

My name is Julie and I am 48 years old. Since birth, I have had stomach issues. I was in the hospital for the first year of my life as no one could figure out why my stomach was extended. I would vomit everything I ate. Over the years, I suffered from bloating of my stomach (my husband would tell me that I looked 8 months pregnant) and constipation. No one really had any answers for me; I just dealt with this. At age 30, I had many other issues start; asthma, thyroid issues, menstrual cycle issues, kidney stones, depression and constant pain in my joints--to name a few. I was put on several medications (everything that I was prescribed, I would have an allergic reaction to and was not able to take anything for the pain). I had no other choice but to deal with the issues.

It seemed as if nothing was working. Several medical tests were done (swallow studies, CT scans, EGD, and many others). About 10 years ago, I started having terrible hip pain. I was not able to sleep on that hip and had trouble walking. I had hip surgery/removed bursitis and I was still in pain. After several steroid injections, x-rays and an MRI of my hip, I found out it was actually my back. I had several spine injections and this did not work. I was next scheduled to have back surgery; this did not address my stomach problems. After seeing more doctors, I had my gall bladder removed, then appendix, then an endometrial ablation. After yet another hospital stay, they informed me that I had a stomach emptying problem (gastroparesis). They tried more medications, which again, had terrible side effects. The problem was still not solved. (This all occurred in approximately a two-year time frame).

The steroid injections in my hip, back, and knee were causing so much pain in my hands, shoulders and feet. My doctor ordered blood work, which showed Rheumatoid Arthritis. I was then sent to an Arthritis doctor who stated that I had fibromyalgia. He put me on multiple medications (again, with more terrible side effects). Every three months he was injecting steroids into my elbow and hips, but nothing was helping the pain. My job requires me to type for 8 hours a day, and my hands were in so much pain that I checked into disability because I just couldn't stand the pain that I was in. I was dropping things. I was having a hard time using a curling iron to do my hair; my hands were always numb. This led to yet another doctor visit. I then had carpal tunnel surgery on both hands which helped the numbness, but not the pain.

I was so fed up and ready to file for disability (at age 47). I felt I had nowhere to turn. I was on 10 different medications, had six different doctors, piles of medical bills, co-pays that I owed--not to mention, I had used up my sick time at work and couldn't afford to be off for another surgery.

I heard about the paleo diet/gluten free diet...I had had enough dieting in my life--I had tried it all! What could that do? I sought out Dr. John Koziarski and his PA, Carrie Palmer, regarding this new lifestyle change that I needed to make. I am here to tell you, I would have never believed the food that we eat could be the cause of all of my pain. Well, it was! Dr. Koziarski and Carrie Palmer, PA-C, put me on some supplements and a gluten free/dairy free/soy free meal plan. After 30 days, I started having more energy, my depression went away, and I was able to actually go to the bathroom everyday (not once a week). My stomach was no longer bloated and I was not having any stomach pain. I have been following the paleo diet for the past year and I am currently not taking any prescription medications. I no longer have pain in my hands, hips, feet, shoulders or elbows. I did not have to file for disability--I am working 40 hours a week, still typing all day. I have lost over 50 pounds and feel the best I have felt in years. I cannot thank them enough. After years of going to doctor after doctor, not one of them had suggested this to me! Everyone was telling me to lose weight, exercise and simply prescribed me pain pills. This

was the best thing that I could have ever done for myself! I can run and play with my grandkids and can get on the floor without any pain.