

Two Patients Who Beat the Odds and Won the Battle Against Fibromyalgia

Interview with Dr. Grisanti (transcript of interview)

Two patients share their personal victory over fibromyalgia. This is an emotional interview which offers hope and encouragement to the millions of fibromyalgia sufferers...

Dr. Grisanti: Hello Pat.. Hello Sally.. I appreciate taking the time for this interview. I have a lot of patients and subscribers to my newsletter who will be interested in what you have to say about your challenge with Fibromyalgia.. Before we get started can I ask you to tell my readers a little about yourselves?

Pat: Well, I just turned 41 three weeks ago and I'm married and have two children..a boy 12 and my daughter who is 8 years old. I work for two attorneys as a legal secretary..

Sally: I am 34 years old, married and I have 3 children.. all girls.. ages 3, 5 and 8.. Maybe that is the problem.. just joking :) I am not working at this time. I believe you know why.. well I guess you can say I definitely work a full time job with 3 little girls...

Dr. Grisanti: Thanks Pat! Thanks Sally! Would you mind telling my readers a little about your battle with fibromyalgia and the steps you took to turn your health around?

Pat: Do you want the short version or the long one? :)

Dr. Grisanti: "laugh". You know Pat, I have a lot of people who I believe would like to know some of the details. Just start from the beginning.

Pat: Well, I have to go back 5 years.. I remember waking up feeling tired and having all my joints hurt..I figured this couldn't be arthritis, I was only 36 years old.. This went on for weeks!! It wasn't until I began getting dizzy spells that I went to my doctor.

The first thing my doctor did was to ask if I was depressed. She told me it sounded a lot like depression and recommended Amitriptyline. She also gave me some samples of a new pain medication. I'm sorry I don't recall what it was. Maybe Vioxx.. not sure..I have been on so many drugs that they all seem to have run together. I left the office feeling a little frustrated.. just didn't believe it was depression.. but what did I know.. My doctor went to medical school.. she was the expert.

I started taking the Amitriptyline and at first I did not like the way it made me feel.. It initially made the dizziness worse.. and boy .. did it constipate me.. This went on for around 10 days.. I remember calling my doctor's office and told them that I was concerned that the medicine was making me worse.. I was told by her nurse that I needed to give the Amitriptyline at least 3-4 weeks before it really began working.

At that time I really didn't understand what was happening... I began to experience these killer headaches and just could not sleep... I remember telling my husband that I felt like my body was "disconnected" real strange.. and scary.. I made an emergency visit to my doctor's office and after waiting 3 hours was seen by her nurse practitioner, and told not to worry.. that I was likely having panic attacks and needed something to calm me down..I left with a prescription for Ativan.

I must admit the Ativan C-A-L-M-E-D me down.. I slept like a baby the first night and most of the next 2 weeks. I believe I was on this treatment for 3 months.. Felt a little better but not good...not sure how to explain it.. just not myself.. I had an appointment to see my doctor and she suggested that I continue on the Amitriptyline and begin weaning off the Ativan...I'm not sure exactly what happened but as soon as I was about 3/4 off the Ativan, the bottom dropped out.. Insomnia, panic attacks, crying spells, nausea and would you believe diarrhea and the worst dizziness in my life.. I had to walk real slow.. couldn't drive..

My husband called my physician and demanded that I be seen..When I arrived at her office, I looked like "death warmed over"... She decided to order a bunch of blood test and an MRI of my brain. She said she just was not sure why I was having all these symptoms..While I was waiting for the results, my doctor decided to try me on Ambien to help me sleep and she also prescribed a medication to help me with the diarrhea. I would say within one week, I received a phone from my doctor's nurse telling me everything was normal on my MRI and blood test..

She said my doctor wanted me to go on another anti-depressant and see how I do.. Again, I hate to say.. I became soooo dizzy and had to sit and not move.. Any quick motions made be sick to my stomach..I remember my husband calling my doctor's office and being told that I was to see an ENT specialist.. Fortunately, I was able to get an appointment within 3 days.. Basically, the ENT said he felt it must be an inner ear problem and prescribed Introvert. I did not like the way the Introvert made mouth taste.. real dry..

I'm not sure if the medication stopped working.. but the fatigue had come back and joint pain was also back but this time with a vengeance.

I asked to see my doctor right away and was told that she wanted me to see a rheumatologist. Well.. can you believe I had to wait 4 weeks.. what was I supposed to do in the mean time?? I will be the first to tell you that I shed a lot of tears... those 4 weeks seemed like an eternity.. Well, my appointment with the rheumatologist was not what I expected. He asked me a few questions and I guess you would call "poked around" my neck and back and simply said I have "fibromyalgia". He went on to explain the list of common symptoms... joint and muscle pain, achiness, sleep problems, fatigue, morning stiffness, depression, headaches, bowel problems.. I had them all!!

I thought as I sat there.. that I finally have doctor who is going to help me.. at least he knew exactly what kind of symptoms I was having.. I thought... I am finally going to get better.. Hooray!!

Well, that was I think.. in November of 2000.. I was scheduled to see the rheumatologist.. again in 3 months for a follow-up... let me see.. I think she prescribed Vioxx or was it Celebrex...?? changed the anti-depressant to Zoloft and recommended that I continue with the Ambein to help me sleep.

During those three months, I must admit.. I felt some better.. but not right.. can't explain.. but I just knew that I was not myself..

Oh.. don't let me forget to mention.. around 2 months following my appointment with rheumatologist., I began getting these "awful" stomach pain.. I would lie there in tears with what I would call my "insides" ripping apart".. I remember calling my family doctor

and was told that I should see a gastro doctor.. Well.. I'm not kidding.. they gave me an appointment for 4 weeks.. (I give up!!).. In the mean time, my doctor recommended something called Dicyclomine for the cramps..

Well.. when I finally got to see the gastro doctor.. the stomach cramps were not as bad.. I was still taking the Dicyclomine.. not sure why.. but the doctor recommended that I switch to Librax. He said it would calm me down and help make me relax

Sorry for being so long winded.. Sally.. I am so sorry.. here I am hogging all your time..

Dr. Grisanti: Don't worry Pat.. please go on.. believe me.. Sally knows exactly what you went through and she has "some" story of her own.. I really believe a lot my subscribers are sitting there identifying with you.. Please go on.

Sally: Pat.. really no problem.. as I sit here listening to you.. I..well..I (crying).. sorry for being so emotional..it just hits too close to home.. It makes me feel good that someone understands what I went through.

Dr. Grisanti: (grabbing some tissues).. Here Sally.. here are some tissues.

Pat: Dr. Grisanti.. please give me a few. I just might need them.

Pat: Where was I.. oh yea.. the gastro doctor...as I said.. he recommended Librax and told to come back in 2 months if the problem was not better.

Dr. Grisanti.. this may sound crazy.. but it seemed that every week.. a new problem would "declare" war on my body.. One week it is my joints.. then my stomach.. then I couldn't sleep and ooooooh boy were those headaches something to write home about...I really don't mean to sound mean...but my doctor did give me a prescription for Medrin. I was to take one only when I felt a headache coming on.. I guess you can say.. I began feeling like a walking pharmacy.. Let's see... Midrin, Zolof, Librax, Vioxx, Amitriptyline..

Sally: And I thought I was the only one taking a truck load of drugs.. I can relate.. believe me I know how you felt.

Pat: (shaking her head).. why in the world are doctors pushing pills when the answer to helping fibromyalgia is so logical...(shaking her head again).. I just can't seem to figure this out.. When I tell people how good I am now doing.. some are very excited while others are "stuck" in this vicious cycle and will not change.. I guess they don't want to hurt there doctors feelings..

Sally: Pat..you can say.. I am kind of the shy type and I would never ever question my doctor..should I say doctors.. I kind of felt a little intimidated by their position.. again what did I know.. I didn't go to medical school.. anyway...

Pat: Sally, I don't mean to interrupt you.. I would never had spoken up if it wasn't for this one time, I so vividly remember.. here I was sitting again for the "umped" time spilling my guts to my family doctor... I was hysterical .. crying.. almost to the point of being inconsolable..My doctor was at a lost and she simply said that there was no cure for fibromyalgia and I would need to get involved with a local support group and meet others.. She also insisted that I see a psychiatrist .. saying that my emotions were way out

of her field....I remember wiping the tears from my eyes and asking her if there was anything on planet earth that I could take... do.. anything.. that would help.. I told her I was not crazy and I was sick and tired of taking all these drugs..I was upset.. I guess she didn't like me "getting in her face" and left the room.. Around 10 minutes later, her nurse walks in and says that my doctor has scheduled an appointment with one of the staff psychiatrist at our local mental hospital.. It used to called Charter.. Well that was the last straw.. I was fed up and I decided to do some "soul-searching" and a lot of praying and just see where that would lead me..

You know it wasn't more than 3 days, I was talking to a friend who I had not seen.. for.. I don't know... around 2 years..and she mentioned your name.. She asked if I had heard of Dr. Grisanti.. I of course said no.. She went on and on about some of the things you were doing in the field of nutritional medicine and told me about functional medicine.. I hate to say this.. but I was "kinda" listening... sorta :(You know how it is.. people have the best intentions but I was hoping to have a "life-shattering" awakening.. not a phone call about someone I did not know.... I thought.. maybe some of the big ivory league teaching medical schools.. Duke, Harvard, John Hopkins.. but really not Dr. Grisanti.. sorry doc.. no offense to you...

Dr. Grisanti: Pat.. I can't tell you how many times I have been told the exact same thing..

Sally: Pat, just wait when you here how I came across Dr. Grisanti.. miracles do happen.. If it wasn't for (crying).. here I go again... anyway.. keep going...Pat.. this is being taped...I don't want to use up the entire tape cassette..

Pat: (laughing) no problem.. Sally. get a grip... Sally.. just joking...

Dr. Grisanti: Pat.. I really thank you so much for telling us your story.. I know there is so much more that you could have shared with my readers.. May I ask you to tell everyone what you did next to turn your life and of course your health around?

Pat: Dr. Grisanti.. where do I begin.. there is just so much... let me think.. ok.. I remember scheduling an appointment and speaking to Debbie.. (did not know Debbie was your wife).. sweetest person on planet earth.. She was so kind and understanding.. She said the first thing that I needed to do was to fill out a 42 page comprehensive medical questionnaire and sign a medical release so that Dr. Grisanti could review all my medical records..

I must admit.. I thought who in the world would really take the time to review all my records.. but I guess you surprised me.. You did really study all my medical records..

As soon as I got the questionnaire, I decided not to wait.. I sat down and answered every question and was motivated to get in to talk to you..

Well the moment of truth.. my first appointment was scheduled for the following week.. I was.. I admit .. a little .. no a lot nervous.. I was praying that this was not going to be just another doctor on my list of doctors..

The moment I sat down, I just felt a calm.. I don't know how to explain it.. I know this sounds way out there.. but I just felt good being there. You really listened and boy were

you organized!! You definitely did your homework and explained the A-Z on fibromyalgia.. Nothing that I had been told..by my other doctors..

The thing that I really liked about you was.. you did not criticize my other doctors.. yes I was frustrated.. yes I was upset.. but I felt deep down that my other doctors were doing the best they were trained to do.. You simply focused on the newest research on fibromyalgia and opened up my eyes to the reason why some many people continue to suffer and offered logical answers...

When you began explaining the concepts of auto-immune disease and how it relates to digestive problems, stress.. hormones.. at first it sounded Greek.. but by the time our consultation was over you were the first physician who made sense.. and boy did it make sense... look at me now.. no drugs...no drugs.. a new life of no pain.. who in the world said fibromyalgia can't be cured.. It has been 2 years and I am healthier now then before I began having my health problems.

Dr. Grisanti: Pat.. for the benefit of the readers.. would you mention what steps we took to identify why you were sick in the first place.

Pat.. sure... Now realize I have learned a ton of stuff.. and I will try to keep it simple... before I begin...let me say something to all your readers.. basically I want to say.. that there is an answer.... let me say it again.. there are answers to stopping fibromyalgia.. it is not in drugs.. not support groups.. (please forgive me... I realize support groups are good for some people.. but I discovered they were not for me.. you see.. I did not want support.. I wanted to get better..anyway.. sorry for the detour..

Back to what steps we took.. well here is the short version.. Sally, again I have taken up a lot of time..I am going to finish up with what Dr. Grisanti did for me..I promise.. I want to hear your story..

Well here it goes...

Pat.. Dr. Grisanti, I find it interesting that so many people are suffering with Fibromyalgia.... my story is really no different then a lot of people I have talked to.. most people have gone through the same “loop-holes” and are still suffering.. I really want to thank you for all your help..

Dr. Grisanti: Pat, I am happy for you and I really do appreciate your comments.. My goal for you and all my patients has been and will continue to be.. to help people get better.. **PERIOD..** This might sound a little unusual.. but I am on a mission to help people find the best treatments available for most of the major diseases.. Most people are not going to find the answers to their health problems from their family doctors.. Please don't mis-interpret me.. there is a growing number of primary physicians who are “bucking” the system and will go the extra mile to help their patients.. The sad part is, there is simply not enough of these kind of doctors.. You really have to go through an interview process with your primary doctors..

Sally: Excuse me for interrupting.. is it alright for me to throw my two cents in..

Dr. Grisanti and Pat: Definitely... of course..

Sally: You know.. I have been listening to Pat share her story and all the suffering she went through.. Would you mind if I give you the short version of my story...?

Dr. Grisanti: Sally, sorry... did not mean to “hog” up all the time.. Pat, before we get into your treatment.. I believe it would interesting for everybody who is reading this, to hear from Sally.. Is that OK?

Pat: Please.. go ahead...I want to hear your story.

Sally: As I mentioned when we first were introduced, I am 34 years old, married and I have 3 children.. all girls below the age of 10.. They sure keep me busy.. Thanks Doc.. for helping me..

Dr. Grisanti: Remember Sally, I am just the middleman... I got you going in the right direction.. I am so happy for you..

Sally: Let’s see.. where do I begin...well.. I guess I can go back 3 years. I was just about to turn 31 and I remember being 7months pregnant with Elizabeth, my third child, and for some reason.. just can’t remember.. I was overly tired.. not the usual fatigue after working all day long.. This was a “scary” type of fatigue that.. the only way I can explain it is.. it went all the way down to the bone.. Hmmmm.. maybe that is where they got the phrase “bone tired” (laughing). I must admit.. I really didn’t do anything at that time.. I remember telling my husband.. that I needed to rest a lot... He was a real sweetheart... I had some joint pain.. but nothing too bad.. I didn’t take anything in the way of drugs while I was pregnant.. so again.. I just assumed it was.. you know being pregnant..

Now that I look back.. I did not feel this way when I was carrying my other two girls.. What can I say.. I thought.. three pregnancies and this was maybe normal.. I couldn’t imagine how in the world my grandmother did it.. She had 8 children... J

I delivered Elizabeth in February of 2000.. natural childbirth... did fine.. I remember it must have been at least 5 months following the birth of Elizabeth and the best way I can explain it is.. “the bottom dropped out”...fatigue, crying all the time.. and boy.. did I have pain EVERYWHERE.. my shoulders, neck, low back.. knees.. even my toes hurt..L

I know this sounds crazy, but I still did not see a doctor.. Yes I went to my OBGYN and kind of.. in passing mentioned that I was tired and having pain.. but I really did not make a big deal about it.. I assumed it would go away.. Boy was I wrong.. Not only did the pain.. not go away but I got worse.. it got so bad.. that I could hardly walk down the stairs in my home without hanging on to the banister... It was my husband who insisted that I see my family doctor..

My first visit with my doctor was to say the least uneventful.. She said that I was probably suffering with something called postpartum depression. and she recommended that I begin taking an anti-depressant.. I remember walking out of her office.. thinking that was way off.. me depressed..no way.. So I simply went home and continued to hurt and cry.. hurt and cry.. hurt and cry... I think you get the point..

I think it is was 5 weeks later and I remember waking up from a deep sleep in a “cold sweat” and my heart was “jumping all over the place”... this scared the heck out of me.. I tried to yell for my husband who was sound asleep and nothing would come out of my mouth..I remember just falling over right on top of him...shaking all over.. I must admit..

I scared my husband... He didn't know what to do... Fortunately my mom lives just 5 minutes from my home and he called her to watch the kids.. and took me to the emergency room.. I remember sitting there at the hospital for what seemed like an eternity and finally a doctor saw me... He listened to my heart, lungs and did his exam.. I hate to say.. but by this time.. I was actually feeling a little better.. but my husband would not here it.. he said no matter what.. we are going to get to the bottom of this.. The doctor in the emergency basically said he could not find anything that he thought was life threatening and gave me a prescription for Xanax and told me to see my family doctor..

I did go to my doctor later that day.. and she was kind enough to sit me down and discuss my problem.. Not that she didn't before.. this time.. it was different.. I guess I was more serious than the first time.. also my husband was right by my side.. My doctor decided to run some blood tests and wrote me a prescription for Zoloft and ativan.. She said these medications would help while she waits on the results of the blood test.

Well I would have to say.. by the end of week, I got a call from my doctor's nurse and she said that all my blood tests were normal and to keep taking the medications.. Another appointment was made for 4 weeks.. Over those 4 weeks... I really did not like the way the medicines made me feel... dizzy, swimmy headed... I don't know.. just didn't like it..

When I went back to see my doctor, she asked me how I was doing and I let her know that I did not like taking the medications.. but she insisted that I stay on the Zoloft and begin weaning off the Ativan.. I told her how my joints were still hurting and she wrote a prescription for Celebrex and told me to schedule an appointment for 6 weeks..

During those six weeks, I had some good days and a lot of bad days.. I was really a "pain to be around".. always irritable not like me.. I just didn't have the strength to do "mother" things.. you know... play games with the kids, go to park... anything.. I was like a "bump on a log".. no up and go... My joint pain seemed to travel all over my body.. sometimes it was my neck, then my lower back, then my shoulders.. ..anyway... I hurt everywhere..

Even though I was taking the medications, for some reason, they didn't do what my doctor said they would.. or at least they lost their effectiveness.

When I went back to see my doctor after those six weeks.. she saw that I had lost over 10 pounds and seemed very concerned.. I explained my symptoms and she kind of looked at me with this "serious face" and said she felt that I was probably suffering with fibromyalgia..

I had heard of fibromyalgia before.. but really did not know a lot about it.. After she explained all the symptoms... I was sure she had the "nailed my problem right on the head".. She suggested that I switch from Zoloft to Elavil... Pat.. I believe that was the same medicine your doctor had you on.

Pat: yes.. I believe so.. the generic name is Amitriptyline.

Sally: Should I continue..

Dr. Grisanti: yes.. please

Sally: Well.. I know this sounds crazy.. but I don't think drugs agree with me.. but after switching over to the Elavil, I began to experience stomach pains.. I felt like someone

was twisting my insides...I was dizzy... nauseous. and this sounds weird but my tongue felt like it was swollen.. I couldn't talk without slurring my words.. This happened every once in a while but not all time.. I did call my doctor's office and the nurse asked me a bunch of questions over the phone and said she would talk to my doctor.. I would say.. around 5 hours later.. the nurse called and said that my doctor wanted me to increase the Elavil to 150 mgs.. and also recommended a medication for my stomach cramping.. I remember hanging up the phone and wondering why the nurse didn't mention the slurred speech and tongue... I guess.. if the doctor was concerned she would had said something.. Well I don't know why.. but I did not feel comfortable increasing the Elavil.. I couldn't understand why my doctor wanted me to increase it.. I am usually not the kind of person who questions their doctor.. however, this time, I wanted to see if there was something else I can take instead of the Elavil.. I'll admit.. I was scared of what it might do...

Well I did get an appointment with my doctor two days later and for some reason that I can't explain, my doctor was what I would call "curt".. you know.. short with me.. She gave me this lecture about questioning her professional judgment and all that stuff.. She left the room without giving me a second to talk.. On top of it.. she referred me to a rheumatologist.

I left her office in tears and felt all alone.. Here I was.. a mother of 3 small children..had pain all over my body... was tired 24 hours of the day.. irritable.. crying all the time... had stomach cramps.. swollen tongue.. and I was only 31 years old... WHAT WAS GOING ON?!!

Well I finally got my head and thoughts together and went home.. It was approximately 2 months before I could get an appointment with the rheumatologist.

I remember going in his office and filling out a bunch of paperwork...being led to an exam room down this long hallway... the nurse took my blood pressure, temperature and weight and I waited in the exam room wearing this little paper gown for at least 45 minutes.. I do remember the room being ice cold...

Finally, in walks the doctor and he was looking over my chart.. I guess he was reading over the notes from my family doctor.. after at least 10 minutes of him looking over my paper work.. he looked up at me and said.. "it looks like you have fibromyalgia"...I thought to myself.. what a breakthrough... Ok now what.. (I didn't say it.. I just thought it).. Well the doctor did do a 3 minute exam.. if you want to call it that, and simply pulled out a pad and scribbled a few words and said that he wanted me to get a prescription for another anti-depressant.. His explanation was that he felt that the Elavil may not be the right one for me and said some people do better on other kinds.. He basically said.. there was nothing that cures Fibromyalgia and said we would simply need to experiment (he really said that) with some different anti-depressants until we find the right one.. That was it.. nothing new..

I would say.. I went on like this for say.... Almost one year... Pat, not as long as you.

Pat: I glad you didn't.. but is sure seems like you had your share of suffering..

Sally: I did

Dr. Grisanti: Sally.. I appreciate so much telling me your story...by no means am I rushing you...you have been very kind to open yourself up and share what you went through.. Could I ask you to give me a summary on what steps you took to get better?

Pat: Sally.. I am interested in knowing what you did.. You go first..

Sally: Well.. let me “fast-forward” around 7 months from the time I saw the rheumatologist. By that time I was on 4 different medications and I can honestly say.. just existing.. not what you would expect a 32 year woman with 3 young ones to be doing... It was absolutely terrible.. I was good for nothing and I felt it..

I believe my mother mentioned your name from someone at her church.. I remember my mother calling me and telling me about you... I was a little more open to alternatives than Pat was..

Pat: Now don't get me wrong.. I may have been skeptical..but I really believe I was so “drugged” that I couldn't make sense out of anything.. Sally go on..

Sally: My first appointment with Dr. Grisanti was 2 weeks after my mother told me about you.. When I called your office.. I spoke to Debbie and she was really nice and seemed to care.. I did not even know her... but she was very kind...Debbie told me that I needed to sign a release so that Dr. Grisanti could review all my records and I was to fill out a 42 page medical questionnaire.. I thought 42-pages.. that was a lot.. but I was desperate and I was hoping and praying that maybe you might be able to help.

Pat: don't mean to “cut in”... I absolutely love Debbie she is a wonderful person.. Doc.. you're a good guy too...

Sally: yep.. I second that..

Dr. Grisanti... thanks..

Sally: My first appointment with you .. Dr. Grisanti.. was very encouraging.. the biggest thing I remember was the fact that you really studied my case from A-Z... I mean when I sat down to talk to you .. you had already studied all my medicals and questionnaire.. I don't mean to “bad-mouth” my family doctor or the rheumatologist.. it seemed that my records were given a quick looking over minutes before they even sat down to talk to me..

Pat: Sally, believe me you are being kind.. I have not found one physician who gave me the time of day.. least any time to really figure out what was wrong me except Dr. Grisanti

Dr. Grisanti: I appreciate your comments... I want to say something while we are on the record and say.. that I work with many physicians and have treated thousands of patients over my 22 years in practice.. most of the physicians are doing the best they can.. this is what they have been trained to do... I don't necessarily agree with some the “bed-side” manners.. but this is the best that they can do based on their training.

Over the last few years, I have attended many medical conferences all over the country and matter fact when I was in San Diego.. there were over 130 physicians from all over the country and 90% of them were medical physicians... Pat.. Sally.. I have said this

many times... there is a growing number of physicians who are doing what I do and you will continue to see more and more..

Matter of fact.. I think you have heard me say..that Duke University, Harvard and Stanford University have become the pioneers for Integrative Medicine.. the only sad thing about this, is the fact that these reputable medical facilities are really only scratching the surface.. Please I am not putting myself above anybody... I just want to say.. that the physicians who I have studied with are some of the most progressive doctors in the world.. and I am so thankful to have learned what I have learned..

Pat.. Sally.. sorry to go off on a different topic.. I just felt that this was important for people who are listening or may be reading the transcripts of this interview.. Sally.. go ahead and continue..

Sally.. well.. what I can remember is you explaining about the possible causes of Fibromyalgia and telling me that there was no one cause but a number of underlying reasons for me having the problem.. I remember you say that everybody suffering with Fibromyalgia may have an entirely different reason for their problem. What may cause my problem may be totally different for someone else.

Pat: Sally.. that was the thing that really got my ear.. all these doctors kept telling me that there was no cure for Fibromyalgia.. Dr. Grisanti.. began explaining how the immune system worked and the importance of searching for the reason my immune system was not working right..

Sally: Pat.. I may not have a medical degree.. but the way Dr. Grisanti explained everything made sense.. for the first time.. I felt like someone really knew what was happening to me.. Well after my consultation with Dr. Grisanti, he recommended three tests.. one was a stool test and it was checking for any bacterial infection or irritation to the lining of the intestine.. the second test was a blood test and it was checking for mineral deficiencies and the third test was a chemical sensitivity test..

Pat: that is interesting.. after my consultation with Dr. Grisanti, he recommended that I get a comprehensive thyroid panel, a saliva test to check my adrenal function, Female hormone tests checking my estrogen and progesterone levels and another a test to check how my liver and detoxification was working.. I find this interesting... Sally had an entirely different set of tests.. why??

Dr. Grisanti: You see this is the problem in our health care system.. the drug industry have these “hallmark” television commercials showing a man or woman taking this or that drug for this or that condition... Now I have to be careful....Pat .. Sally .. you know me.... If there is one thing that I get upset about and that is how people are being fed a bunch of nonsense on how this or that drug will treat this or that disease.. Now the truth is this... hear what I am about to say... I do not treat Fibromyalgia.. I don't treat Osteoporosis.. I don't treat Menopause... I don't treat High Blood pressure...I don't treat any disease... **PERIOD...** Now hear this... I do find out what is wrong with your body (pointing to Pat) and I do find out what is wrong with you your body (Sally).. What is causing your problem Pat may be entirely different than what is causing Sally's condition.. **You both can have the same identical symptoms.. but have entirely different reasons for your problem.. Does this make sense??**

Pat: I understand.. Doc... not only do you make sense.. but I am living proof that what you are saying is the truth.. ABSOLUTELY!!

Sally: Doc.. why in the world aren't more doctors doing this..I mean after you ran the tests and got the results.. I mean it was black and white...

Dr. Grisanti: Sally.. please do me a favor while this is being taped.. could you briefly tell me what the test revealed.. (laughing).. I know.. I know..I'm the doctor and I should know (laughing).. I simply want to hear you explain in your own words what I explained to you about your results..

Sally: OK... Well when you reviewed the results, the first thing you told me was that my stool test came back with a serious bacterial bug that was infecting my intestines.. It was some long name.. I can't tell you.. the mineral test showed that I was severely low in two minerals.. magnesium and selenium.. and the chemical toxicity test showed a reaction to three chemicals that I was using before I got sick... that was a shocker..

Dr. Grisanti: How about you Pat.. what did your test reveal?

Pat: I find this so interesting..J My thyroid test came back positive for antibodies.. My doctor never checked my antibodies.. they only checked my TSH.... How in the world did you even think about checking these other thyroid tests?

Dr. Grisanti.. Pat.. you see.. most physicians only check TSH.. and most rarely consider the thyroid antibodies.. unless they have a suspicion for Grave's Disease or Hashimoto's disease.. Your history and my review of your records strongly indicated that you were likely suffering with a sub-clinical thyroid problem..and the results did not lie...

Let me make another important .. I can't tell you how many people e-mail me or patients of mine ask me, what is the best thing to do to treat Fibromyalgia.. I wish I could help everyone to understand what we have been talking about.. You see.. Pat...one of the causes of your Fibromyalgia symptoms was the thyroid and Sally.. your symptoms of Fibromyalgia was stemming from the bacterial infection in your gut.. PERIOD... A lot of people simply don't get it.. I don't mean to be rude or be critical.. but it really makes me mad when I see these "garbage" commercials and ads in magazines telling people that they should take this or that drug.. Do you realize how much money is spent on advertising.. to "brain-wash" into believing that there is a drug to treat all our suffering..Billions!!

The truth is we are being fed a bag of lies and junk.. Now I don't want anyone listening to this or reading this to think that I am one of these people who is against all forms of medicine.. that is the farthest from the truth.. matter of fact.. Sally what was one of the treatments I recommended?

Sally: well for the bacterial infection.. you had my doctor consider a short course of medication to treat the infection

Dr. Grisanti: How about you Pat?

Pat: you recommended that my physician put me on a T3 and T4 combination thyroid medication

Dr. Grisanti: do you remember what..??

Pat: it was **Thyrolar**.

Dr. Grisanti: Pat, how long did it take before you began to see improvement? Sally how about you?

Pat: After starting the treatment program.. which included the Thyrolar and your other recommendations.. I would have to say.. 5 weeks.. I began seeing significant improvements.

Sally: Doc.. I was totally surprised after only three weeks.. of starting your program... I remember waking up without my knees hurting.. and didn't have that "cloud" over my head.

Dr. Grisanti: I want to thank you both for taking the time to share your personal stories with my readers.

Pat: No, thank you, Dr. Grisanti. If this interview can help just one person realize that their really is hope for people suffering with Fibromyalgia, I would be happy.

Sally: Dr. Grisanti, the same goes for me. I really hope my story will help others.