

My Recovery Story

I started with ME in 2001 and had it for until 2004. I started to recover around the middle of 2004 and am now symptom free. I would say that I had moderate ME, i.e. I didn't have the aches and pains and wasn't in a wheel chair, but I had the brain fog and chronic fatigue which turned me from an independent women with a good job, own flat and hectic social life to feeling so ill I had to go and live with my parents and found walking around their small garden exhausting. I had terrible trouble sleeping and for nearly a year survived on 1 to 4 hours sleep a night. Even though I didn't have ME as bad as some people, it was bad enough for me not to want to live if the rest of my life would be like this.

I had lots of different therapies like acupuncture, reiki, kinesiology, reflexology, herbalist and a few more. I was determined and desperate to get better and seemed to lurch from one treatment to another, hoping one of them would be the one that made me better. I think all of them helped in their own way. I went on a candida diet which eliminated wheat, dairy, yeast, sugar and all those nice things in life! I stuck to it rigidly and found myself feeling worse rather than better. My turning point came when I was feeling extremely low, I was living with my mum and she asked me to do a little hoovering which although I tried just couldn't do, so we sat huddle on the settee both sobbing and knowing this was about as bad as it got.

They say you only get as much as you can take and someone somewhere looked down on me that day because that was the day that my road to recovery began. I got the number of a great man in Halifax who I managed to get an appointment with and he told me I was hypoglycemic from lack of sugar and needed essential vitamins. I was told to have fruit juice between meals and was put on vitamin B complex 100, high doses of vitamin C and fish oils and a good multi vitamin. I started taking all these and also went to a new therapy called Amatsu which is gentle manipulation of parts of your body. I was also taking advice from the doctor at the time who told me to do gentle walking exercises i.e. starting with walking to the end of the drive and back for a week and the following week progressing slightly further.

One morning about two weeks after taking the above advice and therapies I woke up and realised the brain fog had lifted slightly. This was enough to bring me great hope for the future. It was a very slow process but gradually I started to feel better on a day to day basis. I began to be hopeful that I would be myself again.

The recovery process probably took longer than the illness but I remember from the beginning of my feeling ill I just missed me and wanted me back. My ME started after several stressful things happened in my life and I had the warning signs but didn't take any notice of them. For many years after my illness I was always scared that it would return, but eventually I became confident that I was now well and it wouldn't return. It may sound odd but I am almost glad of my illness because my whole life perspective has changed. I met my husband at the tail end of my illness and he has always been behind me 100% in my recovery along with my family.

My whole life has changed since my illness. I have had stressful times over the last few years when I have been afraid of a relapse but I deal with stress much better now and don't put on a brave face and say I am feeling fine when I am not. I have never returned to work as I think this was one of the causes of my illness but this is through my own choice as I have chosen to be a full time wife and mother and I lead a normal full life. I have a husband and two children, my beautiful little boy who is nearly 4 and my step son who is now 18 and has been with us for the last 6 years, they all in their own way keep me busy enough. I do everything I want to do and my stamina and energy levels are as good if not better than before. I still take the vitamins and although don't stick to the candida diet I still eat healthy food but have a few more treats.

I cant say any one thing that made me recover from ME but it has made me realise the important things in life. I know when you are ill with ME it is difficult to believe that there is light at the end of the tunnel but I am proof that full recovery is possible and you can become you again.