

Chronic Fatigue, Fibromyalgia and Sleeping Disorder

Bronwyn's Moms' Testimony

I once had a sick child but because of Justine she isn't sick anymore!! There is no other way to explain what a difference Justine has made in my child's life other than I am so thankful. Let me explain...

I knew something was wrong when Bronwyn, my 3rd child, now 15, was so exhausted that getting out of bed was next to impossible. She had been complaining of tiredness for some time. As a mother of 4 teenagers I knew "tiredness" was part of the teen years. After blood work we discovered she had hyperthyroidism which explained many of her symptoms and we thought she'd be back to her old self in no time but this wasn't the case. It wasn't until other symptoms began to emerge that my husband and I began to be alarmed. She was now complaining about insomnia, continual sore throats, sore muscles after exercise, hard time focusing on school work and she would describe herself as never feeling "normal". Then the real problems began! She began to faint at school especially when exercising outside. So after a visit to Sick Kids Hospital to see the Paediatric Cardiologist and have her tested for allergies the results came back normal. But still she had the same symptoms. We visited 2 Endocrinologists who both tested her for balanced TSH levels plus a myriad of other potential possibilities like Mono. All normal. Then she began to have very scary grand-mall seizures all within 6 months of each other - 3 in total. We then spent 8 months with a Neurologist having every test done thinking Epilepsy but all tests were normal. At this point her exhaustion and symptoms were keeping her from school. Our next step was to visit with the Rheumatologist who tested her for Lupus which turned out to be negative, sent her for a complete Psychiatric evaluation which was normal as well and a sleep study. BINGO! Finally some answers. She ended up with a diagnosis of Chronic Fatigue and a mild case of Fibromyalgia and a sleeping disorder. But now what? They wanted to put her on sleep aid drugs. Then a miracle happened! We got recommended to Justine through a lady in my prayer group. We were nearing the end of medical interventions and still felt "stuck", even with a diagnosis. It couldn't hurt to explore other options.

We have been taking Bronwyn to Justine for 8 months now and we see a new "old" her emerging. Justine does Acupuncture, Massage, Osteopathy and has put her on a course of vitamin supplements and helped her to redirect her diet. Her energy level has shot up so that she is able to participate in a normal routine. She now attends school and has an 84 average. We are still in the process of integrating her into the more physical aspects of life but it won't be long before she will be able to run without getting tired or faint or have sore muscles. But most important, is her feeling of hope to regain her life back. She has been given one of the lead roles in "High School Musical" and just traveled to Romania on a service project with her school. She couldn't have accomplished these things a year ago!! No way! Although she needs to pace herself and still has "moments" of tiredness she is able to bounce back much quicker. Her fatigue, muscle ache, dizziness, brain fog and seizures have all disappeared! I can safely say that by grade 11, if she continues to see Justine, she will be a normal teenager once again. And you can bet we will be seeing Justine! Our regular doctor has commented saying whatever you're doing keep it up – its making all the difference in her life.

I thank God for Justine!