

Action Tips to **FIGHT FIBRO FLARES**

Tips on fighting the flares at their source



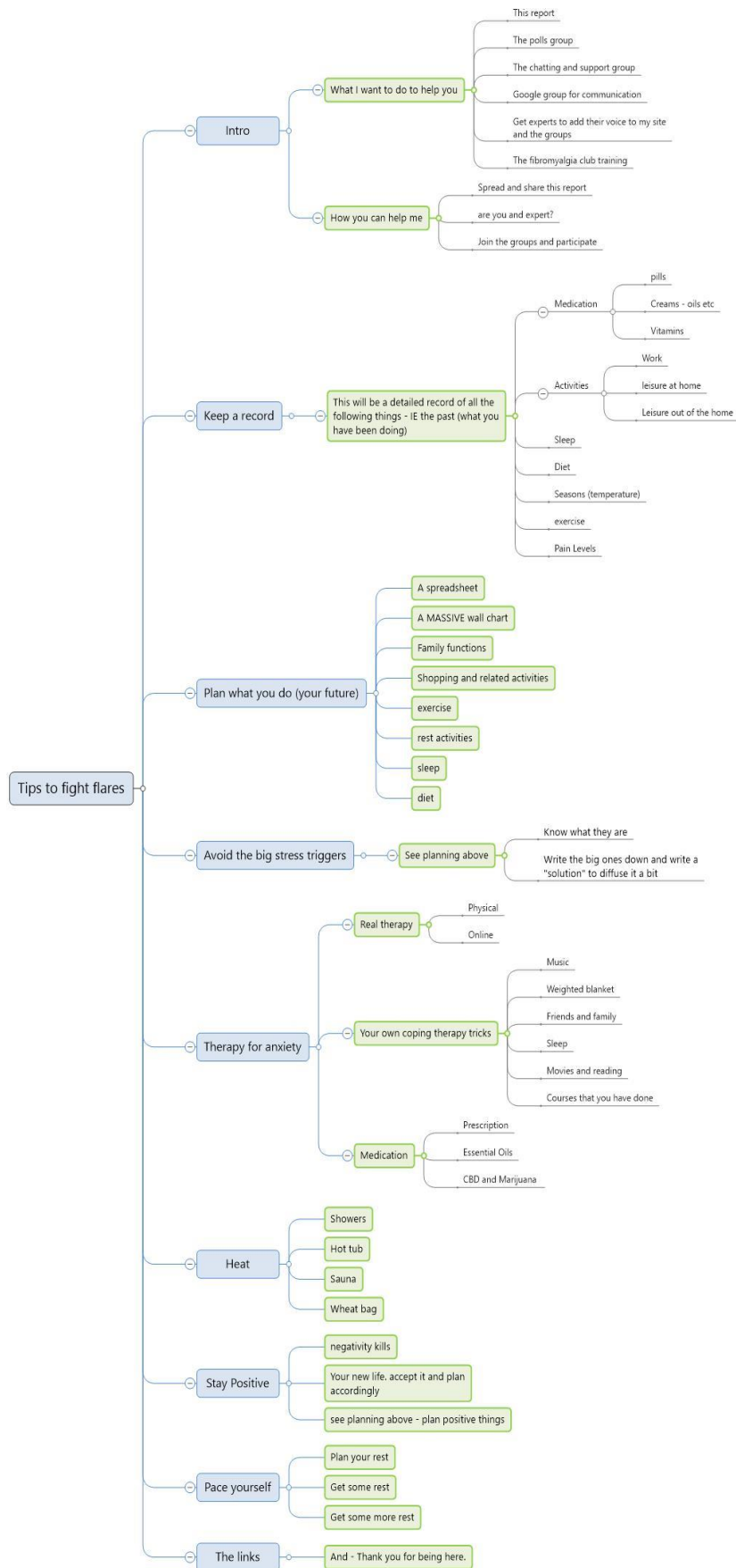
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The Mind Map Image



Tips on how to fight flares before they happen and after they happen.

Do you want to skip the intro and go straight to the tips? They start at the "Keep a record" page

Intro

Disclaimer

I am very far from being an expert on most of the things I have in this report. This is simply my opinion and you need to allow for that. Thank you

Plus, I apologize ahead of time for poor grammar, poor spelling and no formatting at all. My bad ☺

If it gives you a massive apoplexy, then please ask me for a Word copy and you will be allowed to fix it for me. ☺

I admit to some sort of perverse joy to writing out 20 or so pages and not even checking spelling once.

What I want to do to help you

This report

Firstly, I want to welcome you here to this report and hope that you do get some benefit from what I am doing for all of us who live with constant chronic pain.

This report really is for YOU, and with that in mind I welcome comments, I welcome your input and any help you can offer. You will find a few options here that I have created for you to participate in and join up to get even more community based help.

See the rest of this section for details.

Because I also know how hard it is sometimes to do the smallest things, I put no pressure on you at all to either comment or participate. I repeat – This report is meant to be a resource for you to get tips on how to minimize the flares and pains that we live with daily.

The polls group

I went and created a polls group on Facebook. The idea is for it to grow over time and at some point if enough people have been there and added their voice or comments, it will become a resource all on its own for us to get "statistical" help from.

This means that – for example – if you wanted to try acupuncture, you would go to the polls group and see what others are doing in relation to that specific thing.

I understand that it would need to have many thousands of people adding to the polls for it to have any value, but all I can do is set it up and hope enough people agree that it would be useful and they then help to promote participation.

Please use the link at the end of this report to go and see for yourself.

The chatting and support group

I also created a second group on Facebook where I hope to allow everybody to become part of a support community. I am going to try very hard to keep this group free from any commercial intent (even my own) and that we can all go there for support of all sorts.

I want you to feel comfortable asking for help, or for supporting others who need guidance or emotional support.

The high levels of depression we all go through is a big part of what we have to live with.

Personally I am an extremely positive person, and know that those who are the opposite must be going through hell each and every day. Man, I hate that I cannot do any more than I am doing now.

This group is also just for saying hello and making new friends.

Friends who know and understand what we live with and do not need to be told why we sometimes have to disappear for a few days at a time.

Please use the link at the end of this report to go and join up and post a hello announcement.

I lie awake at night worrying that this group will not grow to a size that will become what I want it to be. Help me sleep better by going there and make an effort to get involved chatting about anything that you think of.

Google group for communication

Then because of a dozen reasons that I will need to be able to communicate with you, I ask that you join the Google group I set up.

This report (for example) is hopefully going to be added to and updated regularly, and the only way that I can tell you that there is a revised version available is to have some form of email address of yours on record.

This Google group gets you to sign up using a Gmail address, and I will send you emails when necessary with announcement and more when things happen.

You will see below that I also ask for those of you who are experts to help us as a community with your advice and expertise. As and when I connect with new experts, I will get them to add a page to

my site and perhaps even do their own report for you guys, and then I will send those links to you through this group.

Get experts to add their voice to my site and the groups.

I plan to try very hard to get as many experts in each and every field of skills to add their voice to this report, the Facebook groups and to my website as expert-help.

One of the things that I hate about this fibromyalgia thing is that I seem to be researching stuff all the time.

I mean ALL the time. I am cynical, I do not trust people easily anymore and feel the need to constantly second guess everything I learn.

With that in mind, as I find people I DO TRUST, I will ask them to add their voices to my reports and websites if they are willing to do so.

I will allow them links back to their products and services, simply because it is exactly that service or product that I would have researched and trust to tell you all about.

PLEASE HELP here if you can do so. If you are either an expert yourself, or know of someone who is really good at something that will help us, please say so, contact me, or get them to do so. I will add my email address to this report at the end on the report.

The fibromyalgia club training.

This is my "baby", my passion at the moment and something I am extremely proud of setting up.

When I started to discover the high levels of pain that I never knew existed with Fibromyalgia, I also quickly discovered that stress was my biggest enemy.

What is worse is that I also found out that "stress" is something that my own brain decides to ramp up to stupid levels all on its own.

My clients were causing me massive stress – for no real reason either – and it was killing me. I stopped to look at how I can solve this problem, and realized that I have to change how I earn a living.

I added a link at the end of this report for you to go and read more about what I found out, and how I got to this point that I am now at right now. Go see it if you are interested to read more.

How you can help Us

Spread and share this report

I would be very happy if you took the time and trouble to share this report with anyone that you know of that might need the help or advice that we offer here.

Even though I personally am not an expert at any of the medical advice I offer here, I hope that I achieve my goal of getting the real experts to add their voices to this report and then that you keep sharing it with those that you know need to access it.

The more people involved in helping us, the better off we will be.

Thank you for this. - Rob

Are you and expert?

This is a serious shout-out for the experts to step up and help us all.

I have already been in contact with some of the bigger influencers in this Fibromyalgia pain world, and most of them have agreed to add some form of help for us to see and apply.

Experts need not just be Doctors or professional therapists, even though they can be the biggest help to us.

I am also asking for those experts in ANY FIELD that is any benefit to combating our problems.

From Doctors and Therapists, to Reiki people, heat therapy people, essential oils help, Leaky gut professionals, dieticians, massage, acupuncture, alternate medicines, yoga, exercise experts – any help would be great.

I offer a full page or more on my website under the health section. This would include links.

I offer to add and share their reports and details if I feel that we (those of us in pain) will get a benefit from that information.

I offer many other forms of communication too if necessary – IE podcasts, interviews, webinars and more if the topic needs that sort of exposure.

Naturally I would ask those experts to share their advice and more on the Facebook groups too.

Join the groups and participate

Ok, so from this point onwards in this report, I cover the tips on how to combat flares and pains and more.

Please go to the end of this report and use the links there to join the ones you feel you could use, or ones you can help on too.

Thank you.

THE START OF THE TIPS SECTION

I would hate to hear that trying to follow all the tips I suggest that you try here in this report actually caused you more pain.

I have listed as many as I can think of, and hope that you guys will help me add many more in the future.

My reality is that this report will help you find just ONE way to reduce your pains and that on its own will be a massive victory for me.

Then, confession time, I do very little of the tips I suggest here.

But those that are bad for me, I do work on, I do keep records on and challenge myself to start applying more of what I suggest all the time. (hell, I even went as far as building a membership website as a solution to my biggest trigger item)

Cool bananas, let us get started.

Keep a record

This will be a detailed record of all the following things - IE the past (what you have been doing)

If you took the time to keep a record of everything that you do, it will eventually get to a point where all that information will be impossible to ignore.

You will find that you can either analyze all the information yourself, or get an expert to look at it for you.

If you set up a chart or a spreadsheet with each and every detail I list here below, and then kept a detailed record of EVERYTHING that happened, it will be a huge help.

Sooner or later the chart will prove that you really should stop eating condensed milk, or orange juice, as each time it is consumed, your pain levels flare for X hours afterwards. (Or whatever item shows up just before our flares)

Duh!

At the time of writing this report everything I could think of is what I added to the list below.

I am very aware that I have probably left of a bunch of helpful tips.

Please use the contact details to help me improve this report.

Medication

Keeping a detailed record of all the medication that you take is an obvious thing to do. But how many of us are actually doing this?

Over the time that I have been aware that I have Fibromyalgia I have switched medication around many times.

I tested a lot of different ones in the beginning and removed the ones that I felt did not work.

But how many times did we combine pills? I know I did, and still do, last night I took an extra 2 "flu" pills as an extra kick to my "pain management" tactics that I use.

Does it work?

Hell, I have no clue at all.

TIP – Track your medication to see what works the best and what doesn't.

Remember that if you are also tracking everything else there will be times when other factors are affecting your pain levels and it is only by keeping a detailed record that you will spot those times when factors combine to really kick your butt properly. The charts will show those details.

Changing medication while starting a sugar binge and attending a family wedding all at the same time is going to get you record pain and crash levels.

But the charts will verify that, and teach you to avoid weddings (so you can still do the sugar binging ☺)

Creams - oils etc.

Lotions, creams essential oils are things that a lot of us use for different things related to our conditions.

Plus, they are a normal part of everybody's everyday lives.

However, it is only by keeping a detailed record of what you use and when you use it will you be able to see if this is part of your problem or part of your solution.

PS, this is a subject that I know absolutely nothing about, and am actively seeking all the help in this aspect that I can find. As and when I find out important stuff, I will let you know via the Google group.

Vitamins

Firstly, I do know that the stronger our immune system is, the better we will be able to cope with all the evilness that gets flung at us all the time.

But, we now get to the murky world of what to believe or not.

What is worse is that we do know that most vitamins or natural homeopathic products take a long time to build up inside our system before they are any help at all.

I take magnesium on a daily basis.

I have been told that paprika works or helps a lot, and for quite a long time I did take that on a daily basis.

Like most people I gave up, got lazy or whatever, and know that if I took the time to track all this it surely has to help.

But does it?

It is only by keeping detailed records that we will be able to see a benefit or not over a long period of time.

I would like to add a personal comment here.

My biggest crash/flare/pain cause is, by far, stress. There is no confusion about that. I work hard each day trying to minimize that side of my life, BUT, if correcting my magnesium helps just 1%, and then I find another thing that helps another 1% eventually I can cut my flares, crashes and pain by 10% or whatever.

Well worth it, right?

Track what you take, and keep a detailed record. One day you will have a record that is all-powerful and far better than any other tool at your disposal.

Activities

Keeping a detailed record on the chart or spreadsheet would also go a far way to helping you fight those activities that trigger your biggest flares.

Let me list so examples below.

Work

Before I go into detail here, I should point out to you that this aspect of fighting the continuous pain cycle that we live with is the biggest one that I have researched and built my entire stress-free-work system from this knowledge. Please use the link I supply at the end of this report to see what I offer by way of a solution for this “work” thing.

OK so working is Ok for a lot of people, but the waxing and waning of the pain levels, flares, brain fog and other things are what make up keeping a “Job” extremely difficult.

Now, in this section I am still covering tracking your activities, so what you need to do is track what happens at work. What tasks you do that affect your flares. Do the hours affect you?

Sometimes all you might need to do to minimize your flares and down-time is to change small aspects of your work or job activities.

For example, it might be that meetings cause you to have flares, or running projects as a manager, perhaps your work hours simply need to be more flexible.

As with whatever I suggest here, it is the simple task of tracking and detailing everything over a period of time on a chart or spreadsheet that will help you find answers to fighting chronic pain and flares.

leisure at home

I talk about the actual leisure activities in more detail further on in this report, but for now we are still on about the actual recording or charting of the leisure activities.

Watched a movie? Write it on the chart. Binge watch a series? Write that down – perhaps it is better for you, or worse, and only carefully kept details will give you any answers.

Leisure out of the home

Do the same record keeping and charting of all your other play activities.

I love to walk the trails here in Canada, and there have been times when after a 5km stroll, I go down in a flare for a few hours. If I had charted each and every walk I took, I would begin to see if there was a pattern to the flares and find ways to still do what I enjoy, but work around the information I gleam from the record keeping.

Some of us can do more and others only get out to do a quick shopping thing every 2 months. Only you will know what triggers the details if you take the time to keep records.

Sleep

As I mentioned earlier stress relating to my work is my biggest flare trigger, but poor sleep is very close to being my second biggest problem.

I track my sleep like a crazy man, but when I cannot sleep, I still have no idea why it is happening, and I admit that if I tracked a ton of details, there is a very big chance that I will find a recurring aspect that is causing me to lose sleep at times.

If you are interested, if I get less than 5 hours sleep I am guaranteed a really bad day. Less than 6 hours – I can function for a few hours, but it will be hard. Days after getting 8 hours' sleep are a lottery, some are perfect days and others can crash me like an airplane without wings, and I do not have a clue why.

Track your sleep.

Diet

OK, so I admit that I know I should be tracking my diet far more than I do.

I am terrified of orange juice. I LOVE orange juice. I am talking about the real deal here.

But the last time I bought juice, I drank around 3 glasses right away. Within hours I thought I was going to die.

Now if I was a braver man, I would go and buy orange juice again and do the same thing. If it happens again, I will be sure to avoid anything that was so acidic. (is it acidic?) I have been to chicken to try that yet. Maybe one day.

I plan to track and record specific things that I want to include in my diet too. Like kimchi for a few days or even weeks in a row.

People – track this diet thing, I think we will be amazed as to how much difference it makes. The diet is obvious; it is the tracking I am talking about here.

PS – if you have very clear results from your tracking, please come to the groups and share what you found out.

Seasons (temperature)

I know that telling you to take the trouble to track all the details AND then add it to a chart that covers all the seasons seems too much. But if you give it a bit of thought, the seasons, the temperatures are actually big triggers to our pain fluctuations, and it is only by keeping records that you will be able to sit back one day and say that you really do have to go and live on a beach for the winter 😊

When researching once, I read a very detailed report by a person who has had fibromyalgia for something like 25 years, and she moved from a hot climate to a cold one. Yet, she also needed hot tub activity for muscular pain. Contradiction I know, but I would love to find out more.

As recently as yesterday I had a really bad flare, I attributed it to 2 things. Either chatting to a neighbor in the freezing wind for too long, or because I shoveled snow for 20 minutes either side of that chat. I crashed really hard. Pain, depression (I call them crying times) and more. Do I know what the real cause was? Nope. If I was already running a chart tracking all this, I might be able to see the reason sooner or later and never let that happen again.

Exercise

Yup. That thing that we cannot do much of anymore.

I talk more on this later, and for now want to just tell you that if you made careful notes on what exercise you did, and related it to the overall good and bad (flares) in our lives, I think we could really get good data from all that tracking.

Just do it. (both exercise and tracking)

Pain Levels

This is a DUH comment.

If you did all the tracking and charting that I mention above here, and then never actually track your pain levels, then all of it would be wasted.

In fact, I suggest that you try to have a better type of charting your pain levels that just thinking "it is a 6 pain level".

Maybe work on a scale of 20.

Maybe keep that scale visible and add pain types to that scale – Like a tooth nerve pain is a 15, and stubbing your toe is a pain level 4. Then weave in your extreme pain levels from that 20 back down to 0 or no pain.

I often wonder if I am ever pain free anymore. Seriously, I am so used to continuous pain that when the pills and sleep and sitting still all combine, am I pain free? I do not know. I don't think so, there is always that bruised or battered feeling at the lowest levels of pain and they are pain too. Oh dear! 😊

Ok, so I want to ask you guys to share the methods that you use to rank your pain levels as I think that this is very important, and if we can find an accurate way to keep track of pain levels we stand a chance of cutting it all back down with this type of attack (tracking).

EDIT HERE.

I lay awake last night thinking about this pain tracking thing.

It was bothering me because I was worried that on depression days I would claim my pain is worse than on more normal days.

Plus, my pain level 10 might be a 3 for my wife (she gave birth to 4 children).

It was this discrepancy thing that was bothering me.

I finally got an idea.

This might work for you.

Keep the pain chart simple.

Can I get my arms above my shoulder level or not?

Can I stand up right away, or do I have to rock myself up and get stabbing pains when I do so?

Can I walk up stairs normally?

If so one section at a time, or all at once?

Can I even stand up?

Make a list of all the different levels of achievement that you get, and apply a pain level number to each of those.

Now you will have a standard pain level gauge that will remain constant.

Consider writing or charting your pain levels 3 or 4 times a day.

BTW, this chart will be great for family to track along with you as they now will have something "concrete" to see and believe.

Plan what you do (your future)

Right, the next thing that would help you to fight the chronic pain, the depression zones, the sleep issues etc. is to use the data you collected from the earlier suggestion of tracking what you do, and applying it to a carefully planned life.

If you planned what you needed to do, what you liked to do, what you had to do and what you dreamed of doing, there is a chance that you can get a lot more done, and have less flare zones.

Why?

Well firstly, planning allows you the opportunity to space out the big things, it will help those people around you see how seriously you take energy planning too.

Even those people right next to us all day do not really see how hard a thing like shopping can be. They might get a better idea as to how precious your energy levels are if you had a massive day planning chart across an entire room.

Plus, a visible chart will help others understand why there are family function, parties and more that you just cannot do anymore. If they ever get to see the chart, they might have a better understanding of your condition and not just say you are lazy as usual.

A spreadsheet

Read my last comment above this, and consider sharing a spreadsheet with your entire extended family once a month.

I sort of joke here.

But in reality it would be a very good idea. People might start to help you plan the happy times into your chart and not expect you to do 5 family activity days in a row over the Christmas period. Or whatever.

Keeping a detailed spreadsheet of everything you plan to do is a really good idea.

No surprises.

Plus, you can compare the planning chart with the records chart and see where you need to tweak it so you can start to live a better life.

A MASSIVE wall chart

See above, and just copy everything onto the big wall chart.

If you are going to be sitting (thinking ☺) a lot, why not have a chart that you can see and think about, that will not only keep you grounded, but allow you time to think about the good things you planned in the future.

Happy times.

Family functions

I am all for creating a 20-page questionnaire for family members to complete about chronic pain and all the issues that come with it, to see if they actually care enough about us to really know what we deal with on a daily basis.

Those that fail the questionnaire you then happily delete from the birthday list with no regrets.

OK, so I know we cannot do this. So sad.

However, I do suggest that you write down all the known family functions and plan them into your life accordingly.

If they overflow or clash you will then have ample time to explain to the necessary people why you are going to do whatever it is you decide to do.

Shopping and related activities

I suggest that you use that same spreadsheet or wall chart to plan shopping and any other outside the property trips, so you can space them out as necessary. More importantly – for me anyway – is knowing beforehand as to what is happening on any given day so you do not start any other projects as you need to save your energy for the outside trip.

For some of my out-days, I do not even try to do anything else on that day. I write the entire day off on that thing, and that way I can enjoy it with my maximum amount of energy and happiness levels.

Shopping included.

This sort of planning for me is one of the big reasons I earn my living the way that I do, because I know that I need to be able to remove as many days of my work week as I deem necessary, if it comes to that.

Go for a walk down by the river, have a picnic lunch, then take the rest of the day off completely, and not feel any guilt about losing the day as a work day.

Nice.

Never no pain, but a lot less if planned like this.

Exercise

Exercising is not only hard to do, but can suck away a ton of your available energy.

Yet we all know that it is so important.

We need to improve our overall health.

We need to improve our fitness levels to cope with all the issues we have.

We need to bring up our immunity levels to as high a level as we can, so we have enough "tools" to fight back, to improve our lot and generally enjoy our lives as much as possible.

I also know that we all have days when just standing up is so very difficult. I live in a three story home. I use my ability to walk up the stairs as a gauge as to how I am coping that day. Occasionally I can actually walk up the stairs normally. Most of the time it is a few steps at a time, shuffle one at a time, stop at the 4th step, rest etc.

Yet we MUST get as much exercise as possible.

I suggest swimming pool exercising. Better still if you can get a heated pool.

Walking is always one I can manage. No, not true, not always, but once I warm up, I can walk at least 50% of the time.

I admit to relying on my Fitbit to count for me, and then to allow me time off when I hit my targets.

Guys, I hope that you can all find some way to start exercising, to keep it going and to ramp it up to work towards a better life.

Rest activities

Rest activities should not be causing you pains or flares, but planning them into your life in a set manner should help you keep a balanced energy usage thing going.

One of my biggest problems in the past was the start-to-feel-better-thing and then spend the next day or two catching up all the things that I needed to do in a frenzy.

Then wondering why, I am worse off two days later. Total 100% burnout and flare. I do not do that anymore. I taught myself to go easy. It helps a huge amount.

Spread the new energy over a longer period of time. Feel better.

Sleep

When I added sleep into this "planning" section, I really meant that you keep a close eye on the things that cause you to not sleep.

Plan around those things.

Stop starting movies late in the evening, stop eating or drinking things that will affect your sleep.

Last year, when I still lived in South Africa, I used marijuana cookies to sleep better. They really worked well. At that time, my PTSD was still sky high, so I would not have coped without them.

Now I am far more relaxed, and more or less just need to make sure that I get to bed early enough and stay off the games on my phone.

Just to actually write this line... PLAN YOUR SLEEP, it is so important.

Diet

I know diet is a massive thing that affects our chronic pain issues.

I also know that most of what I have been doing and trying is just unorganized bits and pieces.

Gut health is massive in our situations. I must work harder on fixing mine.

No sugar, less or no carbs and all that is so important.

I am far from expert. Worse, I am the sort of person who stubbornly does not listen to good advice. (I am a glutton)

My advice?

Wait for me to find an expert and get them to give us all some great report, diet plans and more.

If you are an expert, or know one, please get connected so I can get info and share it all with you guys as I get my hands on it. You will need to get the links at the end of this report for all that.

Avoid the big stress triggers

See planning above

Know what they are

There is a very big chance that you already know what causes your big flares.

Mine is to avoid work stress. Then it is to get max sleep. No sugar, no orange juice. Try to not upset my wife (that can be dangerous)

So, clearly you must avoid them, but if you follow the tips I suggested above this you can tidy up the trigger list and start to fight back.

Please follow the charts for planning your activities and the charts for keeping records.

It is those two combined that should go very far in controlling the major flare or trigger aspects that affect your life.

Write the big ones down and write a "solution" to diffuse it a bit.

Your records will slowly increase the data that you have on the medium and eventually the small things that you can do to change what triggers each and every episode in your life.

If things work out, your pain levels should decrease and that would allow you to increase things like exercising and better eating habits.

Here is holding thumbs for all of us.

Therapy for anxiety

Anxiety is not something that people without it think it is.

People who have never experienced anxiety think it is a think that you get just before you hand your credit card to a teller for a big purchase, or what you get when you are going on a new date with someone.

Yeah. That sort of thing.

Sadly, anxiety is a nasty almost invisible thing that lives somewhere inside you and comes out at the worst time to totally screw up how you cope with things.

I am very far from being an expert and get more stress than anxiety. However, since getting fibromyalgia I now have the joy of seeing what it is like to get anxiety over issues.

It is far less fun than they said.

I am going to be in direct contact with professionals for this subject and hope to help all of you with this, as a big issue, as much as possible.

I believe that most anxiety is rooted in an experience or series of experiences in your past that have rewired how you react to specific stimuli and cannot just be washed off in the shower.

See more comments below.

PS, when I do have anxiety, I use this word - *****^##@** and this word - **\$^^%^%** far more often.

Real therapy

Physical

In my opinion the only way to make inroads to anxiety issues is through real therapy sessions with a professional.

You know, seeing a therapist.

I also believe (probably erroneously) that most of the time things cannot get "fixed" but I do believe that therapy can go very far towards helping you understand what is causing the anxiety and minimizing the impact it has on your life.

Book a session today.

Online

Having been earning my living full time online for 11 years now, I have learned to be very skeptical about online solutions.

Having said that (don't you just love it when I am honest?) there really are decent and honest professionals out there plying their trade online.

So, if you cannot get to a physical therapist around the corner from your house, I have no issue with you finding a decent online therapist.

If you are reading this and have experience in this side of things, please stop reading now and scroll to the bottom and contact me with their details.

Your own coping therapy tricks

The list I mention below are some that work for me, and some that I have seen as good for us while doing my research. Let me know what works for you.

Music

Always good for relaxation.

Personally I found that I could not listen to music with headphones because of my PTSD. Recently I tried again, and it was much better. IE I am improving in my management of this fibro thing.

Weighted blanket

I see this often as a suggested thing, and am told that it helps a lot with people with high anxiety levels.

I am very inexperienced on this subject, and help would be appreciated here.

Friends and family

Friends and family can be a comfort and a source of pain.

Personally, as long as you are not getting overwhelmed by activity levels, this can help distract your pains and give some comfort.

When I am in a big flare I admit that I need total silence. IE, no family.

Sleep

Ah, my drug of choice.

If the pains allow me to sleep, I do.

I love it.

Movies and reading

I use this type of activity to while away the pain hours and treat it as quiet times.

It does help me.

Courses that you have done

As you might have noticed by now, I have a membership course online that teaches you how to start a second income or full time income so you can avoid that "job stress" see the link at the bottom.

However, more importantly, I want to know what courses you took to improve how you cope with fibromyalgia.

Please let me know, it can be as simple as a deep breathing course, to a 50 video course on gut health eating.

Tell me everything please.

Oh, I also have free courses on anxiety, controlling stress, Kombucha, vegan diet and more. See the links below.

Medication

I guess that taking your medication is not the biggest tip on fighting chronic pain in this report, but you still need to do that.

Please share what medication helps you the best on the Facebook groups.

Prescription

See the comment above.

BTW, I changed my medication a few times and the one that worked the best for me contained Diclofenac Potassium.

I am definitely not suggesting that you get this, but just saying that it gave me low levels of pain. I am going to test marijuana and CBD oils next.

Essential Oils

I have been in contact with a person who is more skilled in this subject and hope to bring you better tips in the next revision of this report.

CBD and Marijuana

This one is supposed to be the best solution to 90% of all ills we suffer and I have been reading both good and bad results. Generally, far more good than bad.

I suspect that when you try this method, you need professional advice.

If you are that professional, or know such a person, please let me know.

Heat

Heat applied to your body is one of the best ways to relieve your pains.

I agree with almost all the methods and I have tried quite a few methods myself and proven that they do work.

Please contact me if you know more than I do 😊

Showers

My biggest luxury addiction. I always feel so much better after a long hot shower.

I can even get my arms above my head after a shower. Win Win.

Hot tub

Please share your experiences.

Sauna

Please share your experiences.

Wheat bag

I have some experience here and feel that the best part of the heated wheat bags is the ability to target specific areas that are giving you the most pain.

Try it you will not be sorry.

Oh, some people suffer from extremely sensitive skin, so be careful there.

Stay Positive

Just having a positive attitude is definitely not enough, but it helps a huge amount.

Count your blessings as often as you can.

Negativity kills

The opposite of what I said above is true too. If you think you are going to have a terrible day, you probably will.

Now, I understand that for those of you who are suffering from depression and anxiety will always find that being positive is seemingly impossible, and I am very aware from personal experience that sometimes it is impossible.

All I can say is that if you are this extreme, please get therapy. Get medication for this specific issue. The reason is that negative thoughts, and negativity in general is the biggest problem or issue is helping you feel better.

EDIT HERE – I remembered that I have courses that I have permission to give you, and will find the time to add them to my website. They are on positivity and mind things.

Your new life. accept it and plan accordingly

If you find you are constantly hating every minute, cursing everything out loud all day, you will also find that you are far less happy than the people who have accepted that this is what you have been dealt in life, and learn to live as best as possible with it.

This is not some Ra-Ra crap I am telling you, I am just saying that you CAN change things, but only if you try, and try willingly.

Accept that you are different.

Am I ever going to learn to surf in my new life?

Nope, never.

Was I going to learn to surf? LOL, probably not.

see planning above - plan positive things

Find your thing.

I do not care if this is religion, dancing, blogging, caring for rescue dogs or wrapping yourself in hot towels for hours on end.

The point is that our lives are harder than other people, and if you do not take the trouble to find those happy places, where you can feel comfortable and happy, then you need to start looking for that happy place today.

Plan those positive times.

Plan your happy moments.

Be happy.

Pace yourself

I do not need to write anything about this.

It should be obvious.

Plan your rest

Start today.

Get some rest

Do this right after doing the first rest session?

Get some more rest

Cool idea huh?

The links

And - Thank you for being here.

All this is nothing without your participation.

Here are the links to what you need to see, to join up with, to read up on, to participate in and to enjoy.

The community Facebook page of mine.

This is a safe place for all of us to share and chat and support each other.

[Click here](#)

The polls Facebook page of mine

This is where I am hoping that you go there and add your voice, your vote, your comments.

This is my dream to compile up thousands of poll results that will help all of us over time.

[Polls link here](#)

My email address.

This is if you know an expert in any of the things that you know will help us all.

If you are not sure if you should be emailing me with a thing, you are welcome to go to the Facebook pages and comment there, and ask me on that comment if I can do whatever it is you needed.

[E mail here](#)

My stress relieving membership club.

This is my big thing. More than 350 training videos, bonus freebie courses. 7-day free trail. But it is not for everyone, only those who are suffering with income or job stress.

[Start at this link](#)

[or this link](#)

The Google Group

This is simply where you join so that I can send you updates to this report, send you links and news if and when this happens.

[Here is the link](#)

Thanks

That is all I have for now.

I want to say thank you for reading this report.



Robert Bruce Anderson