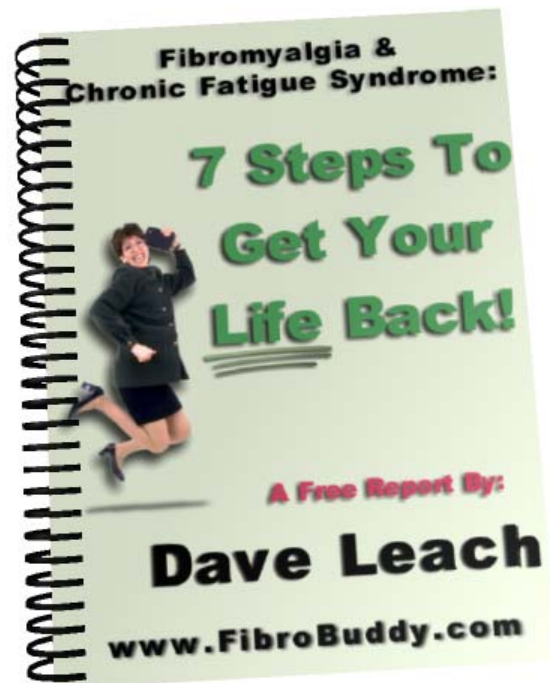


Fibromyalgia and Chronic Fatigue Syndrome:

7 Steps To Get Your Life Back!



A Free Report By:

Dave Leach

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Introduction

Thank you for downloading my report: *Fibromyalgia & Chronic Fatigue Syndrome – 7 Steps To Get Your Life Back!*

Fibromyalgia and Chronic Fatigue Syndrome (also called CFS or CFIDS) are devastating and completely life altering illnesses. Both are characterized by extreme fatigue, and in the case of Fibromyalgia, widespread chronic pain. The fatigue that is experienced is so severe at times that you can't get out of bed for days at a time. Even personal hygiene becomes a real chore.

These conditions are common in both men and women with millions affected worldwide. One of the biggest problems associated with these health problems is the patient's inability to work. Disability claims are often turned down, leaving people in severe financial crisis.

This in part is what I personally experienced. But through research and some excellent medical advice I discovered a 7-part plan to help people better manage their symptoms and begin to get their life back to a relatively normal level.

This does not mean recovery, for there is no cure for either of these ailments. Rather, it is a way to be in control of your fibromyalgia or chronic fatigue, instead of the other way around!

It is my prayer and my goal that you will benefit from the information in this report. If you know anyone with these conditions, please feel free to forward a copy to them. I'm sure they will appreciate it.

I'll get to the information you need in a moment. But first, I must get a bit of business out of the way.

What This Report Is and Is Not

This report is not designed to explain what [Fibromyalgia](#) and [Chronic Fatigue syndrome](#) are. Just click on the links to learn the basics.

Rather, this report assumes you have already been diagnosed and are looking for some help; some support; a way to get your life back. My prayer for you is that you find what you're looking for and can get some relief from the difficulties you are experiencing.

Specifically, this report reveals to you how to apply 7 medically recognized coping strategies as it relates to your ability to earn a living. As well, I'll give you links to some additional great information and support sites so you can begin to implement these strategies right away.

Legal Notice

Please understand that I am not a physician. The advice I provide you with is based purely on my research and personal experiences. I have Fibromyalgia and I have discovered some coping strategies that have greatly helped me. However, I can't guarantee that you will have the same result. Fibromyalgia and Chronic Fatigue Syndrome affect everyone differently, in differing levels of severity. So please, only apply these strategies if you believe you are physically capable and only after you have consulted your doctor.

A Little Info About Me

I have had Fibromyalgia for about 10 years. Like many who have this condition, I went through years of misdiagnosis. It took hundreds of visits to doctors to figure out what was wrong. When I finally got the diagnosis of Fibromyalgia, I was amazed at how many people have had the same experiences as me.

You see, for years my health problems have interfered with my career in Marketing. (Primarily I'm a copywriter with a special focus on Internet communications.) The companies I worked for just couldn't rely on me because of my absenteeism. Full-time work became impossible. At times, even part-time work was not an option because the commute was murder! I needed a solution.

Well, I had been doing Internet marketing for other people for years. So I decided to apply my skills to a home-based Internet business where I could control my hours and my work environment. It's working very well for me.

I can work when I want or how often I want. If I get a flare up, I know I can take it easy for a while because most of my business is on autopilot. (You'll learn more about this in the report!) I finally got my life back.

Now, I want to pass this information on to you. I want you to be able to work smarter; to find a proper balance between work, family, and personal time. To get your life back! These are strategies you can do in the comfort of your own home, at your own pace. I'm confident that there is a solution for you here.

I hope you truly benefit from this report.

Wishing you blessings of good health & prosperity,

Dave Leach

Your FibroBuddy

P.S. By the way, feel free to pass this report on to anyone you feel could benefit from it.

Fibromyalgia Or Chronic Fatigue Syndrome – 7 Steps To Get Your Life Back!

The first thing I would like to say is... You Are Not Alone! Millions of people around the world have Fibromyalgia or Chronic Fatigue Syndrome. These illnesses can be completely debilitating. At times you just can't even get out of bed, let alone go to work. Some days are better than others. But mostly you are worn out and, in the case of Fibro, in pain as well.

So relax a bit. It's not just "all in your head." These are real illnesses with real symptoms. You've probably searched high and low for an answer. Finally you got a diagnosis, or you are close to being diagnosed. The question then is, "What do I do now?"

My friend, now that you know what you have, it's time to take some control back. Don't let the illness completely control you. You won't win every battle with it, but you can go a long way by implementing just a few coping strategies. Let's take a look at them:

Coping Strategy #1 – Educate Yourself

Yes, it's cliché, but it's true! Get some knowledge. Try to better understand what you have and why you feel the way you do. What affects it? What makes it flare up? Some people report that keeping a journal of their daily activities and symptoms helps them. When you get a flare up, you can check back in your journal to see if you did something that might have caused it. Overactivity, some foods, or a stressful situation, may be causing your flare-ups. Tracking these things can help you avoid these 'triggers.'

How you use this information is very important, as you will see in the following coping strategies. Use your new knowledge to explain your illness to your family. Talk about what you've learned with your doctor. But most importantly, make changes to your daily routine so you can better manage your symptoms. Taking action is the key. And a good place to start is by communicating your needs with your loved ones.

When it comes to talking with your family about your condition, it's best to be absolutely honest with them. Don't try to put on a 'brave' face and hide how you feel. Speak with them about how you can no longer always do the things you used to do and how you may need some extra help around the house. Learn to delegate.

Shooting 'straight from the hip' as they say, is usually the best method. The [National Fibromyalgia Association](#) has some great articles that you can give to your family to read, so they may better understand what you are going through.

Small children may not understand all the implications or terminology. So it's best to give them information that relates to them. Try this: Tell your child that because you have Fibro or CFS, (they don't need to know the whole word) so some days you don't feel very well. On these days, you can say your "cup is full." But make sure you give them the other alternative. On a good day you can tell them, "okay, let's go to the park today, my cup is only half full. I've got room for some fun!" Another simple analogy is "this is a pajamas day. So I need to rest." Simple analogies like these work very well with pre-school aged children.

So where do you get this knowledge? Your local library will most likely have several books you can read. But, because it's difficult to get out, why not just use the Internet? Here are a few Websites that are loaded with information and links to support:

[ImmuneSupport.com](#) – For Chronic Fatigue Syndrome Info

[ImmuneSupport.com](#) – For Fibromyalgia

[National Fibromyalgia Association](#) – For Fibromyalgia

[FM-CFS Canada](#) – For Both Fibromyalgia & Chronic Fatigue Info

[CFIDS Association of America](#) –(CFIDS is another name for Chronic Fatigue)

IMPORTANT: You should avoid some support groups like the plague! And it doesn't matter if it's online or in person. Here's why: If you join an online chat or go to a support meeting and all they do is whine and complain – get out of there as fast as you can. While at times it is good to hear other people's stories, a steady diet of it will just bring you down.

A good support group will provide you with *support*, not negativity! You should be receiving education and strong motivation to help you cope. Stay away from "Downer Debbie!"

Also, be cautious about telling your employer you have Fibro or CFS. Some employers may find it an excuse to dismiss you. The health costs can be very high for employers – especially in the United States. In most cases, it's best to keep it to yourself until such time as you feel you must leave work on disability. A real touchy subject here. Make sure you get good legal counsel before you do anything drastic.

The good news is that there is an employment alternative! You can start your own home-based business and be in control of your work hours. Many people with disabilities find working from home a real solution. You can work when you want, how often you want and still make a reasonable living. I'm not talking about getting rich. This is replacement income. Making reasonable goals is important.

I set up [FibroBuddy.com](#) specifically to help people with Fibromyalgia or Chronic Fatigue Syndrome to find an income alternative. [Check it out today!](#)

Coping Strategy #2 – Finding The ‘Right’ Doctor

It’s true that what your doctor doesn’t know may hurt you! Many people report horror stories about how they were treated by their doctor. Years of misdiagnosis, being told to “get over it”, that it was just “all in their head,” are common experiences. Some of you may have even approached your doctor with these illnesses as a possibility for the symptoms you are experiencing, only to be told, “How can you have something I don’t believe exists?” Yes, this does happen more frequently than you’d believe.

The shocking truth is that many doctors don’t recognize Fibro or CFS as real because **THEY WERE NEVER TAUGHT IT IN SCHOOL!** That’s right. Unless they’ve kept up with the latest research they probably don’t understand these illnesses at all. That’s why your doctor may not seem to “get it!”

The good news is that the medical community is beginning to acknowledge Fibro & CFS as a real medical condition and much research is being done. So, the first thing you need to do, if at all possible, is find a physician who truly understands and is willing to work with you. Don’t waste your time with an unsympathetic doctor. It just isn’t worth it. The stress of dealing with an uninformed physician can actually make your symptoms flare up!

Your local Fibro or CFS support group can help you find a good doctor. Just ask. This one coping strategy is a must. Your doctor will be able to provide you with the best medicines, and make appropriate suggestions for supplements, exercise and diet – which are all part of managing your symptoms.

Coupled with the knowledge you are gaining from Coping Strategy #1, a good doctor can truly make a difference in how you cope. However, this doesn’t mean you should keep shopping for doctors for a cure. The one thing you have to face is, for right now, there is no cure for Fibro or CFS. So at some point, you must take responsibility for your own care.

A doctor can work with you to help manage your symptoms, provide prescription medicine as needed. But a doctor will not cure you. Your goal instead is to reduce the frequency and severity of your symptoms through a variety of coping strategies.

You’ve already read coping strategy #1 that you need to educate yourself. Now you know that the key to coping strategy #2 is taking that knowledge and using it in combination with an understanding physician. But ultimately, you are the one who must take responsibility for your health management.

Here are a couple support groups who may be able to help you:

[Fibro Talk](#)

[Friends International Support](#) – For Chronic Pain, Fibromyalgia & CFS

Coping Strategy #3 – Pacing, Not Racing!

This is probably the single hardest thing you will need to learn how to do! People with Fibromyalgia or Chronic Fatigue Syndrome, tend to experience varying levels of symptoms. We have good days, and bad days. And even our good days are still difficult!

Now, be honest. When you have a good day what do you do? You run around the house trying to catch up on all the housework. You stay a little extra longer at work to finish up that project. You go out with your family for a whole day in the park. Or maybe a big shopping trip. Then what happens? You CRASH BIG TIME, right?

STOP! This is not the way to manage your symptoms. Experts agree that learning to pace your activities is the proper way. Now, this doesn't mean just when you are feeling poorly. To get the full benefit of this strategy you must pace yourself when you are feeling good!

So how do you do this? Well, I don't have room in this report to go into all the aspects of pacing. There are many articles about it you can find online. But I can tell you some basics.

Pacing doesn't mean waiting until you are worn out to stop what you are doing. It means setting a schedule of activity and rest. Sometimes only a few minutes each. Then you gradually increase your activity until you find the right balance between activity and rest. Most importantly, you do this for everything you do, even when you feel well.

Some of you may be asking, "Well how can I pace myself at work?" Granted, your boss may not like you taking a 5-minute break for every 5 minutes you work! It may just be that your symptoms are so severe you might have to reduce your work schedule or maybe even stop working all together! That's when it's crisis time. How do you support yourself and your family? Obviously you will need to find an alternative.

For some people, going on a disability pension is the answer. Others may not have that option. One alternative that has proven successful for thousands of people is starting their own home-based business on the Internet. The problem is - where do you start? You could spend months or even years doing all the research and looking for the right opportunity.

There are many opportunities online. FibroBuddy.com is one option for you. It's specifically designed to help people with Fibro & CFS avoid the long learning curve and get started as quickly as possible.

Coping Strategy #4 – Taming The Stress Monster!

One of the unique things about Fibromyalgia & Chronic Fatigue Syndrome is the correlation between stress and severity of symptoms. Many patients report their symptoms “flare up” soon after a stressful situation. Experts now agree that reducing stress in your life is a critical element to symptom management.

First you need to recognize that not all stress is bad. Normal stress, the kind that stimulates the “flight or fight” response in us, is good stress. It helps us learn to avoid danger. But other stress, the kind caused by bad relationships, bad finances, and other similar situations is what we call bad stress.

It could be that your current employment situation is causing too much stress, emotionally and physically. Getting a handle on this “stressor” is something you can do to ease stress in your life.

You can begin to manage the stress of your workplace by pacing as described in Coping Strategy #3. For others, leaving the job or working on a reduced schedule is the only option. When this happens it often leads to financial stress. What a vicious circle. Stress at work. Stress from not working.

Working from home can be a stressful situation as well. Especially when it takes some time to stabilize your income. No doubt about it, working from home is not for everybody. But if you are so inclined, the Internet offers many opportunities that are easy to do, and can make you a good income with little work. Yes, it will take some time to learn the skills needed and to build up your business to the point where you have a good income from it. Nothing happens overnight.

Fortunately there are some shortcuts. There are several online businesses available that you can set up with just a bit of reading and a few clicks of your mouse! It will still take time to promote your business, but the hard work of creating a Website developing a product to sell is already done for you.

FibroBuddy.com provides you with links to dozens of online business opportunities you can start quickly. As well, I provide you with all the tools and services you will need to support your new business. You can automate many of the routine tasks like processing orders, shipping the product, responding to information requests and much more. And, FibroBuddy offers continuing training and support, much of it on video or audio (for those of you who hate to read!).

Taming the stress monster will be key to managing your symptoms. It just may be that an alternative work environment is something you will benefit from. But this is your decision. So I urge you to check it out for yourself. See if a [FibroBuddy Membership](#) is right for you. Maybe you'll be like me and work at 3am in your pajamas!

Coping Strategy #5 – Improve The Quality of Your Sleep

If you've done any reading at all about Fibromyalgia or Chronic Fatigue, you know that a primary symptom is the lack of sleep. Yes, you may spend hours and hours in bed. But you are not getting enough of that deep 'restorative' sleep known as "REM (rapid eye movement) sleep."

The strange thing is that people think they need to sleep "like a baby." But think about it, a baby wakes up every few hours screaming for food or to be changed! (Tongue firmly planted in cheek here ☺)

All joking aside, it's a serious problem. Erratic sleep schedules are often the norm for people with Fibro or CFS. It's the primary cause of what is known as "brain fog or fibro-fog." Fibro-fog is characterized by severe difficulty concentrating and short-term memory loss. It can be very dangerous when driving or operating machinery.

Here are some things you can do to help get a better night's sleep.

I make no personal recommendations for medications. That's always a decision for you and your doctor to make. However, many people require a combination of prescribed medications to help them sleep. Not just sleeping pills, but also pain medications, certain anti-anxiety drugs, and antidepressants are known to help.

Short of this medical intervention there are some natural ways to ensure a good night's sleep. First, maintain a routine. Go to bed at around the same time every night, and get up at the same time every morning. Try to avoid napping. This will be difficult at first. But eventually, in combinations with proper pacing of your activities, mild exercise and a proper diet, you will adapt. (This I know from personal experience.) Some people report that wearing a blindfold at night helps, especially if your room is particularly bright. Also, earplugs can help if you live in a noisy neighbourhood. Blocking out both light and sound seems to work very well for many people.

Avoid caffeine drinks and limit them to the morning time only. Most people know that caffeine is a stimulant. So avoid it as much as possible. The same goes for some over the counter allergy medications. These also can have an affect on your ability to sleep. Of course, consult with your doctor before changing any medication!

About 30 minutes before your bedtime, establish a routine. Avoid stimulating things like television or an exciting book. You should never exercise before bed either. Incidentally, warm baths often have the opposite affect that you would think. Some studies have shown that people become more alert after a warm bath. So, check this one out and see. You may be surprised.

These are only some of the ideas you can use to improve your sleep. It's a complicated issue and can be compounded with the stress associated with the illness. If you are worried about finances, for example, it can keep you awake worrying. If you are in a position where you can no longer work, or are on reduced hours, or you are thinking of these things, you need to find an alternative income solution.

The Internet offers many such alternatives that you can do right in your own home. You can avoid the long commute and set your own hours. Much of your routine tasks associated with your online business can be automated, leaving you with more time to pace your activities and manage your symptoms – instead of your symptoms managing you!

Check out FibroBuddy.com and discover for yourself the many opportunities that are available to you online.

Coping Strategy #6 – Oh Please, Don't Tell Me To Exercise!

Look, no one hates exercise more than me! I've often thought of it as a form of medieval torture imposed upon us by some Machiavellian overlord! Then I come to my senses and realize that it is something I *must* do. Adding a regular routine of exercise is a great way to increase your metabolism and your stamina. But here is what I learned. I was exercising the wrong way.

Did you know that the way you exercise might actually be doing you more harm than good? For people with Fibromyalgia, it's true! When we are taught to stretch, we are usually encouraged to REALLY stretch. As it turns out, this is not good for us. If you have Fibro, your muscles will actually respond to stretching by retracting even tighter. The way to beat this is by stretching *very mildly*, just to the point where you feel it. Don't overdo it. I made this simple change and it really helped.

Stretching is extremely important and you should do it several times a day. Consult with your doctor or physiotherapist for more information about this. But you should also consider including some form of cardio-vascular exercise as well. Keeping active is integral to managing your symptoms and has other positive effects including improving your sleep, reducing pain, and relieving stress.

It doesn't have to be rigorous. When it comes to exercise, do something you enjoy. This way you'll do it more often. Walking, bike riding, swimming, are all good choices. In fact, many patients report that exercising in a warm pool is very helpful. Cold water tends to make our muscles retract, so warm water, between 85 and 95 degrees works really well. Check with your local pools, fitness clubs, hospitals and recreational facilities to see if they have a "warm pool."

How often should you exercise? Well, cardio exercise is good at least 3 times per week. Stretching you should do several times every day. What's really important here is that you exercise even when you don't feel well. Exercise stimulates your endorphins, your body's natural painkillers. You will feel better as a result.

If you have Chronic Fatigue Syndrome, the implications for exercise are not as complicated. You can exercise more strenuously than people with Fibro. But the key is to be moderate with the exercise you choose. Don't try to do a marathon. The goal is to gradually increase your tolerance level bit by bit. Pacing applies here as well.

What about when you are at work? Part of pacing also includes alternating between sitting and standing and taking the time to stretch. For some work environments, this may be impossible. The job just doesn't allow for this kind of accommodation. If that's the case, then changing your work environment may be necessary.

If you are considering this, a good alternative is to have your own home-based Internet business. This way, you can get up when you want, sit down when you want, stretch when you want, work when you want, and rest when you want. You are in control.

Coping Strategy #7 – Getting Control Of Your Depression

This is a tough one for all of us with Fibro or CFS. Depression is a common experience. I'm not talking about just feeling down. I mean weeks of feeling like there is no hope. No future. Experiencing pain and fatigue are one thing. But add to that the loss of income, the affect on relationships, your own personal lack of motivation, and you have a serious problem. Such depression can be severe and can make your symptoms worse. You need to get a handle on it as soon as possible.

One of the causes of your depression may be the result of the changes brought about with your job. Men especially tend to identify themselves with their work. When that gets taken away, deep depression can result. But it's not just a "guy" thing. Women nowadays also identify themselves with work outside the home. And it can be doubly worse when a woman's duties in the home are affected. Feelings of uselessness, inadequacy and hopelessness are commonplace for those of us with Fibromyalgia & Chronic Fatigue Syndrome.

If you are experiencing these symptoms for an extended period, you must see your doctor right away. There are medications that will help you feel better. I don't pretend to know everything about this area, but what I do know is that you don't have to suffer from depression. There is a way out.

As well as medical intervention, you should consider implementing the other strategies I talk about in this report. Reduce your stress, try to improve your sleep, exercise, eat healthy, and pace your activities.

For some patients, facing up to the reality that their medical condition necessitates a change of employment, is the first step to recovering from depression. Realizing that you may no longer be able to do the job you once did can be difficult. But once you make the decision, set some reasonable goals, and start working on achieving them, you'll be on your way to conquering your depression.

When it comes to work, having a home-based Internet business can be a satisfying and rewarding career change. There are many things you can do. If you have a special skill, you can sell your knowledge online. But you don't have to have your own product. Almost every topic has products available that you can promote as an affiliate and make a good commission. You can even get some products where you get resell rights and can keep 100% of the profits!

If you want to learn about the many opportunities that are available to you, then I recommend you check out FibroBuddy.com. I've created this site just for people like us. To help find meaningful, alternative income opportunities and support you with all the training and tools you'll need to be successful.

Most importantly, don't let depression take control. Go see your doctor and get some help. Meet and talk with a local support group. You'll soon see that there are ways to better manage your symptoms so you don't get so depressed.

Bonus - Coping Strategy #8 – Alternative Income Strategies

Yes, I know I said 7 strategies. But here is something that can really help, especially if you put the other 7 strategies in place. Some may have the good fortune to not need the income, but that certainly isn't the case for most of us.

So many people with Fibro or CFS find their symptoms are compounded by financial stress. It's difficult, if not impossible sometimes, to keep working. The cycle of employment usually goes like this. You have been sick off and on for years. Employment has been difficult to maintain. Some may change jobs frequently to avoid being fired.

You finally come to the conclusion that although you need the income, full-time work may be impossible. So you force yourself to work until you collapse. When you begin to feel better, you go back to work. Again, you work until you finally collapse. Now you realize you can't handle full-time, so you go on reduced hours. But you worry about the loss of income.

Another common experience is that you spend so much of your energy at your job that you don't have any energy left for the other important things in your life. Your family and your relationships suffer as a result. The result in both situations is severe financial stress. Even worse is when you are no longer able to work at all.

Now this may not be your experience right now, but maybe you are finding it increasingly difficult to work. You go in cycles of good days and bad. You know you have to work, but you may be wondering if there is a better way.

So what are the options? Some are fortunate enough to have a benefit plan that provides supplemental income due to illness. But beware if you apply for a government-funded disability. Did you know that 75% of claims for fibromyalgia disability are denied? It's true. Most give up and don't bother to appeal. However, the majority of those who do appeal are approved! You can read more about disability income as it relates to Fibromyalgia and Chronic Fatigue Syndrome [here](#).

You may be satisfied with a disability pension. However, it may not be enough to live on. For many, a home-based Internet business is a viable alternative. Now, it's not for everyone. You must be self-motivated. (You can learn new skills, but it's really hard to change your personality.) You will need some organization skills and be able to communicate ideas effectively. Some of this you can easily learn.

You should be healthy enough to do some work. The work is not strenuous. If you can sit at a computer doing some typing you'll do just fine. Plan on a couple hours of work per day, but you can spread that over the entire day, resting in-between. Despite the get-rich quick claims on the Internet, there is no such thing. So if that's what you're looking for you will be quickly disappointed. Sorry. For those who are up to the challenge there are lots of benefits.

- You can make your own hours
- You can avoid the daily commute
- You can work as much or as little as you want
- You can put many of the routine tasks on autopilot, giving you more time for other important activities.
- You don't have to get dressed. (Yes, I've been known to work in my pajamas!)
- You can easily pace your activities.
- You can work any time of the day or night.
- You can be involved in something you enjoy and make money at it.
- You can have greater control over your situation.

These are only some of the benefits you could enjoy. And the skills you need to learn are not hard. Some of the opportunities online are all inclusive. This means you are provided with a website and all the marketing material you need to promote and make money. However, knowing which ones are winners and which ones are losers can be a daunting task.

That is why I started [FibroBuddy](#). I have put together a collection of all the best opportunities, all the tools and services you will need to be successful online. This will save you time and money.

Summing It All Up

In this brief report I've talked about the 7 Coping Strategies you can use to better manage your symptoms of Fibromyalgia or Chronic Fatigue Syndrome. Let's recap:

1. You've learned that gaining knowledge about your illness is a vital step for yourself as well as your family.
2. You've learned how important it is to find a doctor who "gets it," one who truly understands the nature of your illness and will work with you to manage your symptoms. Regardless of what doctor you have, you are responsible for your health management.
3. You've learned how pacing your activities, especially on days when you feel well, is an important strategy.
4. You've learned that 'bad' stress can negatively impact your symptoms. So reducing stress is an important coping mechanism.
5. You've learned that people with Fibromyalgia or Chronic Fatigue Syndrome feel tired all the time due to a lack of restorative REM sleep. Learning good sleep habits is a key coping strategy. A better night's sleep can be achieved through medications, simple avoidance of certain activities, or a combination of both.
6. You've learned that there is a right way to exercise and that some forms of exercise might do more harm than good for people with Fibro. Gentle stretching several times a day and mild cardio exercise at least 3 times per week is a good strategy.

7. You've learned that depression is common for people with Fibromyalgia and Chronic Fatigue Syndrome. Regaining control of your depression is vital and can be accomplished with the right help. Talk to your doctor and join a good support group. A good support group is one that provides support and education, not a bunch of whiners!

8. In the Bonus Strategy you learned that there are opportunities available to make money on the Internet. A home-based online business is a good alternative to the traditional workplace, as it offers you control and the ability to pace yourself and better manage your symptoms. There are no get-rich quick schemes, but you can make a reasonable living with only a couple hours of work per day.

There you have it! 7 + 1 strategies you can implement today to better manage the symptoms you are experiencing.

Learning to cope with Fibromyalgia or CFS is a lifestyle adjustment. You can't eliminate or cure your condition, so you must learn to adapt. Using these strategies is a great start.

What I've seen as a common problem is the relationship between the disabling affects of Fibro or CFS and the financial difficulties it can cause. For me, I found a solution by starting my own home-based Internet business.

Now, I work only a couple hours per day, and I make a good living. My goal in creating the [FibroBuddy website](#) is to help provide you do the same, but avoid the long learning curve most new business owners experience. FibroBuddy provides you with all the tools, services and products you will need to make your journey, your employment transition, as easy as possible.

I hope this brief report has given you some comfort, some guidance, and hopefully some direction.

Thanks for reading.

Dave Leach

Your FibroBuddy

P.S. Please feel free to pass this report on to anyone you feel could benefit from the information. Thanks!

P.P.S. I haven't forgotten your free gift! I think you'll be very pleased. It's a software program call "Site Wizard Pro." It comes with Private Label Rights, so you can rename it, sell it and keep 100% of the profits. But you will also want to use it yourself. You can create fantastic looking Website and more without knowing and HTML programming!

Your Bonus Gift

Get Your Free Copy of Site Wizard Pro

Here is a great piece of software you can use in your new home-based Internet business. It's a software that creates web sites for you without having to know any HTML programming. A real time & energy saver – perfect for people with Fibromyalgia & Chronic Fatigue Syndrome. Here are some of the features:

- Unlimited Number Of Websites
- Unlimited Number Of Riveting Sales Letters
- Unlimited Number Of Mini Sites
- Unlimited Number Of Affiliate Web Pages
- Easily Integrates Your Online Services!
Javascript Or Buy Button Generators
- Unlimited Number Of Doorway Pages
- Unlimited Number Of Press Release Generators
- Legal Document Generator
- Customized Business Form Generator
- Your Own Customized Meta Tag Generator
- And This Simple To Use Template System Is
Coupled With Algorithms That Provides You With:
 - Includes A Super Affiliate Seeking Tool
 - Keyword Analyzer (Determines What
Keywords Are Best For Your Websites)
That Gives You A Better Idea Of Niche
Products To Target!)



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It is a zipped file so you will need use a program like [WinZip](#) to open it.

Thanks again for reading this report. Enjoy the software!

Dave Leach

Your FibroBuddy

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