

THE 12 DAYS OF FIBROMYALGIA

On the 1st day of Fibro my loved one gave to me – a soak in an Epsom salt bath

On the 2nd day of Fibro my loved one gave to me – 2 glugs of Pepto

On the 3rd day of Fibro my loved one gave to me – 3 soothing neck wraps

On the 4th day of Fibro my loved one gave to me – 4 fleecy sweatpants

On the 5th day of Fibro my loved one gave to me – FIVE HEATING PADS!

On the 6th day of Fibro my loved one gave to me – 6 pair of earplugs

On the 7th day of Fibro my loved one gave to me – 7 meditations

On the 8th day of Fibro my loved one gave to me – 8 muscle relaxers

On the 9th day of Fibro my loved one gave to me – 9 masseuses kneading

On the 10th day of Fibro my loved one gave to me – 10 chiros cracking

On the 11th day of Fibro my loved one gave to me – 11 yogis posing

On the 12th day of Fibro my loved one gave to me – 12 research studies!

