02] Yeah.

Mesha [00:27:02] Yeah. And then on the other side of it is like stomach of all had GI problems, stomach problems, and it's been bothered me again, so.

Caraline [00:27:11] Yeah, I thought of it because when I last talked to Milly, she recently had COVID as well and her and I were speaking about and she said that her worse, I'm sure she won't mind me sharing this. But she said her worst symptom was like the the brain fog. And she's she's had wondered, too, because I had mentioned what Abe had said and I was like, I wonder if it truly does attack your weakest system like it finds whatever. And I was like, I got a lot of weak systems that I don't think it know what to do with itself. Where could I? Oh, the choices.

Mesha [00:27:43] All the choices.

Skye [00:27:44] I guess it'll let you. It'll truly let you know what your weakest system is.

Caraline [00:27:48] Oh that's sad.

Skye [00:27:48] It's just kind of a toss up. I'm in the same boat. I'm like, Wow, would it be my brain fog? Because I've had four concussions.

Caraline [00:27:56] Right.

Skye [00:27:56] Would it be my stomach? Because, oh, that's rough too.

Caraline [00:27:59] Yeah.

Skye [00:27:59] Is it my heart on my heart medication? And you're kind of like going through and you're like, Well, is it my immune system, too? Because it very well could be that.

Caraline [00:28:07] COVID makes your body go through the Olympics.

Mesha [00:28:10] The Olympics.

Skye [00:28:10] Yes!

Mesha [00:28:12] It's like Russian roulette.

Skye [00:28:12] Oh, we win. I, I just genuinely think Mesha is is the Olympic winner of the last month because your body has been your body's been through so much and you're still showing up. And I think that is still something to celebrate because.

Mesha [00:28:29] Thank you.

Skye [00:28:30] It's it's rough out here, man.

Caraline [00:28:33] Because I swear you texted us one day that shrimp-gate happened and then like, I swear, it was like two hours later, you're like, oh, by the way I have COVID.

Skye [00:28:41] No you did not!

Mesha [00:28:41] Shrimp-gate.

Skye [00:28:45] Shrimp-gate happened.

Caraline [00:28:46] And I was like, No!

Mesha [00:28:50] I know. And it was, thank you, guys. I appreciate that. And I was just thinking about that, too, because last night was the inaugural, I guess, class of the new Fibromyalgia Care Society's Center of Excellence that I'm a part of. And I was like dying inside like it was so painful for me to just be.

Caraline [00:29:12] Present.

Mesha [00:29:13] To present. Yeah, like I wanted to, but I was excited. Like, we've been looking forward to this for years, like ever since I met Milly in 2017. Like, she's been talking about this and I'm like, this is exciting.

Caraline [00:29:28] Get it together, body, we're doing this.

Mesha [00:29:30] Right, right? And then like, last night, I'm I'm like struggling to even. Sit up. You know, like that's why I'm like laying down now. And I sort of did that last night, I realized, but it's it's tough, you know?

Caraline [00:29:46] Mm-hmm.

Mesha [00:29:47] It's tough.

Caraline [00:29:47] Yeah, and I also want to touch on the topic of how it ties into how we feel or have felt pre-COVID. And even now with the fact that so many of our symptoms are either stagnant or fluctuate and mimic symptoms of other conditions. And that's where it gets really finicky because. I have been labeled a hypochondriac before my life. And if I am the first one to if I think something is a little off than what I don't really feel like, you should see my Google search history. Why do I have a sugary taste in my mouth when I didn't eat sugar? Why?

Mesha [00:30:34] You have that too?

Caraline [00:30:35] Yeah, I still haven't figured out what that is.

Mesha [00:30:37] We have to text I'll have to text you about that.

Caraline [00:30:41] I'm just like, and the first sign of something that's not a consistent like symptom of Fibro or any of the other 12 million things I have. I'm like, What is this? Because it's it's scary. Anything that's not what my normal is to me is terrifying and.

Skye [00:30:59] Right.

Caraline [00:31:00] And even with, like most recently, I've gotten off a couple of my medications I've been on, which is awesome because not that I'm anti medication, I'm just anti being on things I don't need to be on. That doctors are just putting me on for funsies. So I just randomly had the urge to go through my medication list and just double check that nothing was overlapping because unlike coordinated care that the Center of Excellence is providing. My doctors don't really talk to each other. And yes, they're on MyChart, but I don't think they're always paying attention, and.

Skye [00:31:36] No, definitely not.

Caraline [00:31:38] I have a little mistrust of doctors. So it's like Doctor Caraline session is starting. So I went on and you can go on like I can't, but there's like you could literally just type in like RX.com or something like that, and you can look up your medications and get a lot of information about them because I'm pretty sure most people, when they get a new medication, unless the doctor has made it sound really scary and like, you have to pay attention to what you're doing people will just take it and they won't read it. So, for instance, when I started taking Omeprazole, you know that paper that's stapled to your prescription? Yeah, you should open it and read it because, Omeprazole in the paper that comes with it says you're not supposed to take it for more than two years at a time. I've been on it since I was 19.

Skye [00:32:24] Yeah.

Caraline [00:32:25] So.

Mesha [00:32:26] Damn.

Caraline [00:32:26] That's just one thing. But anyways, going through medications, the one I was concerned about was Desipramine, which I had been put on to help with my IBS symptoms. I had been on it for two years and my IBS was just as random as it had always been. It has no rhyme or reason. And so I did a little more research on it. Come to find out that it's actually an antidepressant that can also be used for IBS. But one of the main side effects of it is inappropriate sinus tachycardia. Well, guess who got diagnosed with inappropriate sinus tachycardia for about eight months after I started taking it? Mm hmm. This girl.

Mesha [00:33:09] That's horrible.

Caraline [00:33:11] So either that medication caused my heart problem or like brought it to light and made note of it, which.

Skye [00:33:21] Right.

Caraline [00:33:21] I can either be mad or be like, Well, at least I know I have a heart problem now, and my medication does help.

Skye [00:33:26] Made things like worse enough for you to recognize it.

Caraline [00:33:29] But here's the thing I wouldn't have know and didn't know it was a side effect because I had had random heart beat problems since I had Fibro.

Mesha [00:33:40] Yeah.

Caraline [00:33:41] So.

Skye [00:33:41] Right. You just thought it was normal?

Caraline [00:33:43] Yes. So I had a small mental breakdown because I was like, the I just pay doctors to keep me sick or make me sicker. Like, this is ridiculous. Like.

Skye [00:33:57] Welcome to America.

Caraline [00:33:58] And I had telehealth.

Mesha [00:34:00] Again.

Caraline [00:34:01] Appointment with that doctor who prescribed it to me to ask if I could get off of it. And I was like, Here's what happened. Like, what do you think about it? She's like, Well, you were only on the medication to treat the symptoms. It's not like actually like preventing further things from happening. It was just try to manage symptoms so you could totally get off of it. So I really didn't even need to be on it in the first place.

Mesha [00:34:19] What the? OK. OK.

Caraline [00:34:22] So now I'm down to like two real medications. I'm just on Omeprazole, because that one's going to take a little bit longer once I get my eating portion control under control, then I think I can taper off of that. And my Metoprolol for my heart, so that's good.

Mesha [00:34:44] Knock 'em down.

Caraline [00:34:45] But again, no wonder how to break down because all of this stuff is happening. And I just go through the realization of like, I'm 10 years into having Fibro for one and getting all these other diagnoses. And who knows if they're real or if they're just, hey, you checked two out of three boxes. I guess you have it like, I'm just going to start from scratch, I'm going to get rid of all the labels. I'm just gonna be Caraline for once. Sick Caraline.

Mesha [00:35:18] Sick Caraline.

Caraline [00:35:18] But like, let's just like erase everything on the paper, and we'll try again and see if we come up with the same answers.

Mesha [00:35:26] OK. Actually, I I got that. I dig that. I don't dig it because you're going through it, but I like that approach, honestly. At his point it sucks.

Skye [00:35:37] I will say that that was one of my resolutions for this year that I wrote down was to be on less medication or just less medication that I don't really have to be on. Because, like you said, like I remember years ago, I think I was put on. It might have been Omeprazole. No, I was on Meloxicam, which is. Kind of like ibuprofen, but.

Mesha [00:36:04] Yeah, I remember taking that.

Skye [00:36:04] And then it messed up my stomach kind of gave me a omeprazole and it's like, you know, they're giving you more medication to manage this symptom that. The other medications giving you so I went off of that, but oh yeah, it's.

Mesha [00:36:20] Sheesh.

Skye [00:36:20] It's a never ending cycle and that was my goal this year and I'm not like I said, I'm not anti medicine.

Caraline [00:36:26] Me either, yep.

Mesha [00:36:27] Yeah.

Skye [00:36:28] But at the same time, you know, if you need it, take it.

Caraline [00:36:32] Yes.

Skye [00:36:32] You know, like if if you are at the point where nothing else is going to help you, it is OK to be on medication.

Caraline [00:36:40] Yes.

Skye [00:36:40] Don't let anybody shame you or think it's not OK. Or, you know, don't don't allow yourself to think like, Oh damn, like I'm weak or I can't handle this myself because I need this know. Like, you're stronger for understanding that you. You need it and it helps.

Caraline [00:36:58] But sometimes there's other options that need to be explored.

Skye [00:37:01] Right.

Caraline [00:37:01] First.

Skye [00:37:02] For sure, absolutely.

Caraline [00:37:03] And I think that's never where doctors at least I think in any of our cases have gone to first.

Skye [00:37:09] Definitely.

Caraline [00:37:10] You're like, Well, here's the easy fix, except for everything but your Fibromyalgia.

Mesha [00:37:15] Yeah.

Skye [00:37:15] Right. But now, you know, I've I've been on Lyrica for five years and it's like, OK, well, what is the what is the long term impact of that?

Caraline [00:37:28] Yeah.

Skye [00:37:28] And I was just put on a new medication for my Endometriosis and it's a it's a new medication that they haven't studied past two years. That's how new it is. So they only allow you to take it for two years because after that, they don't have any research. They don't know what it does to you.

Mesha [00:37:43] Oh, wow.

[00:37:44] And you know, I I've taken Lyrica for five years, what does it do to my organs? How is my liver? I'm not a drinker, but what does my liver look like, you know, trying to process all this stuff? And you know, for me, I think it's time that, you know, I've been on medication for so many years. Not, you know, you. I want to look into it a little bit more like, OK, well, how are my organs functioning because of this stuff? And I want to be around for as long as possible. And twenty four, you know, I'll be twenty five in June and I want to make sure. That I'm going to be around for a while, and I don't want these medications to prevent that. You know, so it gets to a point where you've been on it for so long that you that you kind of need to revisit, OK? Is this the best option for me at this point? It has been five years. Are there different treatments out? Are there different tests?

Caraline [00:38:44] Yeah.

Skye [00:38:45] And that's a whole other animal. To take on which is stressful is finding a doctor that's going to be like, OK, well, yeah, let let's actually try something new. Let's actually look into this. And then it's the fear of weaning yourself off medications and not knowing what's going to happen. And like now, I have a stable job I got to show for work, you know, I can. Weaning off medication sounds a hell of a lot like missing a week of work to me.

Mesha [00:39:14] Oh yeah.

Mesha [00:39:15] For sure.

Skye [00:39:15] So.

Mesha [00:39:15] You're right about that.

Caraline [00:39:15] Well, luckily, coming off the Desipramine I cut it to half and then I was done and I was like, Brain zaps anything, nope? OK, cool. You're not like Cymbalta. You're my friend. I don't need anymore but you can leave now.

Mesha [00:39:31] Right.

Skye [00:39:32] Going off Cymbalta is.

Mesha [00:39:32] Cymbalta was horrifying.

Mesha [00:39:35] Yes.

Caraline [00:39:35] You can never cut it down to low enough where it's not going to give you the discontinuation syndrome.

Mesha [00:39:41] Those like you are. I'm pretty sure you all had doctors that didn't even know what you meant by brain zaps.

Skye [00:39:48] Yes!

Mesha [00:39:49] They're like, what? I'm like brain zaps!

Skye [00:39:51] Yeah, no, they didn't know what it was.

Caraline [00:39:53] Like. You know, when I was driving and almost hit a family in the crosswalk because my brain wasn't working. Yeah, that's a brain's zap.

Mesha [00:39:59] Yeah.

Skye [00:40:00] You know, or like, you feel like you're getting electrocuted on your brain and you're just like.

Mesha [00:40:05] They never heard of it, what?

Skye [00:40:06] Twitching a little bit.

Caraline [00:40:07] Here, let me put a TENS unit on your forehead and then they we'll feel what it's like.

Mesha [00:40:14] Exactly.

Skye [00:40:15] I'm so glad you guys know I was having this conversation with my boss the other day said I was I was like, Yeah, brains zaps and he's like, What do you mean? And I was like.

Caraline [00:40:23] Let me flick you on the head, then you get it.

Skye [00:40:24] I flicked him! That's exactly how I explained it to him. I was like, I was like, Well, I'm going to flick you in the temple. And that's what he's like, really. And I'm like, Yeah, that's what happens.

Caraline [00:40:38] Like, eh.

Mesha [00:40:39] It's literally would happen.

Caraline [00:40:40] Yeah. So definitely like the crossover of having COVID symptoms, having cancer symptoms, having this that and the other thing like, no wonder we seem like hypochondriacs, we have to we have to kind of work our way through those same mental processes that someone with that would have.

Mesha [00:40:58] That makes you think randomly if there's anybody out there with Fibro and is it, I guess, hypochondria? No, like I guess, having the official diagnosis of both.

Caraline [00:41:13] Yeah, I wonder how common that is?

Mesha [00:41:14] I would love to hear. Yeah. Like hear their experiences to perspective like.

Caraline [00:41:21] Email and let us know if you've had COVID while having Fibro or chronic illness, email us if you've been diagnosed with hypochondria as well as having chronic illness because I'm sure that's a doozy and we feel for you. Our email is fibrofrendspod@fibro.org or if you just want to say hello, it's been a while. Our inbox has cobwebs coming out of it, so.

Skye [00:41:44] Literally.

Caraline [00:41:45] Please say hello.

Skye [00:41:46] I had to sweep in there.

Mesha [00:41:48] Yeah.

Caraline [00:41:49] Yeah. So do we want to do some Tender Points on Visible Victories?

Skye [00:41:55] Let's ride.

Caraline [00:41:56] Oohtay.

Skye [00:41:57] Well Mesha we know what your Tender Points are.

Mesha [00:42:00] Yep, you already know.

Caraline [00:42:01] Shrimp and COVID.

Mesha [00:42:01] Shrimp-gate.

Skye [00:42:04] You got a victory for us, though?

Caraline [00:42:06] Cricket, Cricket.

Skye [00:42:09] She just stares at us. I wish everyone could have seen that.

Mesha [00:42:13] I know, right? And I wish you guys could like hear inside my head. When you said that the Jeopardy music started playing.

Skye [00:42:22] *Sings Jeopardy theme song*.

Caraline [00:42:22] Wait, there's a TikTok sound that's trending that's like "got nothing in my brain got nothing in my brain", and it's just repeating that and I was like, yeah, that's pretty much how it goes.

Skye [00:42:35] That's me every hour of every day.

Caraline [00:42:36] Taylor Swift don't copyright us. Sorry, I only sang two seconds of it I swear.

Mesha [00:42:41] Oh my gosh, I guess umm. The victory shoot, I don't know.

Skye [00:42:47] Getting through it!

Caraline [00:42:48] Yeah, you're here!

Mesha [00:42:49] I'm alive, I'm here.

Skye [00:42:50] Yeah, that's a victory enough.

Caraline [00:42:52] And you started the program with the Center of Excellence.

Skye [00:42:55] Oh yes, yes.

Caraline [00:42:58] And how long is that going to go for?

Mesha [00:43:00] Well, if it's between six months to a year.

Caraline [00:43:04] Okay yeah I couldn't remember.

Mesha [00:43:04] So it all depends on my progress. And I don't to say progress like I have milestones to meet, it's just kind of based off of your individual journey, like, I guess, depending on how much. Support.

Caraline [00:43:20] Yeah.

Mesha [00:43:21] I don't even know how to explain it.

Caraline [00:43:22] Yes, we're going to go further into the program in another episode.

Mesha [00:43:26] We just started.

Caraline [00:43:26] Yeah, Meesha needs to do it first and then tell us how it's going.

Mesha [00:43:31] Yeah.

Caraline [00:43:31] But that's good though.

Skye [00:43:32] We'll ask ya in a year.

Caraline [00:43:33] Yeah.

Mesha [00:43:34] Gotcha.

Caraline [00:43:35] Season five. Skye, what about you?

Skye [00:43:39] Well, first, I want to start off with my Tender Points I am in one of the worst flares that I've been in a while. So I'm trying to not be down on myself. This morning, I went into work. I think I've worked for two months now, so I only got the job a couple of weeks before we ended. But for people I don't know, I'm an executive assistant and I'm in the estate management business. Currently, we don't have an office or working out of my boss's house.

Mesha [00:44:15] Oh, wow.

Skye [00:44:16] And when I showed up this morning, like he just could totally tell that I was not OK. And as we were talking, he was like, You know, I haven't seen you like this before, and you've been working for two months now. Like, that's a really good thing.

Caraline [00:44:30] Yeah.

Mesha [00:44:31] Wow.

Skye [00:44:31] And when I thought about I was like, Damn, like, I guess that is a really good thing that I haven't had a flare of everything. Fibro and POTS were in a really long time.

Caraline [00:44:41] Yeah.

Skye [00:44:44] And once I get in a flare and I get in my head and I'm like, Wow, I used to do this every single day of my life, like, I don't know how I did it like it makes me recognize and and reflect on my own strength. Like, Wow, I was in this much pain every single day. And now I'm not. And it gives me a whole new appreciation. But then at the same time, I'm kind of mad because I'm like. Well, I've kind of tricked myself into thinking I'm I'm better because I have been able to do all these things and it's it's just a whole mind game that, you know, I'm trying to validate all of my feelings and try and pick out the healthiest feelings to have into super, validate the healthy feeling and say, know like it is OK to recognize your progress, but it's still OK to feel bad when you're feeling bad.

Caraline [00:45:40] Yeah.

Skye [00:45:40] You know? Just let it happen, but my absolute Visible Victory is that I bought a car.

Caraline [00:45:49] Woo hoo!

Mesha [00:45:50] Yeah!

Skye [00:45:51] My, it's mine in my name. I did it all by myself without any help. And that is the absolute biggest thing for me right now is that I did this without any help from anybody.

Caraline [00:46:08] That's awesome.

Mesha [00:46:08] Skye, a big girl.

Skye [00:46:10] I am a big girl. And it was finally delivered today.

Mesha [00:46:14] Ooh.

Skye [00:46:14] I got it off of Carvana, so my boss let me leave work early so I could be home for my car. And I just pulled in the driveway is there and I'm like freaking out. And the guy was so happy for me. He's like, I read the notes, I read everything you've been through trying to get this car because there was there was delays and originally they messed up. And it was this whole whoop de do of a thing to the point where they are mailing me a check for money.

Caraline [00:46:46] Woo hoo!

Skye [00:46:47] Because they messed up. So I get a check for money.

Mesha [00:46:48] That's right.

Skye [00:46:49] But this I am unbelievably proud of myself.

Mesha [00:46:52] I'm proud of you too.

Caraline [00:46:53] That it's a big step.

Skye [00:46:54] Thank you. It is. It's such a it's such a huge step, and I'm just trying to celebrate it. And it's a little convertible.

Caraline [00:47:02] I know I saw the top down and was like woo little Barbie car.

Mesha [00:47:04] I got to see hold on.

Skye [00:47:05] Oh, the post on Instagram is coming later.

Mesha [00:47:09] OK.

Skye [00:47:10] No, not yet. Not yet.

Mesha [00:47:10] Gotcha, gotcha.

Skye [00:47:13] The official post will be after we get off the phone, but it is the Volkswagen EOS. It's a little Volkswagen and it's a hard top convertible. And I was like, I'm going to be paying more a month if I got like a Nissan Altima or whatever. So I'm going to say they get a frickin.

Caraline [00:47:29] Might as well!

Skye [00:47:31] Little convertible. I live in Florida. Why wouldn't I do this?

Mesha [00:47:35] Right.

Skye [00:47:36] So thanks for letting me talk about it. I'm so so excited I don't think I'm ever going to get over it.

Caraline [00:47:42] We have to come visit you and we'll go for a ride.

Mesha [00:47:44] Yes!

Skye [00:47:45] Please.

Caraline [00:47:46] And the wind will blow in our hairs.

Skye [00:47:49] Oh yeah. I immediately drove to Chick-Fil-A and Joann fabrics today. So that's cool.

Mesha [00:47:54] There you go.

Caraline [00:47:54] That's where it's at.

Skye [00:47:56] Yes.

Mesha [00:47:56] Awesome sauce.

Caraline [00:47:57] That's fun. Umm, I would say a Tender Point is the housing market is in the toilet.

Skye [00:48:11] It's so true.

Caraline [00:48:11] I can't buy a house. I can't afford to stay where I am. I also would be paying more money to pay for less rooms I don't, I'm going to be in a box I think.

Mesha [00:48:22] Gross?

Caraline [00:48:23] Yeah.

Caraline [00:48:23] So that's a little stressful. Just kind of taking it a day at a time.

Skye [00:48:28] It is not the time to buy a house or a car. It is not the time.

Caraline [00:48:33] Yeah.

Skye [00:48:34] Not the time.

Mesha [00:48:34] That sucks.

Caraline [00:48:35] But if we stay in this apartment for any longer, it's going to be bad times. It's just like the black countertop in the kitchen is too dark, there's not enough natural sunlight. It's just like asking for depression and seasonal depression.

Mesha [00:48:50] Oh!

Skye [00:48:50] Right.

Mesha [00:48:51] Right.

Skye [00:48:52] You look around. You're like, this is sad.

Caraline [00:48:53] I know! And I could said slap as many things on the walls if I wanted to, but I'm still like, I hate this place! I hate living under people who have been building an ark for the past three years, I hope you hear me.

Mesha [00:49:07] Not the ark!

Caraline [00:49:07] Ya bootyheads. They're hammering something every day. I don't know what it is. Each other, whatever I don't know.

Skye [00:49:15] You're like what is going on here.

Caraline [00:49:17] They're running at midnight, whether it's them or their small child all together, I'm very confused. I just need to get out of here or lease is up in April, so we'll figure it out before then. We'll keep you updated.

Mesha [00:49:28] Cool.

Caraline [00:49:28] But today I went to my first appointment with a pain psychologist, and so I do feel hopeful. The first appointment with any doctor hard because you're literally spewing out all your medical history and mine is a doozy. So it was a lot. But the first step we made is I am going to start Lyrica.

Mesha [00:49:52] OK.

Caraline [00:49:53] So I'm I'm interested to see how that goes. It's like not the lowest dose, but definitely on the lower end. So I'll probably start that Friday. And again, not anti-medicine.

Skye [00:50:05] You need any advice?

Caraline [00:50:05] Yes.

Skye [00:50:06] Let me know when Lyrica I consider myself Lyrica expert at this point.

Caraline [00:50:10] Nice. And it's funny because I told him he's like, Have you ever tried Lyrica? I was like, No, because I was always told I had to try and fail Gabapentin and try and fail Cymbalta. And by the time I got to Cymbalta, I was like, This is this is horse poop. So he's like, Oh, that's how it was in 2011. I was like, Yeah, that's what I was doing it.

Mesha [00:50:29] Yeah.

Skye [00:50:29] Yeah.

Caraline [00:50:30] So yeah, starting that. And then I also have an appointment in February with a nutritionist so I can figure out how I'm supposed to feed this body to make it work properly because I'm not doing a good job. I'm not saying I'm unhealthy or I'm not the healthiest I. Everything in moderation but.

Mesha [00:50:52] Right.

Caraline [00:50:53] I did read this book called Dirty Genes by Dr. Ben Lynch. He also has a podcast, I will recommend this to everybody. And if it's not your thing, it's not your thing, you take it back to the library, but basically Skye a long time ago and just introduced me to Genetic Genie where you take your raw DNA data. If you've done Ancestry or 23&Me you spit it into this little thingy that you pay, like whatever you want to donate to this not for profit, and it gives you this whole little write up about your genes and which ones might be mutated.

Mesha [00:51:25] Let me do that right now.

Caraline [00:51:25] I have three that are a double mutated and they're pretty big in the function of your body. So in this book, Dirty Genes has been so helpful in figuring out what you need to be eating to make those processes that are not going to work unless you help them. And what lifestyle changes you need to make? And here's the thing. It's not rocket science. It's shop around the outside of the grocery store. Stop drinking out of plastic water bottles. Don't put bad chemicals into your body and exercise. Has any doctor ever told me that. No, they haven't.

Skye [00:52:02] Why would they? They don't make any money off of that.

Caraline [00:52:04] Nope.

Mesha [00:52:05] Right?

Caraline [00:52:06] And he does. What I love truly loved about this book is that any time he talked about supplements and this, this doctor actually has a whole line of supplements that he makes. I never felt like he was promoting his business, and any time he mentioned supplements, he's always says something to the effect of don't try to fix the ill with a pill. And I was like.

Mesha [00:52:31] Ooh.

Caraline [00:52:32] That's how I know this man is legit because he's telling you, try everything else first before you supplement. Because here's the thing that supplements

think of the word itself supplement. It's meant to supplement what you're missing, not completely replace it.

Mesha [00:52:47] Right, right, right.

Skye [00:52:48] Right.

Caraline [00:52:48] So I'd love to talk about this book in a future episode. Oh my god, if we could get that doctor on this podcast we'd be awesome.

Skye [00:52:55] Well I need to read it now because.

Mesha [00:52:57] Me too.

Skye [00:52:58] You read it because of me. But now I have to read it because of you.

Caraline [00:53:01] I will put a link to the book.

Mesha [00:53:02] And I have to read it because of you guys.

Caraline [00:53:02] Like, maybe on Amazon. I got it from my library, so definitely check your library first. Save yourself some money.

Mesha [00:53:09] Support your local library.

Caraline [00:53:09] Because sometimes I read these books, I'm like, I'm taking this back this is poo poo. But this was amazing. And then.

Skye [00:53:16] Especially with health books.

Caraline [00:53:17] Yes, absolutely.

Skye [00:53:19] They're a hit or miss.

Caraline [00:53:19] Yeah.

Mesha [00:53:20] Right.

Caraline [00:53:20] But he has a specific protocol, just like the autoimmune protocol that people follow. There's a clean gene protocol that you follow, and it's pretty simple. So I think it's probably going to be the best one that I stick with maybe cross our fingers. But I'll put that. I'll put a link to the book in the description of the podcast. Also down there, I will leave the link to our Spotify playlist, which we crafted last season and.

Skye [00:53:47] Yeah.

Caraline [00:53:47] There's like a bajillion and one songs now because we just couldn't stop. So also, if you have more recommendations for that, email us and let us know again. Our email is fibrofriendspod@fibro.org. Give us any recommendations for topics you want us to talk about this season, either through the email or you can leave us a voicemail

which remember, sometimes when you leave us a voicemail, you get to be a guest on the podcast right Corinne?

Mesha [00:54:12] Yes, shout out to you Corinne.

Caraline [00:54:15] But we're so happy to be back and we can't wait for another great season of Fibro Friends. But until the next episode. Get out of here! Goodbye.

Mesha [00:54:26] So long.

Skye [00:54:26] We love you.

Mesha [00:54:28] Farewell to you, my friend. OK.

Caraline [00:54:31] Ooh, that was a good one.

Mesha [00:54:32] Copyright.

Caraline [00:54:32] Bye friends!

Mesha [00:54:32] Bye!