

A GROWING COMMUNITY OF WELLNESS

These accounts of newfound wellness have come to me from all over: hand-written notes, post-treatment questionnaires, emails, postcards, jotted down phone messages...you name it. And they come from both women and men, business people and stay-at-home parents, those considered to “have it all together” and those on the fringes of society. And isn’t that how it should be? Wellness is a gift from God intended for all.

These personal experiences are so inspiring to me. And I want them to inspire you. So I’ve asked my editor to apply minimal editing to this section, and I’ve used real names (with permission), except to hide the last name for privacy. I’ve also listed the geographic location when able.

I know that it’s hard to trust someone with your health, especially someone whom you’ve never met. But consider these many people a part of a new community that welcomes you with open arms. Here are the direct words of just a few of the thousands who have taken that very chance—and thrived to tell about it.

MESSAGE THERAPIST FINDS HOPE

Katie O. in Auburn, Alabama: *I first heard Dr. Murphree speak in 2002. I was officially diagnosed with FMS in 1983 at Mayo Clinic, Jacksonville, Florida. My doctor and physical therapist were multidiscipline-oriented professionals, and they suspected “something systemic” had been going on for several years.*

A year after my diagnosis, I graduated from massage-therapy school and began my career working in a local osteopathic hospital there in Jacksonville. Hands-on treatments for chronic-pain patients were administered daily along with required mild exercises. As I worked with

these patients, I learned much about keeping myself in good physical condition with mat exercises and lots of stretching. Keeping a good attitude helped as well, and we encouraged this in the classes. Each patient got 15–20 minutes of massage each afternoon. I noticed such a difference in my pain levels as I kept myself active and really began to think this was a BIG part of the conditioning program for fibros. I also was on a vitamin-mineral supplement and had been for many years.

When Dr. Murphree spoke in Auburn, I decided to give his FMS/CFS supplements a try and have been using them for several years now with very good results. I was also impressed that he included the body/mind connection as well as diet and the Holmes-Rahe Stress Factors scale along with vitamin programs, etc. There is a whole-body connection with FMS/CFS, and the medical profession often misses that.

As a licensed massage therapist of 24 years, I have been privileged to have attended many educational classes that speak to the body-mind connection and try to educate my clients on this so that they can better help themselves with the daily struggle of FMS/CFS. Also, I am delighted that Dr. Murphree speaks about craniosacral therapy and myofascial release! These are two treatments which I have found give me the most relief when my fibro flares. I bless the day the PTs I worked with suggested I take the craniosacral classes. This wonderful modality has helped me help myself and has allowed me to help many patients who were written off by doctors after trying typical therapies with little results. Craniosacral therapy helps balance the stressed nervous system and release long-standing fascial restrictions that may have gotten you into this fibro syndrome in the first place. [Note: see chapter 30, and talk to your massage therapist for more information about these helpful techniques.]

I have been so impressed with the caring attitude of the clinic personnel when I reorder my supplements over the phone, and I'm very thankful for a doctor who has taken a stand on helping people make natural changes in their lifestyle to treat and beat a difficult condition.

I'm going into my 25th year of doing massage therapy, and I am so awed by this fact and privileged for the opportunity to still be doing what I love to do despite my diagnosis of fibromyalgia.

Tammy T., via email: *You have been an absolute godsend to me. I have had fibromyalgia for nearly 14 years (although of course we didn't know what it was back then). Thank you, thank you, thank you!*

SLEEP HELPS HEAL

Emily F. in Australia: *I am 52 years old. The first signs of something wrong started in my mid 30s. I was basically treated as a hypochondriac for the first few years until a new doctor suggested I could have CFS. As it turned out, I was diagnosed with FMS.*

By the time I got my diagnosis, I had already worked out a pretty decent regimen of multivitamins plus extra magnesium and vitamin B. The only meds given by the rheumatologist were antidepressants, but these did very little for the pain and stiffness and added to my woes by slowing down my thinking process, so I took myself off of those.

My regimen grew to include Nurofen and Nurofen Plus at least once per day. In really bad times, I will take Celebrex for a short period of time or paracetamol and ibuprofen on alternate two hours.

I came upon Dr. Murphree's CFS/FibroFormula quite by accident (strangely enough, I was researching angels, and I found Dr. Murphree), and after working out what I was currently paying monthly against the cost of getting his supplements from the United States to Australia, I figured it was worth a go. I am so pleased I did.

The very first thing I noticed was that my sleep patterns improved out of sight! And with this, my body aches lessened. I felt so good, I actually stopped taking anything for a while, but this was a big mistake, as the return of the symptoms has meant a very slow return to feeling good, but I am almost there.

I don't believe I will ever be pain free, but I do believe I will be okay if I keep taking the CFS/FibroFormula on a regular basis—and this is not easy for someone who does not like taking medication of any kind, even vitamins.

I have told my doctor, physical therapist, and chiropractor about the CFS/FibroFormula. It is a shame they are not available over-the-counter here in Australia.

SEROTONIN MAKES ALL THE DIFFERENCE

Veronica V. in Ontario, Canada: *Before I was fortunate enough to come across your web site, I was experiencing mental and anxiety issues that had me thinking I was going crazy. After taking the Brain Dysfunction test, I was so relieved that it was a chemical imbalance. I just lacked some brain chemicals, especially serotonin.*

Although I was suffering FMS pain, the brain dysfunction was much more upsetting to me. I am a health-and-safety trainer, and I would go blank in front of a classroom with no recall of the information I was to teach. I could no longer spell, and the keyboard felt like a stranger under my fingers when trying to write policies and procedures. I was late for sessions, because for the first time in my life, I would get lost regularly.

I have a great life, and yet I was unhappy and depressed most of the time. I started suffering anxiety attacks for no apparent reason. I could not cope with change of any sort. I am a very social person, yet I didn't want to leave the house or have company over. I became a frustrated and angry person.

Two weeks on your FMS protocol, I could think again! Driving was easy again, and I could perform my work. Both the mental and physical symptoms subsided considerably.

Now, 10 months into the program, I am exponentially better than before. The added bonus is that these are one of the few products that I have not developed a tolerance of, and they continue to help me heal. Thank you so much for your dedication and understanding of what we go through.

CONTROL FREAK NEVER GAVE UP

Patricia Z. in Port St. Lucie, Florida: *In retrospect, I believe my body has hosted the unwelcome guest of fibromyalgia for a lot longer than my diagnosis eight years ago. An active person all my life, I suffered more from the restrictions than from the actual pain. In other words, I was depressed. A control freak, I balked at the thought of antidepressants, pain killers, muscle relaxers, and sleeping pills. I like to be in control of my thoughts, pain, and moods. I believe in the in-*

nate intelligence of my body and the chiropractic philosophy. I resented medical doctors telling me if I wanted to get relief I had to take the above. So I researched online and found Dr. Murphree, read his books (still do), and started on the vitamins and minerals he suggested.

Am I fibro free? No. But I am so much better off than I was in the beginning, I am capable of most things in moderation, and I possess all of my wits.

I did find a rheumatologist whom I now see once a year and who will work with me. He admitted recently that he wished more of his patients would quit looking for a miracle drug to take away their pain.

Mental attitude, exercise, chiropractic adjustments, massage, and a good regimen of vitamins are keeping me active. Yes, some days I flare, and when that happens, I allow myself a few minutes for a pity party, drag myself into a hot shower, and get moving, thanking God every day that I do not have a terminal disease as do some.

LIFE IS AN ADVENTURE AGAIN

Jennifer G. in Yakima, Washington: *I battled fibromyalgia for 16 years and tried almost every miracle cure I could find after mainstream medicine failed me. Although nothing helped, I was determined to keep searching, because I knew there would come a day of healing.*

*With fibromyalgia, life is not an adventure but a daily survival. My “last ditch” effort led me online to *Treating and Beating*. I studied the book cover to cover, underlined, highlighted, read and re-read, even though I could barely hold the book open. I got started on the jump-start program on July 1, 2008, and for the first time in years began sleeping through the night and waking up rested!*

After four months on the jump start, I am experiencing a great increase in energy and I can actually think clearly. Wow! The pain didn't leave my neck and arms, so I consulted with Dr. Murphree via telephone. After trying a couple more supplements, he suggested a visit to a neurosurgeon. The neurosurgeon discovered herniated discs. I'm not sure what my next step will be, but I know I am getting closer to my day of healing and many new adventures to live.

NOT WANTING TO LIVE ANOTHER DAY

George F. in Baton Rouge, Louisiana: *I am one of the rare males diagnosed with fibromyalgia back in 1991. It started off bearable but got worse over the years. I am 52 years old now and have always been very active outdoors—hunting, fishing, and such.*

Over the past five or six years, I started missing many days at work, sometimes the whole week. I could no longer hunt or fish—just lay in bed taking large doses of pain medications and aspirin by the handful. Without being able to do anything I enjoyed doing, I would start off with tremendous anger which lead to deep depression. I had been through several rheumatologists, both here and in other cities.

I had given up; I could not take it anymore. I went round and round in my head about how much it was going to hurt the ones I love if I took my own life. But I could no longer stand a life like I had.

Then a friend of mine saw Dr. Murphee's book, bought it, and sent it to me. I immediately ordered the starter pack and took it religiously.

Within two weeks, I was feeling better. Now after seven months, I feel 10 years younger. My whole life has changed. I can now do anything and more than most people my age! Thanks to our Lord and Savior for bringing a man like Dr. Rodger Murphree into this world.

FROM DEPRESSION TO FULFILLMENT AGAIN

Mimi M. in Fort Wayne, Indiana: *About two years ago, I had a blood infection. The doctors spent nine weeks figuring out which one it was and treating me. In the meantime, I was in severe pain and could barely walk to the bathroom. I was bedridden for nine weeks! I had just purchased my restaurant and could not work. I had always worked a lot and was always a very active person. Some people called me a workaholic.*

Once they treated me for the infection, I started feeling better, but then I still hurt in my muscles. Sometimes it would be one muscle, then another. It didn't make sense to me, and I was very discouraged. So they sent me to a rheumatologist to have him check me and then ran more blood tests, X-rays, an MRI, and a urine test. All the tests came back okay.

I was very upset when he told me I had fibromyalgia. I had never heard of it, and he told me I would never be able to work the hours I had before (usually 60–70 hours a week, plus I did the books for a friend's company, my husband's company, and my own). I was devastated to hear this, and the medication they put me on was worse. I couldn't even think straight, much less do the company books. And when I tried to work in my restaurant, I could only work 3–4 hours at a time. Then I would be in bed the rest of the day and night till the next morning.

After about four times of having a handful of pills ready to swallow and end it all, I decided to get online and do some research. I found this web site [www.TreatingAndBeating.com] and ordered the package of supplements and the book from Dr. Murphree.

My life changed within a month! Now I work seven days a week at my restaurant baking my own pies and cooking my own soups and enjoying my life-long dream of having my own hometown restaurant. I also am still doing the books for three different businesses.

I still have good and bad days, but I can live with that. I also took up canoeing and camping with my husband (a good getaway). I have people tell me all the time I am a miracle. I feel very lucky to have found help, and I have always told people about Dr. Murphree's products, because they work! Thank you very much for being out there for people like me.

LOVED ONES HAPPY FOR HEALING

Pam H. in Bossier City, Louisiana: *This is concerning my sister, Elle Blake. She was diagnosed over a year ago with fibromyalgia. I thank God every day for sending Dr. Murphree to our city. Elle was very doubtful, but she bought the jump-start package.*

Now you have to understand, my sister was in pretty bad shape. She was down for days, no sleep, in so much pain. But after the first day on the jump-start pack, I had my sister back.

She was ready to die she hurt so bad. Now it's been almost two weeks and she is stronger every day. I truly thank God and Dr. Murphree. She is telling everyone she sees about this wonderful miracle.

A BRAND NEW MAN

Eddie C. in Boligee, Alabama: *Today is a great day in my life! I feel like a new man most of the time, and I owe it all to Dr. Murphree and his therapy. I really feel that I am on my way to a full recovery. I now remember more. The pain is much better.*

There were times that I felt completely disconnected from each part of my body. I could not remember anything from one minute to the next. Today my blood pressure is down. My pain is under control. And I thank God for Dr. Murphree. I could write my own book about what Dr. Murphree has done for me. I am very grateful that I found him.

SLEEP RESTORED, PAIN REDUCED

Dale S. in Altoona, Alabama: *I was diagnosed in 1989 with fibromyalgia and have seen four or more doctors in the last five years. I have been on antidepressants, muscle relaxers, and things taken at night and nothing really helped. I have had a lot of pain all over my body especially over the last five years. In 1998, I had lower back surgery and I have had a lot of pain in my right side all the way into my foot.*

I had not been able to sleep well for several years. I was probably waking up every hour or two and not feeling good when I would get up in the morning. I wouldn't take a lot of the medicine that the other doctors prescribed to me, because they made me feel sleepy for about half of the day, so I would just deal with the pain.

About a year ago, I started taking Dr. Murphree's CFS/Fibro vitamins and other supplements and I was feeling better, but I still was not sleeping well. I started seeing Dr. Murphree in December 2003. February 20, 2004, was my fourth visit, and what he has put me on these last two months has helped me a lot. I am sleeping about six hours or so each night, and I am dreaming now and feel much better when I get up. I have more energy and am so thankful for the help that Dr. Murphree has given me.

PAIN FREE IN THREE WEEKS

Ina W. in Birmingham, Alabama: *I have suffered with fibromyalgia for approximately five years and have seen three doctors during*

that time who could never give me a diagnosis. I had taken several drugs and tried different therapies and nothing had helped until I saw Dr. Murphree. Dr. Murphree's book has been most helpful in helping me with my illness and knowing what I should do next, and Dr. Murphree is helpful in suggesting what to read. I would recommend his book and him to anyone. Dr. Murphree gets to the bottom of the problem instead of loading you down with harmful drugs. There is a big lesson to be learned about Dr. Murphree's method in treating fibromyalgia and CFS.

The day that I entered Dr. Murphree's clinic was a changing day in my life. Not only did he help me tremendously with the pain in my legs and arms but also with my bad menopause symptoms. In three week's time, I was pain free. My menopause symptoms were 90% gone. I feel energetic, vital, and happy and most of all, pain free. Thank you so much Dr. Murphree. I would recommend you and your healing methods to my loved ones and dearest friends.

DID NOT CARE ABOUT LIFE ANYMORE

Lori M. in Florence, Alabama: *When I was first diagnosed with fibromyalgia, I heard many different things about treatment and doctors. The most common was that there really wasn't much that could be done for me except for taking pain medication and/or antidepressants to try to provide some relief from the pain. Everything else pointed to the same conclusion that I would have to accept feeling bad most of the time for the rest of my life. At the age of 40 with a husband, a teenager, and a 7 year old, I could not accept that I would feel like this from now on.*

I began to search for more information and prayed for God to give me wisdom and direction in my search, just as He always does. He led me to Dr. Murphree's book as He answered my prayer. I had no idea when I began reading the book that Dr. Murphree's practice was just 90 minutes away from where I live. I quickly made an appointment and found a practice full of kind, loving, caring people, all eager to see me feel better.

I explained to Dr. Murphree all of my symptoms, the worst being a terrible burning sensation that never went away in my arms and hands. I

also described how, because of so much pain and so little energy, I really didn't care about anything. It didn't matter to me if my family was fed, or if my kids had baths, or if their homework was done. I simply felt so bad that nothing mattered to me anymore.

Dr. Murphree got me started on the Fibro/CFS vitamins and 5-HTP, and I began to feel better in just a few days. Within a few weeks, I felt like a new person. From this point on, I have always referred to Dr. Murphree as my “miracle doctor.” Finally, I had found someone who was treating the cause of my problem—not just the symptoms. A sweeter, kinder, gentler, more loving doctor could never be found. There are no words or ways to accurately express my or my family's gratitude for giving my life back to me. I am so grateful to God for leading me to such a wonderful person.

There are a number of important men in my life—my husband, my son, and my father—but the next most important man in my life after them is Dr. Murphree, my “miracle doctor.”

FINALLY HAS HER LIFE BACK

Sharon G. in Navasota, Texas: *I have fibromyalgia/CFS and was absolutely miserable. I have been to 12 different doctors, tried so many different medications, all to no avail. I saw your book advertised and ordered it. Last July, I started on the CFS/FibroFormula vitamins, digestive enzymes, adrenals, and 5-HTP. I can't take the 5-HTP, but you suggested the melatonin, which helps me sleep through the night.*

I feel so much better since I am off all prescription meds and taking your vitamins and supplements, I actually have a life again. I can work in my yard, go shopping, on long rides, clean my own home, all of which caused me a great deal of pain before taking your products. My husband, Jim, says it is so nice to have his wife back. He is so happy. I am not living in pain 24/7 and can do things with him again. I feel 85%–90% better, and that is such a wonderful gift from you.

If I hadn't found your book, I know I would still be in a great deal of pain and miserable. Thank you so much for taking the time to research these illnesses and help produce these products and for being there any time I need to speak with you, even though I've never been to your office.

SYMPTOMS WERE GETTING WORSE

Becky G. in Andalusia, Alabama: *I have had Fibro for the past 10 years. It has been much worse over the last five years, and I have seen three different doctors.*

I found Dr. Murphree's book and started reading it. It has helped me so much. He explains what to do to get better and not just what it is, as so many other books that I read did.

When I came to see him, I was very sick, having dizzy spells and other issues other than just the pain. I was so tired by 4:00 p.m. that I could hardly go on. Dr. Murphree told me that he could help me, and he has helped me tremendously.

Other doctors told me there was no cure but they could give me something to help with pain. And I had been taking Celebrex and other medications for pain and inflammation. Dr. Murphree has helped me feel so much better by using his supplements and the therapies that he recommends. There are times that I may have pain and soreness, but it doesn't last long, and I can tell that I am better. My family and friends can also tell that I am better. I highly recommend him to others who are suffering.

BACK TO SERVING GOD AND COUNTRY

Father Tim B. in Afghanistan: *I am a chaplain in the United States Air Force. I was diagnosed with fibromyalgia seven years ago. After nearly seven years of problems sleeping, I decided I could no longer handle tossing and turning through the night and the psychological stress of facing bedtime wondering what the night would bring.*

I was surprised by the diagnosis as I thought it was a syndrome that affected only women. I knew something about FMS, because my mother was one of the very early diagnoses after the syndrome was identified. Over the course of the last seven years, my doctors have prescribed many different medications to help me get a good night's sleep. All of them were helpful to a degree or for a period of time. However, none of them allowed me a really deep, good night's sleep, and all of them had unwanted side effects. Last year, I told my doctor I couldn't deal with the "hangovers" anymore in the morning from my medications. He

suggested I try Trazodone. While this helped me to get into a fairly deep sleep, there was something better to come along: 5-HTP!

I was at my local natural food store one afternoon when I saw a poster announcing that a doctor from Birmingham was going to be speaking about “treating and beating” fibromyalgia at one of our local universities. My first reaction was skeptical. Would it be possible to “beat FMS?” Yet I figured there may be some new information out there about “treating” it that could be helpful. So, I went.

Dr. Murphree explained how recent research indicated that FMS patients’ brains do not create enough serotonin. That intrigued me. I knew serotonin was essential for sleep. Could it be that simple, I wondered? Worth a try, I thought! So, I bought some 5-HTP after the lecture and began taking it according to Dr. Murphree’s directions. Within three days, I was sleeping as soundly as when I was in college. No kidding!

That was three months ago. The deep, sound sleep I now experience has contributed significantly to my physical, emotional, and spiritual well-being. As an example: in the military we are required to do physical exercise (running 1.5 miles) three times a week. I could not do this without significant pain that lingered for up to three days, sometimes making it impossible for me to pass my fitness tests. This was stressful emotionally as well as physically. Now, I have no pain from exercising. I’m serious!

As a chaplain, I don’t believe in coincidence. I believe God made sure I saw that announcement and attended that lecture. Every night I ask God to bless Dr. Murphree in his important work. Because of him I am better able to do my important work: serving my God and my country!

FROM DISABILITY TO STEADY IMPROVEMENT

Sharon W., via email: *I started seeing doctors in 1995 and finally in 1997 received a diagnosis of fibromyalgia. And then in 2002, I received a diagnosis of CFS. Since 1997, I have been on lots of medication that ran me about \$600.00 per month. With my illness I have been in pain all over my body—IBS and severe insomnia due to the pain. In August of 2002, I was placed on disability.*

I had read lots of books on the subject, but it wasn't until I read Dr. Murphree's book that I realized that I could be treated with supplements that were not harmful to my body and weren't as costly. In early 2003, I made an appointment to see Dr. Murphree, and since that time my lifestyle has improved greatly. I have been able to come off all medications, and with taking his FMS/CFS packages and 5-HTP for sleep, I am now back to going to gym and yoga classes. After following his procedures in the book regarding my diet, I no longer have any abdominal pain, and I have lost over 10 pounds and see daily that I continue to improve. His program and book have greatly improved my lifestyle. I tell others to get his book, make an appointment to see him, and he will change their lifestyle like he has done mine.

HAD NOT FELT GOOD FOR YEARS

Lou Ann B. in Elba, Alabama: *I have been suffering with fibromyalgia for about seven years; it actually took two years for me to be diagnosed. I saw several different doctors and they didn't offer much help except pills. If it wasn't a prescription, it was a lot of tests; everything always showed up negative. This was over a course of five years, and I had almost given up. I prayed to God to please give me answers and show me what to do. He did! I saw Dr. Murphree on WSEA [local TV station] and knew that I had to see him. He was speaking in Auburn that night, and I called my husband at work and told him about him, and we went that night.*

His lecture made so much sense. I got a copy of his book and called the next day for an appointment. I had read approximately 10 books, and Dr. Murphree's book was the most helpful—there was no comparison. It was very informative, and I have purchased two to give to friends.

I was on several different medications and wasn't getting any better. I know I would not have gotten better without his help. Within two weeks, I knew I was on the right track. I haven't felt this good in 10 years. Dr. Murphree's guidance with the nutritional aspects was wonderful. His approach is so different from other doctors. He has time for you; he takes your health problems seriously. I have gotten so much helpful advice from him and not a bunch of prescriptions. I know that the Lord sent me to Dr. Murphree, and I thank Him every day for it.

TEARS OF PAIN, DAY AND NIGHT

Debbie H. in Birmingham, Alabama: *I have had fibromyalgia since 1982. I had seen four doctors, and no one had ever heard of it. I was put on lots of medications: Elavil, Celebrex, Tofranil, Vioxx, Xanax, and nothing ever really helped. I had read several book but none were as informative as Dr. Murphree's. I have referred the book to others. There is no comparison with his and others that I have read. His is the BEST!! I had been in pain for so long that I just took pain medications and lived with the tears of hurting all day and night.*

I remember the first day I saw Dr. Murphree. I left with tears in my eyes, not because of pain but because I was not hurting as much. Since I have been going to Dr. Murphree's clinic, it is the first time that I have been pain-free in 20 years. Little did I know that this was only the beginning, I started taking his vitamin supplements, and now I will not go a single day without them. They have reduced my pain by 90%. I would just like to say thanks to Dr. Murphree. My life is a lot better now.

Judy N., via email: *Dr. Murphree was my lifesaver! I am now off all of my medications, and I am pain free with the help of his supplements, vitamins, diet, and myofascial therapy. I plan to stay on his clinical program for the rest of my life. He is a very fine, loving, caring professional who will do his very best to help everyone feel better and enjoy a healthier life.*

Sharon D., via email: *I'd say, along with the adrenal supplements, the CFS/FMS Formula has made the biggest difference in how well I feel. If I miss a few days of either supplement, I start to feel sluggish and run down. I've taken dozens of different supplements over the last few years, but none have seemed to help like the ones Dr. Murphree recommended. I like the convenience of taking a pack in the morning and one in the afternoon. I used to have to carry pills around in my pockets or purse. It was expensive, confusing, and hard to take so many pills each day. Usually I lost interest and simply gave up until another "sure cure" supplement came along.*

Hugh W., via email: *The Inflammation Formulas and CFS/Fibro formula have made a big difference in my pain.*

DOCTOR RECOMMENDED

Dr. Mike Malloy, DC, via email: *This is the best all-around multi-vitamin/mineral formula I've ever used. I'm recommending it to all my Fibro and CFS patients.*

Dr. Steve Willen, DC, in Greensboro, North Carolina (Fibromyalgia Solutions, Center of the Triad): *At Dr. Rodger Murphree's seminar, I was impressed with his knowledge of the fibro patient and nutrition. I have never met a man who knew so much about how nutrition affected the body.*

In the past years of learning from Dr. Murphree, I have been able to build a practice in which I am now confident in the many different scenarios that a Fibro or CFS patient may present. Dr. Murphree has been there for me to answer questions, and he has always answered my emails. These illnesses are very difficult for the patient to have and difficult for the doctors to treat. But it has been the most rewarding experience of treating patients in my 24 years as a doctor. We are changing these people's lives when almost all other methods have failed.

I have literally worn out Dr. Murphree's books, tapes, and CDs by reading or listening to them all the time. His knowledge has given me the confidence to speak to my community about fibromyalgia, and we regularly receive referrals from medical professionals because of our successful care. There are a few times in life that you meet a teacher who can change the course of your life. Dr. Rodger Murphree has been that person. And because of that, I am helping so many others.

Russel L. in Greensboro, North Carolina (a patient of Dr. Willen, above): *Please let me express to Dr. Willen and his staff my thanks for the miracle that has been performed for me. For ten years, I have suffered from pain, fatigue, and hopelessness. Diagnosed with fibromyalgia in 1995, I have seen orthopedic doctors, psychiatrists, therapists, MDs, rheumatologists, and neurologists, only to continue with all the same symptoms. Constantly in a drug stupor from the 12 medications I took daily, I couldn't push forward any longer. I was ready to give up.*

After seeing Dr. Willen and going through the fibromyalgia program, my pain level went from a severe 8–10 down to a 3 or less. A more manageable pain. I have a chance now to actually enjoy life. My

sincerest thank you to Dr. Willen and staff for caring about fibromyalgia patients, where other doctors ignore the disease and the symptoms.

Toni K. in Mobile, Alabama: *Having to deal with all the physical and emotional aspects of FMS/CFS can be a frightening and discouraging experience. We must have doctors who stay on the cutting edge of research and who will give this to us in a comfortable way that we can trust. I have always found this in Dr. Rodger Murphree. I thank God for his intelligence and his kindness and willingness to help us.*

Rena B., via email: *Dr. Murphree, I've been on your product for about six months and I just wanted to take a moment and thank you. For the first time in years, I am almost pain free from my fibro symptoms. I am no longer taking Flexeril at night, and I'm off all pain meds during the day. I have my life back, thanks to you.*

No longer do I start my day thinking about how much pain I experience or how little sleep I get. No one else has been able to help me. You are an answer to my prayers. I tell everyone I meet with fibro symptoms to check out your website and try the products. Again, thank you.

POWER WALKER GAINING GROUND

(No name provided), via email: *Since I've been taking these vitamins for CFS, I'm doing so much better (80%–85%). I am able to function a lot better during the day and able to think clearly. I still have fatigue when doing yard work; I'm not able to do it like I did about three years ago. But I'm back to power walking (about two miles a day). I hope to increase this in the next couple of months.*

Thank you for all your help and the excellent vitamin formulas. I stopped taking my other ones! Yours are so much better and act fast.

LEARNING THE ART OF RELAXING

Linda M., via email: *I cannot thank you enough for all your help. In the past four weeks, I have gone from being nearly incapacitated to functioning like a human once again. There are a lot of struggles that I know I will continue to endure, but the hope I have been given will get me through it all. Thank you also for being a great listener and a compassionate person. It shows that you do truly care about your patients.*

My family is very thankful as well. My husband has his wife back, and our kids have their mother back. I know where I have been—I was sick. It was such a scary time. I lost myself during that time. I never want to experience that low again. I'm truly thankful for each and every day even more so now than before. Our trials should make us stronger, and this one definitely did. My family is much closer now. We've really had to rethink a lot of things and make changes—taking a long, hard look at ourselves and reprioritizing. It is so easy to let the not-so-important things take over your life—until it is too late.

I'm thankful now that I know what is wrong with me. I've struggled for years with this—this time being the worst episode ever. My biggest fear became going to a doctor and being told everything was normal. It happened so often, being so sick I could hardly function, feeling as if I had the flu over and over.

It was so hard to hear that all my lab work was normal. That hurt me more than it helped. Pretending it didn't exist certainly didn't make it go away. I just think of all the doctors out there who failed me. I'm not a complainer. When I am sick, I am really sick. And I don't like to be sick. I'd much rather be healthy and feel well and enjoy life. Life's too short to waste. I pushed myself so hard when I felt so tired and exhausted, because I thought I had to. I thought I had to pretend like the sickness didn't exist because no one else could "see" it. I know that all that pushing did nothing but make things worse.

Sometimes, I find myself feeling mournful for the person I used to be who was full of energy—always busy with something, accomplishing so much. Learning to slow down and pace myself has been a definite battle. I am a perfectionist at heart, and that isn't something I can easily change. I don't do well just "relaxing." I will have to learn that art.

Standing up for myself will be very hard. I know I'll face many obstacles at work. I've always been so dependable and efficient at my job and therefore have been asked to do numerous extra duties. Saying no will be the hardest. However, If I don't, it will have a great impact not only on me, but my whole family. I will be back to work in a few weeks, and I am trying to get ready for that. I've already given up one big extra duty, which will be a big load off of my shoulders.

At the front of your book, you mentioned that this is your life's purpose. Thank you so much for devoting so much of your time to help people like me. I thank God that I was able to find you. I had basically lost hope. I am grateful that I was led to the right answers and eventually to your website. And I want you to know that my husband went to work the next day after my first visit to your office and had to draw the diagram of the serotonin bank for several people. He is obviously happy to have a diagnosis for his wife's illness! Thanks again for all that you and your staff do to help people.

SO HARD TO EXPLAIN THE PAIN

Belinda S. in Anniston, Alabama: *On April 12, 2006, I walked into the office of Dr. Rodger Murphree. I felt as if I had hit rock bottom with all the pain in my body. I had been to every type of doctor that you could think of: general doctors, endocrinologists, rheumatologists, ENTs.*

And I never got any better. All I was told was that I had fibromyalgia. In January 2006, I started gaining weight rapidly, and that alone made my symptoms even worse. There would be times when I would tell my husband or family, "I HURT!" It was so hard to explain the pain that was all over my body.

The day I started seeing Dr. Murphree, I felt hope again. He started me out on the jump-start program along with adrenal cortex, digestive enzyme, Liver Detox, and 5-HTP to help me with the sleep I was not getting. Juno, his nurse, was excellent also and has been there for me every step I've made.

Dr. Murphree found that I was also having thyroid problems, and he is still working on this with me. But in three months, I have lost 42 pounds! Now I feel 100% better and am feeling like I am getting my life back.

I am still seeing Dr. Murphree and can not imagine not having him to turn to when I have questions or concerns. So many times, he has called just to check on me.

Now, looking back over those horrible months, I thank God every day for bringing Dr. Murphree into my life! It is amazing the progress he

has brought me through. I would like to say thank you from the bottom of my heart to Dr. Murphree and Juno! I can't imagine what condition I would be in right now without having them to guide me through and take such good care of me.

OVERMEDICATED AFTER HEART ATTACK

Mike M. in Tuscaloosa, Alabama (my graphic designer and webmaster): *I had a heart attack almost two years ago, and I'll never forget the reaction of the cardiologist on my first visit to him after getting out of the hospital. I had just given him a list of the vitamins and minerals that I was going to be taking, and he jumped up off of his chair in shock and said, "Don't take ANY of that!" He did say that I'd have to take all this other medicine the rest of my life to control my cholesterol and blood pressure, etc.*

But I talked to an old friend of mine who had been a vascular surgeon for over 20 years and also to Dr. Murphree. They both agreed that I was being overmedicated. I could tell that the drugs were affecting my memory and mood. Needless to say, I never went back to that cardiologist again. I will NOT have a doctor who doesn't understand basic nutrition and uses the "cookbook" method of healing. I weaned myself off of the drugs with the side effects and have been following Dr. Murphree's protocols for heart health. I have spent hours and hours researching this myself as I now feel that you can't just let the medical doctors put you on the "drug track."

You really have to take control of your own health, and I can't think of a better partner to have in that endeavor than Dr. Murphree. I work on his website and newsletters and always learn so much during the process. I am also privy to emails that are sent in by his patients, and I see a constant flow of thanks from those he has helped. It's very, very rare to see any negative responses, and he is very good about being available (unlike most doctors) through email and working with the individual to find solutions that work.

FROM DESPAIR TO THRIVING LIFE

Betsy S. in Austin, Texas (my editor and book designer): *I was one of Rodger's original guinea pigs. Lucky enough to be living in his*

hometown when I contracted fibromyalgia, I turned to him as my last hope. He turned out to be my best hope.

My editing career was just taking off at that time when my body went through a physical crash from which I may never fully recover. I had to quit my job as a full-time editor because I got so sick, and my husband and I postponed starting a family. I tried working part-time, but even that was too much for me. I would come home from a day of editing (not exactly heavy lifting) and fall asleep on the bed fully dressed, including my shoes.

Most of my coworkers were genuinely concerned, but more than a few accused me of “trying to get attention.” Ha! Oh yeah, I looooved losing my job, frustrating my husband to no end, and being terrified that I would be too sick to ever have children.

My family did everything they could to help me get better, including getting me in to see the best-of-the-best MDs in my area, many of whom were family friends. An antidepressant from my rheumatologist worked wonders for me, and I thought that I had been cured.

But I soon grew weary of the horrible side effects of debilitating heartburn, crazy sleep patterns, and lack of any “real” emotions. I wasn’t hurting as badly, but I couldn’t feel true joy or even true sorrow anymore. I began to lose touch with myself, to put it naturopathically. When I heard about Dr. Murphree, I made an appointment, and suddenly I went from seeing many doctors who had little idea what was wrong with me to just one who knew what was wrong before I told him!

And today, his protocols are more effective than ever. When I started under his care in 1999, it wasn’t uncommon to hear, “Let’s see if this will work for you.” Now he’s able to say, “This has worked for many, many people just like you.” He’s constantly refining, keeping records, pursuing true causes, tossing what doesn’t work, and continuing to test what does. I swear he’s going to go to his grave quoting some double-blind, placebo-controlled breakthrough study. And then calling me to tell me how he’s going to work it into his next chapter!

Now I have a thriving editing business, two beautiful children, and a

husband who lights up as I tell him how great I feel again each day. No longer Dr. Murphree's patient, I am honored to be his editor. His treatments—along with lots of prayer and support—turned my life around. I am also a type-1 diabetic and have a lot of health challenges. But I can honestly say that my FMS is in remission. I am no longer on an antidepressant, and I don't even need 5-HTP any more. I only continue the high-potency multivitamins and minerals and an occasional sleep aid.

I thank the Lord God, Who has transformed me through His love. And Rodger has plainly been an instrument of healing in my life. He helped teach me to wait on my body to heal itself and to trust that it wants to be well. Heck, I would edit his books for free. (That's a joke, Doc!)

WITNESSES MIRACLES EVERY DAY

Juno T. in Homewood, Alabama (my nurse and office manager):

I have two children, four grandchildren, a husband, and a full-time job. I am 53 years old and take no prescription medication, thanks to Dr. Murphree. I have worked for him over six years now. For three years, I was the IV nurse in the medical practice that Dr. Murphree owned. Although we do not do IVs in this clinic, patients enjoy the same benefits by taking their supplements on a daily basis.

One of his patients, Mr. Harris, was unable to walk and was mobile only by wheelchair. He had considered closing his business due to his poor health. Mr. Harris began a regimen of chelation IVs and supplements. Within just a few weeks, he was walking with no assistance. Now he has added to his business, and he functions normally.

Another patient, Mrs. Mann, came to us using a walking cane. Her medical doctors had no idea what was wrong with her. Dr. Murphree put her on an elimination diet and a regimen of supplements. She found that she was allergic to dairy, wheat, and several other foods. She no longer needs her cane, and in a year she lost 71 pounds. She now lives a normal, healthy lifestyle. She is once again able to enjoy her grandchildren and her life. I still keep in contact with her each month when she orders her supplements.

I could tell you many more stories about the endless list of patients who

find their miracles, working with Dr. Murphree to get their lives back. Many of his patients have recovered from debilitating illnesses that seemed to be hopeless. Working with Dr. Murphree is the most rewarding experience I have ever had.