

## FF S3 Ep. 10.mp3

**Caraline** [00:00:00] Hello, everybody, and welcome back to another episode of Fibro Friends, the podcast that talks about all things Fibro and chronic illness, chronic pain and life.

**Meshia** [00:00:11] Chronic stuff.

**Caraline** [00:00:12] Because that kind of takes over our life.

**Skye** [00:00:13] It's that chronic.

**Meshia** [00:00:15] That chronic, yeah.

**Caraline** [00:00:15] I'm one of your hosts Caraline and I have with me also Skye.

**Skye** [00:00:21] Hello, I am Skye.

**Caraline** [00:00:23] And Meshia.

**Meshia** [00:00:24] Hey, everybody.

**Caraline** [00:00:26] And we're just going to jump right into today's episode because we have someone on who knows lots of things about something we've wanted to talk about. But we I I'm not can speak for everyone, but I feel very poorly educated on the subject of nutrition and exercise. I'm very happy to introduce our new Fibro Friend, Rachel.

**Meshia** [00:00:47] Hello Rachel!

**Caraline** [00:00:47] Welcome Rachel!

**Skye** [00:00:47] Yay!

**Rachel** [00:00:48] Hi! Hi, everyone. Thank you so much for having me on this podcast. I'm so excited for our conversation.

**Caraline** [00:00:56] Me too.

**Meshia** [00:00:57] Us too, yeah.

**Caraline** [00:01:00] So the first question we ask all of our guests is What is the weirdest piece of advice you've been given either by a medical professional or weird random lady on the street about chronic illness or Fibromyalgia?

**Rachel** [00:01:17] Oh my god, this is such a good question.

**Meshia** [00:01:20] Mm-Hmm.

**Rachel** [00:01:21] Oh, the weirdest ones. Oh, OK, so this this actually came up, this was a question or a suggestion from somebody who asked if eating fiber helped lose helped you

lose weight. And so I'm for those who don't follow me. I am certified in nutrition, and so I know a little bit and I know, you know, fiber is really good for you because it helps keep you regular and it keeps you full. So it kind of helps you lose weight and that if you eat a really high fiber diet, lots of fruits and veggies, you'll be fuller. And so you might not consume as many calories, hence you lose weight. And she said, No, no, no, it's because it pulls the fat out of your body.

**Caraline** [00:02:25] Hmm.

**Rachel** [00:02:25] And I was like I don't think I don't think that's right.

**Meshia** [00:02:32] Excuse me?

**Caraline** [00:02:34] Find me the book you read that from.

**Rachel** [00:02:35] Right? And like I will, I then started looking because I'm like, Did I totally miss this? And one of my classes, like I. That's a revelation. No, it's it's just it's the way like Fibro. I'm not going to bore everybody with the details, but it's like fiber takes like a certain enzyme and you poop it out and then your body makes more of it or whatever. And somehow, as somebody who read that, did it really understand nutrition?

**Caraline** [00:03:08] Mm-hmm.

**Rachel** [00:03:09] Probably put that on their Instagram account.

**Caraline** [00:03:12] Yeah.

**Rachel** [00:03:12] And and I think that's that's kind of one of the dangers. And maybe that's a conversation for today is sort of the dangers of the things that you will see on Instagram, especially when it comes to chronic illness.

**Caraline** [00:03:26] Yeah.

**Rachel** [00:03:28] Because we're all like looking like, what's the you know, it's it's the essential oils for me or those are all pretty common.

**Caraline** [00:03:36] Yeah.

**Rachel** [00:03:37] I know the medical medium is is a big deal. I'm personally not a fan, but it's there's a lot of people out there that have a lot of interesting theories that come up on how to lose weight, how to feel better, that kind of thing that says, you have to be careful where you're you're getting your information from.

**Caraline** [00:03:58] Yeah, for sure.

**Skye** [00:03:59] Yeah.

**Caraline** [00:04:00] Something that's been the most helpful from being a follower of your account is you did a post, maybe not recently, but a while ago about changing kind of your mindset of because there's no cure for Fibromyalgia, but bringing the word remission into

your vocabulary. And I love that because I think a lot of the time remission is very much stuck to like cancer.

**Meshia** [00:04:27] Yeah.

**Caraline** [00:04:28] Like that word, it gets stuck to that illness. And so people don't necessarily think of it, especially when you think of Fibromyalgia because you're either like, really sick or now it's gone? But I don't think that's ever really the truth. I think it is always a part of your system and it can come back. So I think bringing that word remission into our vocabulary was is that was a revelation to me, and I loved hearing that because I have I have read the Medical Medium book because of things I had read, and the word cure was in there so many times. And I was like I that's like a dirty word for me.

**Meshia** [00:05:06] Yeah.

**Caraline** [00:05:07] I don't like it, so I like that you brought that back to the forefront of people's minds that are living with chronic illness because and I think I had some said something similar a while ago on another episode like the word recovery. Like, I'm just in the process of recovering, but I think I like the word remission more.

**Rachel** [00:05:27] Yeah, yeah. I'm so glad that that post resonated with you, and, you know, I put all these posts on Instagram and I'm like, I hope people like this.

**Rachel** [00:05:36] But that.

**Caraline** [00:05:36] I liked it and I saved it.

**Skye** [00:05:40] Mm hmm.

**Rachel** [00:05:43] Yay! Yeah, so remission is the only sort of like approved medical term for Fibromyalgia. And so that's that's kind of where I started using it in a lot of the posts in a lot of the YouTube videos and things like that when I talk about kind of where I'm at. Because you're absolutely right, when when you think about cure, you think of like, Oh, it's completely gone, it's never coming back.

**Caraline** [00:06:07] Yeah.

**Rachel** [00:06:08] Whereas with remission with Fibromyalgia. Yes. Like, there are times when people go through periods of very low symptoms or very controlled symptoms, but typically you can push yourself out of remission if you interrupt the delicate balance of like, whatever.

**Caraline** [00:06:29] Yeah.

**Rachel** [00:06:30] We could be doing. That could be, I would say, like.

**Meshia** [00:06:33] Breathing.

**Rachel** [00:06:34] Nine times if not.

**Caraline** [00:06:36] Yeah.

**Rachel** [00:06:36] Ten times out of 10, it's stress related.

**Caraline** [00:06:39] Oh, 100%.

**Meshia** [00:06:40] Yeah.

**Caraline** [00:06:41] Yeah.

**Rachel** [00:06:42] Something happens at your job with your family or something.

**Meshia** [00:06:46] Something.

**Rachel** [00:06:46] And like there went that.

**Caraline** [00:06:49] Yeah, for sure.

**Skye** [00:06:51] That's such a great phrase. Is delicate balance.

**Caraline** [00:06:56] Mm hmm.

**Skye** [00:06:56] But I will also say about two years ago, I was talking to a woman actually when I was renewing my medical card, and she said she had Fibromyalgia and went into remission. And I was like, What are you talking about? I was like, Well, and I was like, What do you mean? She goes, Well, you can go into remission. And I said, Why has no doctor ever told me this?

**Caraline** [00:07:18] Yes!

**Skye** [00:07:19] I have never heard this. I did not know that this was possible.

**Caraline** [00:07:23] Mm hmm.

**Skye** [00:07:24] And as we began to talk about it, I was like. This is completely new to me, and I've had Fibro at that time for three or four years. But it also ties in to the fact that there is a very delicate balance and you know, you could you could be in remission for years and all of a sudden a giant life event happens. Death in the family, you lose your job, relationship issues and that delicate balance could just be smashed. In a matter of. You know, it's it's wild.

**Caraline** [00:07:59] Yeah. And I think doctors first instinct is just to treat the symptoms. So it's like, that's not even maybe they're like. And maybe that maybe that's their end goal, but like their initial reaction. I think at least for me in my case, has always been like, OK, well, it's like you said, you have this symptom. Let's fix this. Let's send you this specialist, and I'm like, OK, but no one's ever like, come up with a goal. Like, where are we going? No one's ever drawn I think we talked about this in the last episode or the one before. We were like, if someone had a road map, it's been scribbled on with Sharpie because it's confusing. And I don't know where we're going. It got wet, I spilled my coffee on it.

**Caraline** [00:08:40] Yeah.

**Rachel** [00:08:40] Definitely. Yeah. So I it's I think I'm trying to find the words now. Well, I guess I should fill in kind of your listeners in case they don't follow me because.

**Caraline** [00:08:53] Yeah.

**Rachel** [00:08:54] I'm assuming they they don't, so.

**Caraline** [00:08:56] They will.

**Skye** [00:08:57] They will now.

**Meshia** [00:08:58] Right?

**Rachel** [00:09:00] Come hang out with me. So my my name is Rachel Gerson, but I go by Pain Free Kitchen, so that's where I am on Instagram. That's kind of where I'm most active right now is Instagram, just because I really like the community there. And that Pain Free Kitchen started. So I was diagnosed in 2010, and I was twenty five at the time. So I'm thirty six now and I at the time in 2010, there was nothing. There we're no podcasts.

**Caraline** [00:09:36] Yeah.

**Rachel** [00:09:36] Nobody was talking on social media like, I'm sure you probably have this experience of like doctors printing things out from Google and handing it to you and it's like, This is what you have. OK, cool.

**Caraline** [00:09:49] We could have done this at home.

**Skye** [00:09:51] Yeah.

**Rachel** [00:09:51] Yeah, exactly. And I was just like, hungry to find out whatever I could do. So I went to the library. I was trying to read all of the books that they have and try to go on online and slowly. Over the years, I started piecing things together. And so now, like 11 years later or whatever, I can go back and be like, Oh, that's what I did. That's what all worked. And so I have a for like a four part method that I can share, like how to I don't promise remission ever right? Because I we can't, you know, we never know.

**Caraline** [00:10:34] Yeah.

**Rachel** [00:10:34] But I can tell you the sort of like the four things that I have my clients do. It's what I teach and I say. Well, we'll get to that, but I started researching all these different diets, and I tried all of them, I tried keto and Whole30 and twenty one day sugar detox and all of fad diets.

**Caraline** [00:11:01] Yeah.

**Rachel** [00:11:01] And looking back, I definitely didn't have to do all of those extreme measures. In the end, it was really just a handful of things that affected me personally. But once I figured that out, that's what Pain-Free Kitchen came from. I was like, Oh, OK, let me share sort of all the diet changes that I made and. And originally, that's what I did. And like I said, over the years, I realized that it's not just the food. It was sort of a mixture so I can go ahead and share. So my my four part method, once I look back, one is the diet

changes. So for me, it was cutting out specific foods. There's typically a whole list of foods that a lot of us have in common, but it's going to vary from person to person. And that's why you can go online. And some people will say, Oh, keto worked for me and I feel better. And other people will say, Well, I tried keto and I feel like garbage. So like, what's going on? It's because each of our guts are so different.

**Caraline** [00:12:07] Yeah.

**Rachel** [00:12:08] So there's the food, the exercise. So I started weightlifting in 2012, 2013, and then in 2016 I got my master's degree actually researching how weightlifting can help Fibromyalgia.

**Caraline** [00:12:28] Awesome.

**Meshia** [00:12:29] Woah.

**Skye** [00:12:29] Very nice.

**Rachel** [00:12:29] So we can definitely. Yeah.

**Skye** [00:12:32] We're gonna get ripped.

**Rachel** [00:12:35] We can talk about that, yeah.

**Caraline** [00:12:35] I think weights, at least for me, like scary.

**Meshia** [00:12:39] Me too, honestly.

**Skye** [00:12:42] I'll be at the next pageant just swol.

**Rachel** [00:12:48] Hell yeah.

**Caraline** [00:12:49] Yeah.

**Rachel** [00:12:50] Well, that's the other nice thing. Like I. So I'm five foot tall. I've always been a very small person. And I think with with Fibromyalgia, we can feel really weak all the time.

**Meshia** [00:13:04] Whoo.

**Rachel** [00:13:06] And going to the gym and picking up something that is heavier than you than you ever thought was possible. And maybe for you, that's 40 pounds, maybe for you. That's one hundred and seventy five pounds, but just something that like you didn't think you could do and you do it?

**Caraline** [00:13:25] Yeah.

**Meshia** [00:13:26] Yeah.

**Rachel** [00:13:27] I personally, I think there's just that's just the best feeling in the world because you're just like, I am so much more capable than I ever imagined.

**Caraline** [00:13:38] Yeah.

**Rachel** [00:13:39] And you just keep going there week after week and the changes in your body are cool, too. It's it's really that like feeling of just badassery that you're like, Yes, yes, I got this. Yeah, but that we can we could totally talk about that. But quickly, I'll say that the two other key features, which I think will be surprise for no one is stress reduction and sleep.

**Caraline** [00:14:07] Mm-hmm.

**Rachel** [00:14:07] And.

**Meshia** [00:14:09] Sounds nice.

**Rachel** [00:14:09] That's hard. Right?

**Caraline** [00:14:12] Yeah.

**Rachel** [00:14:13] I so and I think that's why people say, like, Oh, have you tried yoga? OK, well, the reason, right? So the reason that yoga works for some people is some people find it relaxing.

**Skye** [00:14:27] Mm hmm.

**Meshia** [00:14:27] Yeah.

**Rachel** [00:14:27] So if you are the type of person that finds it relaxing and helps you control stress, yoga will absolutely work for you.

**Caraline** [00:14:34] Right.

**Meshia** [00:14:34] Yeah.

**Rachel** [00:14:34] If you're the type of person that goes to a yoga class and you want to smash your head against the wall, I think that is not relaxing and not going to work for you.

**Caraline** [00:14:45] Yes.

**Rachel** [00:14:46] Go find something else. Go to the beach or something. I don't know. Like, we each kind of have our own stress reliever.

**Caraline** [00:14:55] Mmm-hmm.

**Meshia** [00:14:55] Yeah.

**Rachel** [00:14:56] But you really have to do a lot of soul searching to figure out what that is for you personally.

**Caraline** [00:15:02] Yeah.

**Meshia** [00:15:02] Yeah.

**Caraline** [00:15:03] Yeah, I think people. Well, especially when you have Fibro like you want to find what fits you, but like when you're doing research and stuff like people create such boxes for you to fit in like you're a yoga person, you're a meditation person, so that when you maybe like feel like, Oh, but I feel like my stress reliever is like coloring. Somehow the world makes you feel like that's weird and you're like, No, like, I guess I have to find something that's like, actually like a stress reliever, but like, yes, like find what works for you. And I was going to say too you had a post recently about, like all the different diets and the next slide was like, but do what works for you. And that has been helpful because recently I've talked about the I switched to a lower fiber diet or like a low residue diet because I just wasn't processing things well, like it wasn't working for me. And so I've done that and cut to lower portions because that's what my body has worked well with. And I have to say, like, it's actually been going very well, which is like promising. So that was also a good post to see that I was like, OK, like, I don't have to follow x y z because so-and-so said so like, I can do my own research and try things and whatever works for me, whatever works for me, that's that was going to have to be.

**Rachel** [00:16:20] Exactly.

**Meshia** [00:16:20] Yeah.

**Rachel** [00:16:21] Exactly what I what I've noticed. And they're sort of like chronic illness, community of the type of people who are like, go out and look at all these diets and think that as we we tend to cut out foods that we don't have to cut out as so and so said that we needed to.

**Caraline** [00:16:41] Yes.

**Rachel** [00:16:42] And so, for example, I have a lot of people or clients that come to me that say they're keto and they feel better eating keto. And but they they they're going insane because they're just like, I. I need a piece of cake.

**Caraline** [00:16:59] Yeah.

**Rachel** [00:16:59] Like I can't.

**Meshia** [00:16:59] Right.

**Rachel** [00:17:00] I can't do this. I can't keep eating just cheese and mayonnaise like I'm just done.

**Caraline** [00:17:06] Yeah.

**Rachel** [00:17:06] And so I'm kind of like, Well, is it ketosis that makes you feel better? Or do you think it's just because you cut out? Because gluten is non-celiac, gluten sensitivity is and is extremely common among people with Fibro.

**Meshia** [00:17:22] Me!

**Rachel** [00:17:22] Yeah.

**Caraline** [00:17:23] Yeah, yep.

**Rachel** [00:17:24] Yep. So I was like, What if you didn't do keto, but just did gluten free? Do you think you'll still feel like feel good? Why don't we try it?

**Caraline** [00:17:34] Yeah.

**Rachel** [00:17:35] And I would say almost always. They're like, Oh.

**Meshia** [00:17:38] Yeah.

**Rachel** [00:17:38] Oh yeah, that totally works. Like, I can't believe I'm eating gluten free carbs and I have energy for the first time in my life and I feel great like. And it's like, OK, well, maybe just start small.

**Caraline** [00:17:53] Yeah.

**Rachel** [00:17:53] Tiny little changes.

**Caraline** [00:17:55] Yeah. Because cutting all their favorite things out, because most of the time it is cutting. You're like any time I tried to do low-FODMAP, which I've been recommended since I started seeing a GI doctor, I was like.

**Meshia** [00:18:05] Yeah.

**Caraline** [00:18:06] You're telling me not to eat chocolate and mint and pasta sauce or like tomato. I was like, You just took away my whole diet.

**Meshia** [00:18:15] Whole diet.

**Skye** [00:18:15] Everything, yeah.

**Meshia** [00:18:16] That's just how I eat.

**Caraline** [00:18:17] The things that like food that brings me joy. But yeah, and I think cutting so much stuff out at once is only adding to your stress level. So.

**Rachel** [00:18:26] Exactly, exactly. And I, I see that a lot as well as people will come to me well, well, I tried such and such diet and it didn't work for me. So therefore it does. It doesn't work. And I think what you just said, that's it. Exactly. It's like, Well, how stressed were you about that?

**Caraline** [00:18:47] Yeah.

**Rachel** [00:18:47] Because if you were constantly just aggravated because you didn't know what to eat or so you weren't really eating, and then because you weren't eating, you probably were sleeping even worse like that. That's a recipe for disaster.

**Caraline** [00:19:02] Mm hmm. Absolutely.

**Meshia** [00:19:06] She's just put my whole life into perspective again.

**Caraline** [00:19:12] Everythings making sense.

**Meshia** [00:19:13] Everything, yes.

**Rachel** [00:19:15] Yeah. Yeah, it's interesting because if you had watched, if you had been following me back in like 2015, I was convinced that the Whole30 diet was what changed my life. And yeah, so the whole 30. Melissa, I try to think of what she she's using her maiden name now, but at the time she was Melissa Hartwig and she created it's in a 30 day elimination diet that's completely free. It's online that you cut out all of the most common sort of gut irritating foods.

**Caraline** [00:19:58] Mm-hmm.

**Rachel** [00:19:58] And so you do that for 30 days and then you slowly reintroduce one by one, and it's it has a huge community online. I've made YouTube videos about it. I thought that I really supported it and I did in that it did teach me, OK, the foods that really affects my Fibromyalgia are gluten. Sometimes, you know, most areas I would say, and I'm extremely intolerant to soy. So if I had not done that elimination diet, maybe I wouldn't have known that, but what I realized with it. And at some point I think I will actually like make a post about it was that I don't I don't really support it anymore, and I don't have any clients do it because one, I find that it's too restrictive, just like the diet and too, it doesn't teach people how to eat. So typically, what you will see in any Whole30 support group because I've been like all of them and people will do it for 30 days and let's say they make it to 30 days with following this diet, nobody ever reintroduces properly because you are so burned out.

**Caraline** [00:21:15] Yeah.

**Rachel** [00:21:16] Eating the same like chicken and vegetables for 30 days.

**Meshia** [00:21:20] Dang.

**Caraline** [00:21:21] Yeah.

**Rachel** [00:21:21] Just like inhale pizza, burgers, chips, soda fries, like all of the things that you did. So then what happens your body goes into is like shocked by all these extra calories and high fat foods and stuff that just didn't eat for 30 days. So you if you have Fibromyalgia your flare like horrible.

**Caraline** [00:21:45] Yeah.

**Rachel** [00:21:46] But then what will happen is you'll think, well, the only way I feel good is I have to go back to this extremely restrictive diet. And so what you'll see people in support groups do is they will do Whole30 over and over and over. Oh, because they think that, well, I I feel good during the Whole30, so I just have to do that. While the Whole30 cuts things out like beans and lentils and it cuts out, I'm trying to think what else would be like healthy that I consider healthy, that cut out. And so it's like, you're overdoing it. If you had done this properly, you could be eating all of the things and you probably only really need to avoid like one or two.

**Caraline** [00:22:36] Mm hmm.

**Rachel** [00:22:38] So, yeah, I'm I have a very, very different feelings about elimination diets right now.

**Caraline** [00:22:45] It was good, though, because it like shows the process of over time, like again finding what works best for you and then knowing that that wasn't it. And I think one of the trickiest things for me, especially. But maybe there's other listeners out there who have Mast Cell Activation. I only recently got diagnosed with it, and when I was at the allergist, I said, Now I haven't actually ever gotten like a food allergy test. Do you think that's worthwhile doing? And she's like, No, because your body's just going to tell you you're allergic to everything anyways. And so I don't know like how long I've actually had, Mast Cell. Like, if it just came really recently and hasn't been there my whole life, because then I'm like, Well, am I actually like, are these food triggers or is my brain just telling me their food triggers? But that's why I've kind of just stuck with like low portions of things, because I know that that helps me the most with any stomach issues that I have. But it is tricky because I think my brain will also tell me that I'm like, not hungry, fast, but I need to stop eating fast enough. I think it's slow in that aspect as well. And so what you want to do, like small portions, I'm like, I'm still hungry. And so definitely it's definitely a tricky, like we said, a balance of just trying to figure out like what's what and and all that jazz, you know?

**Rachel** [00:24:16] Oh yeah, yeah and Mast Cell like that. That's definitely a whole other can of worms. That is extremely frustrating. And that's something that I don't personally have, but I have quite a few followers who do. And the doctor is absolutely right. Like if if you did an allergy test, you would just tell you you're allergic to everything.

**Caraline** [00:24:36] Mmm-hmm, yep.

**Rachel** [00:24:36] It's like, Well, OK, not really.

**Caraline** [00:24:39] Yeah.

**Rachel** [00:24:40] But that's that's something else that I tell clients. So right now that a lot of questions that I get on social media when I talk about what foods you might be wanting to avoid. And so they say, Well, why can't you just take one of those tests that tell you what you're intolerant to?

**Caraline** [00:24:58] Mm hmm.

**Rachel** [00:24:59] And the the problem is the test. I cannot think of the name and it's like, IGA something right now.

**Caraline** [00:25:06] Oh, yeah yeah.

**Meshia** [00:25:07] I've had it, IGA.

**Meshia** [00:25:08] Yeah.

**Caraline** [00:25:09] Yeah, me too.

**Rachel** [00:25:10] Yeah, exactly. So the like sort of the official board of dietitians of both Canada and the United States actually say that those tests are actually valid. That, yep, so.

**Caraline** [00:25:27] Good to know!

**Rachel** [00:25:28] They've stopped. Yep. So dietitians have stopped giving them or they're supposed to. And basically what's happening is it's giving a lot of people a lot of false positives. And the what's frustrating with that? So if you're working with a practitioner, so you're let's say you're working with a more natural path or a holistic doctor, they have you take what does is perfectly fine. As long as.

**Skye** [00:25:57] Achoo.

**Rachel** [00:25:57] The doctor, bless you.

**Caraline** [00:25:58] Bless!

**Skye** [00:26:01] Sorry.

**Rachel** [00:26:02] As long as the Doctor will help you go through and test each food.

**Caraline** [00:26:07] Yeah.

**Rachel** [00:26:08] Through like a specialist. So maybe they have a dietitian on staff or they have a nutritionist on staff. But really, the only way to know for sure if you're intolerant to a food or not is by cutting it out and reintroducing it, seeing how you feel and what's frustrating. I have a couple of clients who have come to me for nutrition help, and they will send me these long list of foods that their doctors have said they're intolerant to because they just one of those tests. And I'm like. We're not cutting out all 200 of these.

**Caraline** [00:26:42] Right.

**Meshia** [00:26:43] Right.

**Skye** [00:26:43] Yeah.

**Rachel** [00:26:45] Like no.

**Meshia** [00:26:45] Enjoy eating air.

**Caraline** [00:26:47] Yeah.

**Skye** [00:26:47] Yeah.

**Rachel** [00:26:48] And I also refuse. I will not approve of a client eating 400 or 500 calories a day because.

**Skye** [00:26:57] Yeah.

**Rachel** [00:26:58] That's all the food that I uh-uh like. That's outside of my scope. Go talk to a doctor if that's what you need.

**Caraline** [00:27:04] Right.

**Rachel** [00:27:04] But it's it's very frustrating when I see doctors give these long lists of like the no foods. And for those listening, I just used air quotes, but like the, you know, the note, this huge list and then they just send them on their way. And it's incredibly sort of. Daunting and scary, like looking at all of these things that they're technically not supposed to have.

**Caraline** [00:27:32] Yeah.

**Meshia** [00:27:35] Yeah.

**Caraline** [00:27:35] I mean, I felt that way, even just getting like the non food allergens test done, like the scratch my back. And it came back like basically it just should have said in big letters. Don't go outside because I was allergic to every tree, mold, pollen, bushes, berries.

**Meshia** [00:27:53] Me.

**Caraline** [00:27:54] Everything.

**Rachel** [00:27:54] Same.

**Meshia** [00:27:55] You and me both.

**Caraline** [00:27:56] And they gave it and were like, OK, take a Zyrtec and I was like, Should I go outside? Like.

**Meshia** [00:28:02] Right.

**Caraline** [00:28:02] And then they said too. They were like, Well, they're like, Have you had a food allergy test? I was like, No. And they're like, Well, usually if you're allergic to most of these trees, you would be allergic to the the nuts that they produce. So the lady was like, I'm just curious if you've had like a nut allergy. And so I actually did an at home food sensitivities a long time ago. And like black walnuts came up on it and I was like, was allergic to a walnut tree? But again, it's not allergic. It was a sensitivity test, so.

**Rachel** [00:28:33] Yes.

**Caraline** [00:28:34] I'm just sensitive to things, so doesn't mean I can't eat them.

**Rachel** [00:28:38] So.

**Skye** [00:28:38] Right.

**Rachel** [00:28:39] So am I. So that's funny. You should say that I'm also allergic to everything outside because I just like, I be careful with bonfires because what I didn't

realize. I think you're allergic to the wood and then you burn the wood and you inhale the smoke of the wood and your lungs will hate to you.

**Caraline** [00:29:05] Wow.

**Skye** [00:29:05] Woah.

**Meshia** [00:29:06] I learned that.

**Rachel** [00:29:07] I learned from experience.

**Meshia** [00:29:08] Thanks for saying that.

**Rachel** [00:29:10] Yes, they're amazing. Just don't inhale smoke.

**Skye** [00:29:13] Right.

**Caraline** [00:29:14] Wow!

**Meshia** [00:29:14] For me.

**Rachel** [00:29:15] But yeah, so I this was like in 2009 16, 2017, I was on a flight and I was eating walnuts, and I turned to the guy I was dating at the time and I said, Oh, you know, when you eat walnuts and they, like, coat the inside of your mouth or something. And I looked at me and he's like, What are you talking about? Oh, yeah, like my whole life. Like, every time I eat walnuts, I get this like weird film on the inside of my mouth. I was like, Oh, no.

**Caraline** [00:29:44] That's not supposed to happen.

**Skye** [00:29:46] He's like yeah no that's not.

**Rachel** [00:29:48] Not normal.

**Caraline** [00:29:48] Oh no!

**Rachel** [00:29:50] So yeah, I. Almonds are the only one that doesn't seem to affect me. I don't know if it's the way that they're like, processed or bleached or something.

**Caraline** [00:29:58] Yeah.

**Rachel** [00:29:59] But, yeah. A couple of years ago, I had to give up a lot, a lot of tree nuts.

**Caraline** [00:30:04] I was like that too. I was like, Well, they don't like they make my throat a little scratchy, but I wouldn't say I'm allergic. But now I'm also learning that anaphylactic shock is anaphylactic shock. Anaphylaxis is a different thing. So PSA, if you didn't know anaphylaxis is just the combination of two or more systems malfunctioning at the same time. So you might not have like your your throat swell up. But if your stomach pain and you're dizzy and you're sweating and you have hives, that's anaphylaxis. And I didn't know that until my Mast Cell doctor who is amazing sat down and explained everything. And I

also thought hives had to be raised bumps. But I've taken pictures of like how weird my face flushes and it flushes in like splotches. That's how mine does.

**Caraline** [00:30:52] Those are hives. Those are hives.

**Meshia** [00:30:53] Wow.

**Caraline** [00:30:55] I was like mind blown.

**Meshia** [00:30:58] Mind completely blown.

**Caraline** [00:30:59] It makes a difference when you have a doctor who sits down and explains and goes through things with you rather than just being like here's your Google printed document. Bye bye.

**Skye** [00:31:08] Yeah, yeah,.

**Rachel** [00:31:10] Absolutely. Yeah. And that's something else that people get wrong when you actually just set it and add enough, maybe already talked about on the podcast where the difference between intolerances and allergies.

**Caraline** [00:31:23] Oh yeah.

**Rachel** [00:31:25] I yeah, I get a lot of questions on Instagram from people saying that they're allergic to like two hundred things. And the first thing I was, Wait, do you have Mast Cell likewhat? What do you mean you're allergic? Oh no, no, no, no. I'm intolerant. Oh, OK. So yeah, whenever someone tells me they're allergic to something, I'm like, Oh my God, we have to get you an EpiPen. Like, This is really serious. Like.

**Meshia** [00:31:51] Yeah.

**Rachel** [00:31:52] You have to like, take this super seriously.

**Meshia** [00:31:55] Exactly.

**Rachel** [00:31:55] Yeah, oh no, I get it. I get a stomachache. OK, well, that's.

**Skye** [00:31:59] That's different.

**Caraline** [00:32:00] Yes.

**Rachel** [00:32:02] We can. We can slow down.

**Caraline** [00:32:04] And that's something I've had to research as a teacher because I've had kids come in and they're like, well, first the parent will say they're allergic to dairy. But then what the allergy plan actually says is they can have milk if it's not in the liquid form. And I'm like, What? How are you? I'm literally so lost. But then we just. We just brand them as being allergic to dairy. But then they're like, why have so like chocolate at home or something? So I was like, Well, I'm not giving it to you here. So.

**Meshia** [00:32:35] Right.

**Skye** [00:32:35] Yeah,.

**Rachel** [00:32:35] Yeah.

**Caraline** [00:32:35] I don't know what's going on.

**Rachel** [00:32:38] Yeah. You don't wanna mess with allergies at all.

**Meshia** [00:32:40] Yeah. I wish people took allergies more seriously too, especially food allergies.

**Caraline** [00:32:46] Yeah.

**Meshia** [00:32:47] Same here. I'm allergic to, I think pretty much all of the major, the eight major allergens and then some.

**Caraline** [00:32:55] Yeah.

**Meshia** [00:32:56] And it's it's very frustrating to keep reminding people like, Hey, we might not be able to go here or I can't eat this. There is. I now that I know I've I've experienced anaphylaxis in the past, which didn't know.

**Caraline** [00:33:14] Right?

**Meshia** [00:33:15] Because I have an EpiPen too. Luckily, I've I've never, ever, ever had to use it. I hope I never will.

**Caraline** [00:33:20] Yeah.

**Meshia** [00:33:22] I don't ever want to experience that. But I think this is a great conversation because. Now that we know, especially if you have certain sensitivities or allergies to food, I'm. A think I think it brings out like the self awareness that maybe some of these sensitivities are causing certain flare ups that we do. Yes or no, I guess it's like you said it's figuring it out.

**Caraline** [00:33:56] Yeah.

**Meshia** [00:33:58] Figuring out what does what? How it affects you and things like that?

**Caraline** [00:34:03] Mm hmm.

**Meshia** [00:34:03] So difficult.

**Caraline** [00:34:04] Yes. It's a process.

**Rachel** [00:34:05] It is. It is. And there's like, so to kind of go back, there's there's really like two ways to figure it out and saying either you can cut everything out, which is the typical elimination diet and then reintroduce one by one, or you can cut one out at a time.

**Caraline** [00:34:26] Mm hmm.

**Rachel** [00:34:27] And you know, as much as I really dogged at elimination diets at the beginning, like some people just do better than some people just want to get this over with. And they will be fine kind of cutting them all out. But at least a lot with that's kind of my nutrition class. What we do is we always just start with gluten that seems to be the number one kind of irritant for most people, Fibromyalgia. And then from there, we kind of go down so that other big ones are dairy, which probably comes as no surprise. So I would say, if you've ever had issues with dairy as a child, like you can pretty much just say that you need to accept the fact that you're lactose intolerant and cut it out.

**Skye** [00:35:19] Just accept it.

**Meshia** [00:35:21] Yeah.

**Rachel** [00:35:21] Just accept it like you'll be glad you did. And I guess I'll pause quickly and say, like, I was a cheese connoisseur.

**Caraline** [00:35:30] Yeah!

**Rachel** [00:35:31] Cheese is my favorite food in the whole entire world. When I was in high school, I would raid my friend's fridges for, like their parents fancy cheeses, which I love. And so when I was twenty five and diagnosed with Fibromyalgia and coming to terms with the fact that I couldn't eat cheese like I, that was a struggle. And I.

**Caraline** [00:35:55] Yeah.

**Rachel** [00:35:56] I think some people, when they see my posts and they see that I have all these dietary restrictions and they think that like, Oh, it must be so easy for you to just like not eat all this, you make it look so easy. And then they like if you struggle with giving up food, if you know, like, Hey, I know that dairy is an issue for me, but like, I really love ice cream and this really sucks and I cry over ice cream. And how stupid is that? Like, that's not stupid.

**Caraline** [00:36:26] Right.

**Rachel** [00:36:27] Like we, we each have our own like, there's so much culture in food and.

**Caraline** [00:36:33] Yeah.

**Rachel** [00:36:34] Childhood history and food. I have a lot of clients who are Hispanic and can't eat the foods from, you know, from the country that their parents are from or whatever like. That's that's like a big deal. And it's it's mostly to it's OK for it to be hard, like it's OK if giving and making diet changes. Is it easy for you.

**Caraline** [00:36:59] Right.

**Rachel** [00:37:01] But yes, it is dairy. And then artificial sweeteners is a big one for a lot of people. I've heard refined sugar is a trigger for a lot of people.

**Meshia** [00:37:12] Oh yeah.

**Rachel** [00:37:14] So like chocolates, anything you know is sweet.

**Caraline** [00:37:18] Yeah.

**Rachel** [00:37:21] But yeah, like there's meat sometimes is a trigger for some people and you. But I feel like a lot of people who can't have meat were typically always knew they couldn't have meat for vegetarians right?

**Caraline** [00:37:36] Yeah.

**Rachel** [00:37:36] From a child like pre Fibro.

**Caraline** [00:37:39] Yeah.

**Skye** [00:37:39] Yeah.

**Rachel** [00:37:39] Kind of like meat just didn't really sit well with them.

**Caraline** [00:37:43] Yeah.

**Rachel** [00:37:43] Well, let's cut it out.

**Caraline** [00:37:44] Yeah.

**Rachel** [00:37:46] But yeah, you really just you have to. It's it's a lot of listening to your body. It's a lot of we do food journaling, so you track and you track your pain and or just over time, you can slowly start to be like, Oh, OK, when I cut this food out, you know, I feel better. Or a lot of times you won't notice when you cut it out, you'll notice it when you reintroduce it.

**Skye** [00:38:11] True.

**Rachel** [00:38:12] So we don't eat dairy for, let's say, three weeks. You're like, I don't really feel a difference. And then you'll eat ice cream and it will be like, oh.

**Caraline** [00:38:20] Hey.

**Meshia** [00:38:21] Yeah.

**Rachel** [00:38:22] Yup. OK, so there we go.

**Meshia** [00:38:23] Just start the fireworks.

**Caraline** [00:38:24] Yeah. And I was thinking about when Meshia said that people don't take allergies serious enough. And I guess even like people don't take people who are taking control over like what they can learn that they eat or can't eat or what works for them. They don't take that seriously because I feel like I worked at Wegmans. Which is a grocery store and we had this big section called Nature's Market, and it was very much like "free from" foods so like free, from dairy, free from gluten. And a lot of stuff would like fly off the shelf, but I had like a thought at the time. I'm like, I wonder if the people like buying

this are like actually have gluten intolerance or celiac, or if they're just buying gluten free because they think it's healthy. And I'm like, Well, that sucks for the people who have gluten issues and intolerances because they're taking that away from the people who actually do need to eat that way. But I think because it became kind of like a fad in one way that people don't take it seriously in that facet because they're like, Well, everybody's doing it. What? Not really. And the people who are doing it are doing it for a purpose. And even if you didn't have gluten intolerances and you chose to not include gluten in your diet, like that's just as valid as anything else, so.

**Meshia** [00:39:45] Right.

**Rachel** [00:39:46] Yeah.

**Skye** [00:39:47] Yeah.

**Rachel** [00:39:47] Exactly. And I remember one time I went to a restaurant and I asked for gluten free bread and they said, Oh, is it an allergy or a preference?

**Caraline** [00:39:59] Yes, I have heard that before.

**Rachel** [00:40:01] Yes. And I was like, OK, I like that. And I always say it's a preference because for me, like, I'm OK with some cross-contamination, it doesn't have to be a special, gluten free, you know, cutting board or anything like that. But what I want to make sure is that when people do say it's an allergy, it gets treated like an allergy. With special gloves and a special knife and all those things.

**Caraline** [00:40:26] Yeah.

**Meshia** [00:40:28] Yeah.

**Rachel** [00:40:28] I appreciate that like restaurants are starting to do that and I agree with you like it. It sucks that it became such a fad because you're right. I think it was the backlash against it. That was because then people started rolling their eyes at it and saying, like, Well, you're not really celiac. So like, what are you doing?

**Skye** [00:40:52] Right.

**Rachel** [00:40:54] But the positives of it becoming a fad is now at almost any single restaurant. You can now get something that's gluten free.

**Caraline** [00:41:05] Mm hmm.

**Skye** [00:41:07] Mm-hmm.

**Rachel** [00:41:07] And that's been really nice. Like when I first tried going gluten free in 2010, like it was very different, like it was extremely hard. And now it's like, I can go to any restaurant and I can ask for a special gluten free menu, or I can ask them what's on the menu. And the same like if you go grocery shopping, you do have those huge aisles of all the food choices. And the other thing that's kind of nice is the more demand there is for these products, the more that the manufacturers will start coming out with, like new ones because they know that they'll make money from it.

**Caraline** [00:41:47] Yeah. And this is aptly timed because I had just seen this like, I don't know if it was a Tik Tok video or someone had brought up the fact that they're like, Why does gluten free items in restaurants? Why are they charged more? Because they were a person with an allergy? And so they're like, Why am I being charged more because I have an allergy? And so there were a lot of back and forth between like, Oh yes, you're right, you shouldn't have to pay more. But then people, some people that worked in the restaurant industry were like, Well, that product does cost more. But I think, like it just makes it very blatant when they put like plus four next to it and you're like.

**Skye** [00:42:25] Right.

**Caraline** [00:42:25] Oh well, maybe just don't put that there.

**Meshia** [00:42:28] Hmm.

**Rachel** [00:42:28] Yeah, it's it is weird and you're right. Like, it comes from like the whole chain of like, well, the restaurant had to purchase gluten free noodles, which was \$4 more.

**Caraline** [00:42:39] Right.

**Rachel** [00:42:40] So you're right, like it comes down to sort of the manufacturers. And I think it'll be really interesting if anybody ever submits a lawsuit for that.

**Skye** [00:42:51] Yeah.

**Rachel** [00:42:52] That's one of the things it's like. Yeah, for like hotel accomodations.

**Caraline** [00:42:56] Yeah.

**Rachel** [00:42:56] Let's say that you're in a wheelchair and accessible room that's wheelchair accessible needs to be the same exact price as an accessible room.

**Caraline** [00:43:06] Absolutely.

**Rachel** [00:43:07] Legally you cannot charge more. So I'm I'm really wondering like it's only a couple of seats away and oh yeah, that would change real quick.

**Caraline** [00:43:16] Oh yeah, definitely. That's a it's food for thought. Bu-dum chh.

**Meshia** [00:43:21] Ahh!

**Skye** [00:43:21] No pun intended.

**Caraline** [00:43:21] But this has been very helpful. I already feel ten times more educated than I did when I started this episode.

**Skye** [00:43:32] Yeah.

**Meshia** [00:43:33] Yes.

**Skye** [00:43:33] For sure.

**Rachel** [00:43:34] Good. That's awesome. And for those I, I could share it in the the show notes.

**Caraline** [00:43:43] Yes.

**Rachel** [00:43:43] With like a link and stuff like I last August, I taught a free class on exercise and Fibromyalgia.

**Caraline** [00:43:51] Cool!

**Rachel** [00:43:51] And I it was like. So successful that I'm going to do it again, probably like the second week of December, I'm looking at December 9th right now. Yeah, it's it's over Zoom, so it's accessible for everybody and it's completely free. And it's just, you know, if if people are wanting to learn more about the science and the research and things like that, they can come and and listen to it and see if that's helpful too.

**Caraline** [00:44:22] Yeah.

**Meshia** [00:44:22] That's awesome.

**Caraline** [00:44:23] We'll definitely put that in the show notes and let's try to get as many Fibro Friends showing up as possible. Represent.

**Meshia** [00:44:31] Yes.

**Skye** [00:44:31] Yes.

**Meshia** [00:44:32] And that makes me think too like I've heard someone mention that weight training in even what's that hit HIIT, that it has proven to be very beneficial. So I I've been meaning to try it. I have. I think I mentioned before I have this app, but I've just. What I'm waiting for my body to feel better before I can start it.

**Skye** [00:45:02] Yeah.

**Meshia** [00:45:02] It's just like right now.

**Caraline** [00:45:03] That's one of the hardest parts, yeah.

**Meshia** [00:45:05] That's the hardest part, yeah.

**Rachel** [00:45:07] Yeah, definitely. And yeah, so I for my masters, I researched kind of how broadly exercise could be used to, and I say treat Fibromyalgia, but, you know, treat it as one of those other words. Right, exactly. But there is there is quite a bit of research I didn't realize when I started my masters. Like, there are thousands of research studies on all of the different types of exercise and how it helps Fibromyalgia and sort of like across the board, people say that it does help. What we can't seem to agree on is what type of exercise. So that's why you'll get people suggested. Well, swimming like swimming has a pretty positive result. Weight training, definitely. Pilates is another big one that when I'm up for my so I'm a certified personal trainer and as part of your certification, you have to be

you have to recertify every couple of years and you have to learn something new. And so I think for my next certification, it'll actually be Pilates.

**Caraline** [00:46:21] Yeah.

**Rachel** [00:46:22] Because there are a lot of, you know, really positive studies on how that's been really helpful. But yeah, here's another good thing something for everybody to try is that what I've noticed is that it's not intensity, it's duration that causes flaring.

**Meshia** [00:46:44] Yes.

**Caraline** [00:46:44] Oh, okay.

**Rachel** [00:46:46] So so for example, let's say you go and you take a 45 minute to 60 minute yoga class.

**Meshia** [00:46:54] Yeah.

**Rachel** [00:46:55] And afterwards you're like, I don't get it like, this was a really calming yoga class. I didn't really over exert myself, but I'm flaring really badly and I always say, cut it down to like 10 minutes or five minutes at home. And I kind of the same thing with like the high intensity interval training. You should never do that more than 15 minutes.

**Caraline** [00:47:17] Right.

**Meshia** [00:47:18] Yeah. Got it.

**Meshia** [00:47:19] And so what's nice about that is like, yeah, like, go for it, do those burpees do those high intensity squat jumps, but only do them for like five 10 minutes? How you know. And just like you're rehabbing from an injury. So let's say you had broken your leg, you would slowly add to it over time.

**Caraline** [00:47:40] Yeah.

**Rachel** [00:47:41] So in the case of yoga, start with a five 10 minute class at home and then slowly add up to it until you can handle a 60 minute class. Don't just like jump into 60 minutes of anything.

**Caraline** [00:47:55] Yeah. And I think to a Meshia said about like kind of waiting to feel better before you start. I think one of the scariest things about exercise to me, and I think maybe a lot of people can relate to this, but like especially thinking about lifting weights like I know in my mind, my muscles will most likely be sore. So I have to put myself in the right mindset of good pain versus bad pain.

**Meshia** [00:48:21] Yeah.

**Rachel** [00:48:21] Yes.

**Caraline** [00:48:21] But it can be so triggering because any type of pain is going to stress you out. And so you really have to get yourself in the right headspace first before you go into that, too.

**Caraline** [00:48:32] So I think that's something to think about as well.

**Rachel** [00:48:34] Absolutely. Yeah, absolutely. And something that you might try, it might be helpful. So when I when I talk about like, is it safe to workout with Fibromyalgia? And something to keep in mind is, for the most part, unless you have other conditions. So this is this is excluding things like if you have hyper mobility or arthritis, but for the most part, it's just Fibro. There's nothing physically wrong with her body.

**Caraline** [00:49:04] Yes.

**Rachel** [00:49:04] It's it's a illogical pain that is so hard to wrap your mind around because pain means something's wrong like that is usually so. But what I tell clients is, if you have that overall what I call a hum of Fibro pain. So it's probably like all over, but it's this doll like never, ever goes away. Some of the pain then, is it is actually OK to work out.

**Caraline** [00:49:36] Mm hmm.

**Rachel** [00:49:37] And sometimes working out or some sort of light movement can actually help that type of pain.

**Caraline** [00:49:45] Yeah.

**Skye** [00:49:45] Mm hmm.

**Rachel** [00:49:46] If you are in a flare of what I call, you're too tired to breathe, so.

**Caraline** [00:49:53] Amen.

**Meshia** [00:49:54] Amen.

**Skye** [00:49:54] Yeah.

**Rachel** [00:49:55] Oh yeah, that that was the phrase that I used my fiance he gets it, but it's like when you are so just done like with the pain and exhaustion and you're laying in bed and just the like. The process of your chest lifting and your lungs filling with air is just so hard.

**Caraline** [00:50:20] Yeah.

**Rachel** [00:50:22] Then absolutely don't.

**Caraline** [00:50:24] Not a good gym day.

**Meshia** [00:50:26] I wish they understood that.

**Meshia** [00:50:26] That is not your day.

**Caraline** [00:50:27] Yeah.

**Rachel** [00:50:29] And so when when I say that to people, normally they're like, Oh, OK, yeah, I know the difference between that.

**Caraline** [00:50:37] Yeah.

**Rachel** [00:50:38] And then and they can go. And I also to your point of like when whatever workouts you start, so Mesha when you start your your HIIT app, like any time you start a new workout, you will always be sore. That is a normal part of exercise that even happens to people without Fibromyalgia. But the more you do it, the more you will start to feel the difference between normal muscle ache and Fibro pain. And it takes a few sessions to really figure it out. But once you've once you click and you're like, Oh, OK, I get it, like, I feel that difference. That's also really empowering, because then you can start to sort of like, name your pain.

**Caraline** [00:51:24] Yeah.

**Mesha** [00:51:24] Yeah.

**Caraline** [00:51:26] Well, Rachel, this has been so helpful, and I sincerely hope that the listeners feel the same way because, like I said, we've been wanting to talk about this topic for since March when we started this podcast, and I'm so glad we found you and you were able to share all your knowledge and it was so helpful.

**Rachel** [00:51:44] Awesome, awesome, I'm so happy.

**Skye** [00:51:46] Thank you so much.

**Mesha** [00:51:47] Yeah, we appreciate you.

**Rachel** [00:51:49] Good.

**Caraline** [00:51:51] We wil share all your information, too.

**Rachel** [00:51:53] Yes, I was going to say so. I'm most active on Instagram. It's Pain Free Kitchen. My DMs are always open. Please, anyone listening to this podcast, feel free. DM me questions I I share because I didn't have anybody to ask that one to be that person for anybody else.

**Caraline** [00:52:15] Well, to end our episodes, we end with our Visible Victories and our Tender Points. So Visible Victory would be something good that happened this week, and your Tender Point would be something not super great that happened this week, but we feel it's good to share both.

**Mesha** [00:52:30] Yeah.

**Rachel** [00:52:31] Absolutely cool. Is everybody gonna share?

**Caraline** [00:52:34] Yeah, you can go first.

**Rachel** [00:52:35] Yeah, I'll go first. So my positives was yesterday. On Saturday, we shot our engagement photos.

**Caraline** [00:52:45] Oh yay!

**Meshia** [00:52:47] Awe.

**Skye** [00:52:47] Yay! Love that.

**Rachel** [00:52:49] Thanks. So I'm we're we're getting married April 30th of 2022.

**Caraline** [00:52:54] Fun!

**Rachel** [00:52:56] And so we just shot all of our our engagement photos. I'll be sharing those on social media.

**Caraline** [00:53:02] Yay.

**Skye** [00:53:03] Oh, I can't wait to see them.

**Meshia** [00:53:03] Wow.

**Rachel** [00:53:05] Yeah. And then, oh man. Tender Point. So my current Tender Point, which maybe other people will relate to was I am on my cycle today and my uterus wants to kill me. Absolutely. This is absolutely awful and I am. I'm one that doesn't really struggle with like PMS or crisis that often. So when they do it, I definitely feel like a big baby to be honest.

**Skye** [00:53:39] Yep.

**Rachel** [00:53:41] I'm like why is this so hard?

**Caraline** [00:53:44] Yeah.

**Meshia** [00:53:44] Right?

**Skye** [00:53:46] Yeah.

**Caraline** [00:53:48] Oh man.

**Meshia** [00:53:49] Yeah.

**Caraline** [00:53:51] I would say my Visible Victory for this week was that I went to get my eyes looked at and I have 20/15 vision. And she said I could see through walls and called me a superhero, so.

**Skye** [00:54:07] Ayyee!

**Caraline** [00:54:07] I feel pretty good about myself.

**Meshia** [00:54:09] Yay.

**Skye** [00:54:10] That's important.

**Caraline** [00:54:12] But she goes, So don't need glasses, but she's like, How are you with wearing sunglasses? I was like, Oh, I wear them everywhere. She's like, Yeah, because you have giant blue eyes and ginormous pupils, so you have to wear sunglasses. I was like, Don't worry, I've been wearing them my whole life like. And she was like, I wear when people are like, Why are you wearing sunglasses? Because I'm like, It's still bright out this bright to me.

**Skye** [00:54:32] So bright.

**Caraline** [00:54:32] And have whatever. I have light eyes. So but that was good. And then in the same day I was like, Am I supposed to get to Target? Like one stop shop it's got an optometrist and I got my COVID booster. But it did the same thing to me is the second Moderna shot did this morning. Like before I even woke up, I was like full body aches and like, I'm normally my Fibro pain sits somewhere like five or six. This is like nine or 10.

**Rachel** [00:55:01] Yeah.

**Caraline** [00:55:02] But another shout out to Topricin Fibro Cream we're just going to shout them out forever because.

**Meshia** [00:55:07] Forever and ever and ever and ever.

**Caraline** [00:55:10] I just slapped it on and like, That's how I'm sitting here talking right now. Like it. It made the pain manageable, like I did not take any medication. All I did was use Topricin Fibro cream and.

**Skye** [00:55:22] Sweet.

**Caraline** [00:55:23] I'm a believer. Always have been. Always will be.

**Meshia** [00:55:26] Sweet.

**Caraline** [00:55:27] But that's me.

**Caraline** [00:55:29] Meshia What happened to you this week?

**Meshia** [00:55:32] So, sorry it just made me laugh.

**Caraline** [00:55:36] Why did something bad happen?

**Meshia** [00:55:38] No.

**Caraline** [00:55:40] Oh good.

**Meshia** [00:55:41] I'm just choking. Oh God, sorry.

**Skye** [00:55:42] Oh no.

**Mesha** [00:55:43] I know, right? So I'll start with the not so good. I'm still dealing with bad flare ups, consistent flare ups. They happen a lot faster, you know, like in succession. I don't know if I said that right.

**Caraline** [00:56:04] Yeah I got ya.

**Mesha** [00:56:04] But I get getting more. Yeah. So that that really is just, you know, it's a disappointment and I'm just fed up. But a Visible Victories a couple. Yeah, and I did. I got my COVID booster shot.

**Skye** [00:56:26] Very nice.

**Rachel** [00:56:27] Nice.

**Mesha** [00:56:28] Yeah, I surprisingly like I didn't feel. Really bad, like it was just, you know, just more like time and took a nap, and so I have a little soreness. And I was like, kind of nervous about that.

**Caraline** [00:56:43] Yeah.

**Mesha** [00:56:45] About feeling horrible. But um, and today kind of touching on, you know, movement. I went to a CBD yoga class.

**Caraline** [00:56:58] Ooh, go Mesha.

**Skye** [00:57:00] It sounds amazing. Oh my God.

**Mesha** [00:57:03] It was well, at first I was kind of suffering through it because, you know, I haven't done. I haven't done yoga in like. Two years, maybe, especially not with the people.

**Caraline** [00:57:16] Yeah.

**Mesha** [00:57:17] You know, so I was just like I can't.

**Caraline** [00:57:22] Yeah.

**Mesha** [00:57:22] But at the end it was it was OK, and then they gave us a goody bag of CBD tincture and pre-roll. Let's just say I tried using both of them. I think it's working.

**Caraline** [00:57:39] Ooh we're feeling the vibe.

**Mesha** [00:57:41] Feeling the vibes. The verdict is still out, so hopefully CBD can be the thing that helps me. I tried it in the past and I didn't know what I was doing. Now I have education.

**Rachel** [00:57:54] Yeah.

**Caraline** [00:57:54] All right. Skye, what about you?

**Skye** [00:57:59] I'll say my Tender Point is my back, my back has just been super poopy and has been bothering me a lot. But it's like, I'm kind of afraid to go to the doctor because they're like, Oh, you're fine, don't worry about it. So I'm trying to stretch a little bit more, even though it hurts. But I know it's it's going to help in the long run. And I'd say my Visible Victory is I've been working a lot on my first paycheck for my new job. And last night, I went to the beach by myself at night. It was, I think I was there from like nine to 11, so I was there for two hours by myself. But I just sat and listened to the waves and looked at the Moon, watch the stars and I saw a shooting star.

**Caraline** [00:58:46] Magic!

**Skye** [00:58:47] Went in the water little bit. It was amazing.

**Caraline** [00:58:49] And thank you for not getting murdered or eaten by a shark.

**Skye** [00:58:54] I don't go in the water that far and I always have a knife on me.

**Caraline** [00:59:01] Hooray!

**Meshia** [00:59:01] That's right.

**Skye** [00:59:01] You never know.

**Caraline** [00:59:04] That's awesome though, yay.

**Meshia** [00:59:04] Beautiful.

**Caraline** [00:59:06] Well, Rachel, thank you again for joining us, and I feel like we'll definitely have you back on in future seasons.

**Meshia** [00:59:12] Oh, yeah.

**Caraline** [00:59:12] To talk about things all things Fibro because you just now you're in the club, you're in the Fibro fam.

**Skye** [00:59:19] You're a friend now.

**Meshia** [00:59:22] Well, I love it. Thank you so much.

**Caraline** [00:59:24] Yes. So you can also still send us song suggestions. So, Rachel, last time we asked people to send us song suggestions for songs that help them kind of get through the hard times. So we did get one suggestion, Oh, let me give this person a shout out. Samantha!

**Skye** [00:59:42] Samantha!

**Caraline** [00:59:43] Samantha!

**Skye** [00:59:43] I was going to give her a shout out because you sent us a picture of her dog, Gus.

**Caraline** [00:59:47] Yes!

**Skye** [00:59:48] So shout out Samantha and Gus. It made my day.

**Caraline** [00:59:50] Not only did we get song suggestions. We got a poem which is beautiful.

**Skye** [00:59:53] Yes.

**Caraline** [00:59:54] I was going to ask if she will allow us to share it and a picture of her, her, her dog, Gus, which how wonderful.

**Meshia** [01:00:01] I didn't. I'm looking at it right now is I didn't. I hadn't checked my email. This is. You didn't see Gus?

**Meshia** [01:00:05] So cute.

**Skye** [01:00:07] He's so handsome.

**Meshia** [01:00:07] He is!

**Caraline** [01:00:10] So just like Samantha did email us at fibrofriendspod@fibro.org with your song suggestions or just to say hello. You can also leave us a voicemail that link is listed in the show notes as well, but until next time we love you and good bye.

**Skye** [01:00:25] Bye.

**Meshia** [01:00:26] Peace.