

The Doctors' Prescription for **Healthy Living**

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talks to **Yvonne Keeny**
of *Fibromyalgia Coalition International*

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I HAD THE OPPORTUNITY TO INTERVIEW A WOMAN WHO I HAVE COME TO KNOW AND RESPECT as a crusader for victims of fibromyalgia and chronic fatigue. This extraordinary woman wasn't satisfied with conventional medical results (or lack thereof), or the available support groups and help for people affected by these disorders. You see, she was also affected by these disorders that can change life as we know it. However, refusing to fall into the darkness of a victim mentality, she was determined to win the battle for recovery, while supporting those who are still fighting to regain their life—rather than just coping with their symptoms.

The following is my interview with Yvonne Keeny, founder and executive director of Fibromyalgia Coalition International, a 501(c)(3) nonprofit organization for people with fibromyalgia and chronic fatigue syndrome. The organization is based in Kansas City and serves the U.S., Canada and Mexico through local support group chapters.

The Road to Overcoming Misdiagnosis and Side Effects of Side Effects

Dr. G When was the onset of your symptoms?

YK Health challenges began to emerge while I was living in a small town that regularly sprayed for mosquitoes. At first, I developed irritable bowel syndrome and was eventually diagnosed with lactose intolerance, and later with osteoarthritis. It's amazing how many physicians and patients don't associate chemical exposures to the onset of other disorders—I enjoyed good health prior to that exposure.

Dr. G What were your most troubling symptoms?

YK They were extreme pain in the soft tissues, tense muscles, unrelenting fatigue, digestive problems, sleep disturbance, brain fog, headaches and many other symptoms that came and went on a daily basis.

Dr. G Over what period of time did you seek conventional medical treatment and advice?

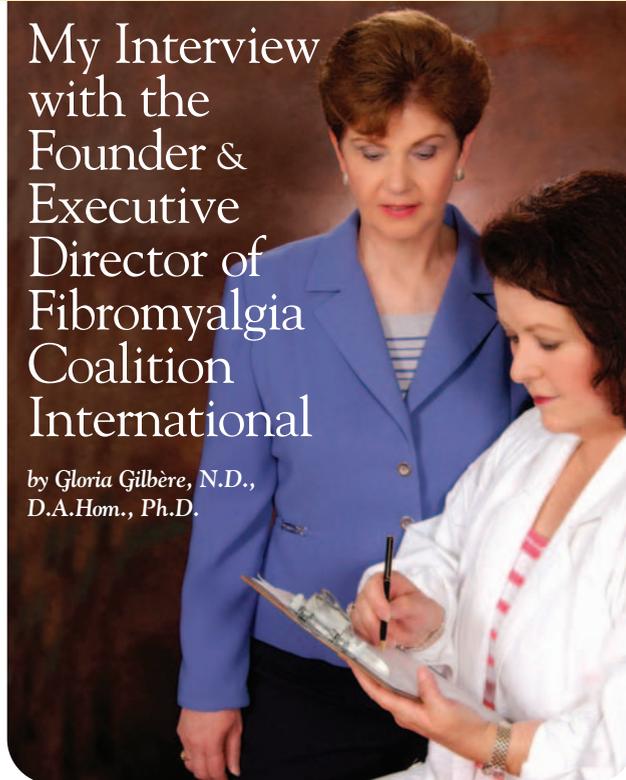
YK For over ten years, I consulted with physicians and the prescribed solution was always the same—anti-inflammatory drugs (NSAIDs). They couldn't find any condition other than osteoarthritis. I knew it had to be something other than osteoarthritis because I hurt all over, not just in my joints.

Dr. G How did you finally discover you had fibromyalgia and chronic fatigue?

YK In October 1996, I was reading a book on arthritis and saw an illustration of the tender points used to diagnose fibromyalgia. I knew immediately that my group of mysterious symptoms finally had a name. I again saw my physician, who ran a series of tests and

My Interview with the Founder & Executive Director of Fibromyalgia Coalition International

by Gloria Gilbère, N.D.,
D.A.Hom., Ph.D.



Yvonne Keeny, left, founder and executive director of Fibromyalgia Coalition International, with Gloria Gilbère.

YK Yes, and he told me there was no cure and recommended I seek assistance to develop “coping” skills. *I didn't want to cope! I wanted my life back!*

Dr. G How did you finally get some support and answers?

YK By reading everything I could on both disorders. I then implemented the suggestions from those who had recovered, such as drinking eight to ten

confirmed I had fibromyalgia and chronic fatigue. He then prescribed pain medication, antacids and antidepressants to aid with sleep.

Dr. G Did the medications help?

YK For awhile, yes. Then I needed additional medications to counteract side effects of the ones I was already taking, and the vicious cycle of drug managing instead of health care began. I was being prescribed medications to counteract the side effects of the side effects. My condition continued to deteriorate, and I prayed for just one day without pain.

Dr. G Did you ask your physician for additional help with your symptoms and loss of quality of life?

glasses of pure water daily, eating organic food as much as possible, reducing consumption of meat, and eating more fresh fruits and vegetables. I also avoided MSG, artificial sweeteners, refined sugar, artificial coloring, coffee, carbonated beverages, alcohol, and tobacco smoke. These avoidances became my coping mechanisms. I soon began easing off the medications and within two months was off all my prescribed drugs. To my amazement, my pain was no worse without the medications than with them; however, my energy was much better!

Dr. G What was the motivation for agreeing to be part of the study on this new supplement?

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YK My motivation was that, in spite of everything I've learned and tried, I still had some discomfort and swelling in my joints, especially my fingers. I haven't taken any medication since 1997 and have controlled my symptoms with diet and by avoiding toxic chemicals. Additionally, I learned there is a vital connection between our intestinal health (our gut) and hidden food and chemical sensitivities and took measures to detoxify and support my intestinal health. As you always say, Dr. Gilbère, "The road to health is paved with good intestines."

Dr. G When did you start the support group and how many people would you

say you've spoken with in the past seven years since starting it?

YK In January 1998, I started a support group as an outreach of my church. We named it the Getting Well Support Group. The group rapidly grew to over 70 members, with calls and letters coming from all over the nation.

I then wrote a leader's guide and began training group leaders throughout the nation. In 2000, we organized an advisory board and formed the nonprofit organization known as Fibromyalgia Coalition International. We now host an annual Awareness Day conference in Kansas City that includes some of the leading

fibromyalgia and chronic fatigue experts in the nation.

Over the past seven years, I have spoken with over 7,000 sufferers as well as hundreds of health care providers who understand underlying causes, contributing conditions and natural non-drug solutions. An individual, holistic approach along with avoiding foods and substances that trigger reactions has been the most effective treatment to date.

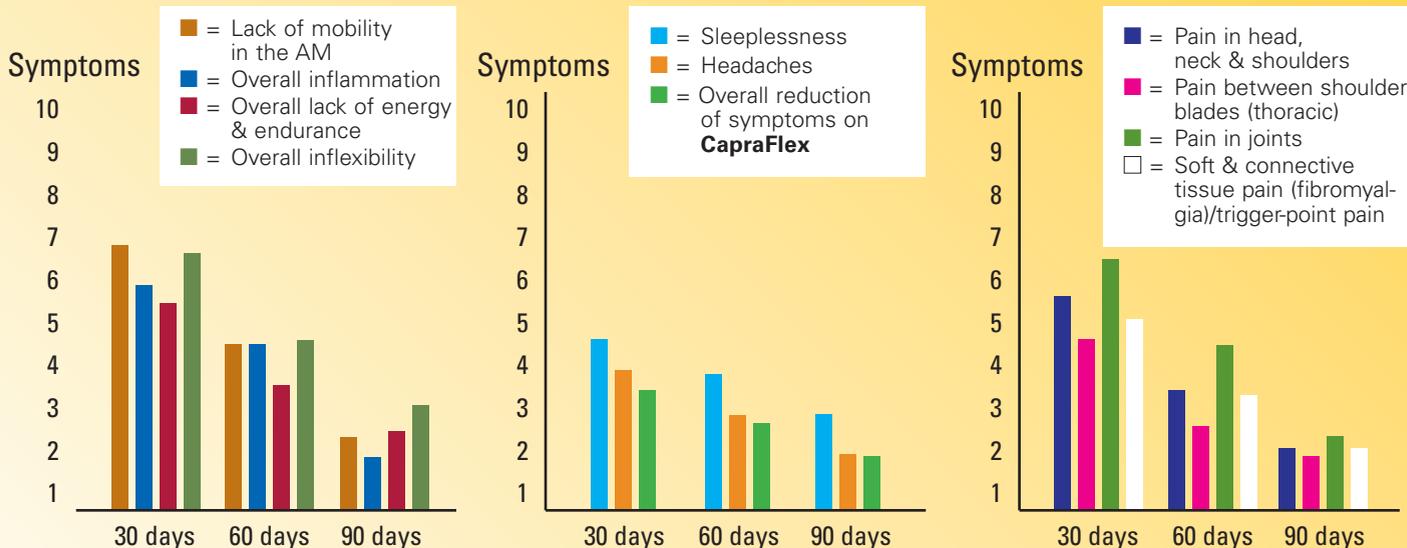
Dr. G After using the new supplement called **CapraFlex™** for the 90-day trial period, what was your experience?

YK Within two weeks of taking the supplement twice daily in my protein

continued on next page

In order to accurately assess the effectiveness of **CapraFlex**, the new product that was formulated to arrest and prevent the disorders and symptoms discussed in this article, a study was conducted by The Naturopathic Health & Research Center with

21 clients, 3 of which had to drop out because of extenuating medical and personal reasons. The initial study covered the consumption of **CapraFlex** for a period of 90 days. The following is a sampling of the main questions asked, and reported effectiveness, 30, 60 and 90 days after using the supplement twice a day. **The results are reported as 1 being no symptoms to 10 being the most:**



Study Summary

As evidenced by the study above, the majority of participants experienced significant reduction of all symptoms listed above, with the exception of headaches that remained prevalent in two participants. After additional research and consultation with these participants, it became obvious these individuals had not embarked on a protocol for intestinal cleansing, while the others had by varied methods. Therefore, it is safe to assume that reducing the overall amount of endotoxins (within the body) is more important than ever for both immediate relief and long-term maintenance. Why take several supplements and phytonutrients for joint, bone, muscle, pain and inflammatory disorders when you can take it in one powder? Start "flexing" today with **CapraFlex**, *Naturally*.

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My Interview with the Founder & Executive Director of Fibromyalgia Coalition International *continued from page 27*

drink, the swelling in my fingers was so greatly reduced that I could get my rings off for the first time in years, and my overall energy and stamina improved.

Dr. G Have you continued to use **CapraFlex** as part of your daily routine to maintain health?

YK Yes, absolutely. I do have to admit that I wasn't too crazy about the flavor; however, mixing it into a protein drink actually gives it a nicer taste. I'm pleased it is now available in capsules as well.

Dr. G Do you have any hesitations in recommending **CapraFlex** for those individuals who not only need relief from pain, inflammation and fatigue, but also those who are concerned about supporting bone density and long-term health?

YK I have no hesitations. Its ingredients cover a wide range of bodily support and it didn't take me months to feel the benefits. ■

Note: To join the coalition or for further information, call (913) 384-4673 or visit their website at www.fibrocoalition.org.

How to Obtain—To locate a retailer of **CapraFlex** and other whole-food nutritionals, contact Mt. Capra Products (serving the health-conscious consumer since 1928). Call them toll-free at (800) 574-1961, fax them at (360) 748-3099, visit their website at www.mtcapra.com, or send e-mail to info@mtcapra.com.



CapraFlex is formulated to provide support for the following conditions, all in one product:

- Generalized pain
- Loss of bone mass
- Joint pain and stiffness
- Soft and connective tissue pain
- Stiffness made worse by inactivity
- Overly acidic pH
- Swollen joints
- Deficiency of health-enhancing microorganisms
- Inflexibility
- Generalized inflammation

Gloria Gilbère, N.D., D.A.Hom., Ph.D. is a traditional naturopath, homeopath and doctor of natural health. She is internationally respected as an authoritative influence in the causes, effects and drug-free solutions for fibromyalgia, leaky gut syndrome, chronic fatigue and chemically induced immune system disorders. She is author of *I Was Poisoned by My Body*, *Invisible Illnesses*, and *Nature's Prescription Milk*, and talk-show host of Health by Design with Dr. G, heard weekly on www.healthylife.net. For additional information visit her website at www.drgloriagilbere.com.



The Proof Is in the Patient

As discussed above, Yvonne agreed to participate in a non-medical study to test the effectiveness of a new natural product created to offer support for victims of fibromyalgia, chronic fatigue and inflammatory disorders. This comprehensive product is a complete, bone and joint health support formula containing cartilage and bone-building compounds to provide the body what it needs to increase bone density while also rebuilding healthy cartilage and connective tissue. The formula also contains type II chicken collagen because it is the principal structural protein in cartilage—providing strength, flexibility and joint support. The type II chicken collagen comes from free-ranged chickens, free of growth hormones, antibiotics, pesticides and insecticides.

CapraFlex, the product used in this study, contains four synergistically balanced blends that include:

- **Osteo-enhancing Blend**—Predigested and regular goat-milk mineral concentrate along with calcium phosphate, L-carnitine, oat juice (natural silica) and alfalfa juice (both free of gluten).
- **Joint and Cartilage Matrix Blend**—Containing free-ranged chicken collagen type II. In addition, it contains lutein and a bio-activated green blend of barley, wheat, oat and alfalfa juices (all gluten-free). This blend is predigested and contains 14 strains of beneficial microorganisms and active enzymes.
- **ArthriFlex Blend**—Powerful, natural ingredients known for their strong anti-inflammatory and analgesic (pain-reducing) effects. Also contains alkalinizing ingredients and antioxidants such as cherry juice, ginger, turmeric, acerola cherry, feverfew, valerian, lemon powder and white willow bark (nature's aspirin).
- **Anti-inflammatory Blend**—Enzymes known to exhibit exceptional capacity to reduce pain and inflammation (protease blend, amylase, bromelain, lipase, papain, cellulase).

It is no longer necessary to accept the status quo and suffer with the invisible consequences of the disorders discussed. Although prescription drugs are surely warranted for acute symptoms, trauma and injury, in the long term they also complicate the healing process with their side effects.

CapraFlex offers a much-needed alternative to prescription drugs and their side effects.