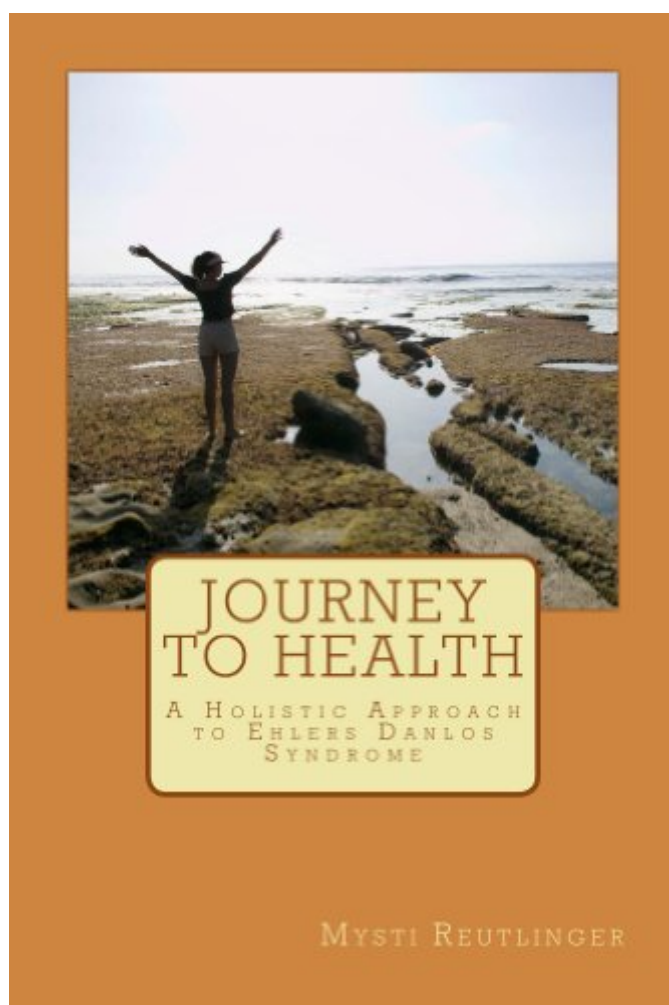


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# Journey To Health: A Holistic Approach To Ehlers Danlos Syndrome



## Synopsis

For years, unanswered questions about Mysti's health left her feeling isolated. Her closest family and friends didn't grasp how agonizingly painful each day had become. In 2013, a door was unlocked when Mysti was diagnosed with Ehlers Danlos Syndrome, a connective tissue disorder. Hopeful for treatments that would reduce her pain, Mysti was crushed as each medication left her further and further away from living the life of her dreams. Bedridden for all but a few hours each day, Mysti contemplated how life would be better without her alive. In a leap of faith, Mysti not only found the will to live, she did it all without being held captive by medications and doctor appointments. Journey to Health is a real look at what battling disabling diseases does to a person and provides details into Mysti's personal plan that now has her living life in ways once deemed impossible. Journey to Health: A Holistic Approach to Ehlers Danlos Syndrome is a must-read for anyone battling any chronic disease. Mysti Reutlinger expresses her mental and emotional battle alongside the physical struggles, leading the way to open the conversation about how chronic diseases are mismanaged and where family, friends, and co-workers can step in and help. To learn more about Ehlers Danlos Syndrome, visit [ednf.org](http://ednf.org), [ehlersdanlosnetwork.org](http://ehlersdanlosnetwork.org), or [rarediseases.org](http://rarediseases.org).

## Book Information

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## Customer Reviews

It was good but didn't have all the information I was looking for. I want to be educated in all aspects of it.

This book was just what I needed. Mysti described me at the start of her book, and I could only hope to have a fraction of the results she did by eating whole foods, green smoothies and gentle exercise. But I am going to try. Thank you, Mysti, for giving me hope. Well written, but occasional typos.

great book. very helpful, especially the smoothie recipes

Very good info useful

Severely lacking, I'm afraid. It's a very thin book & if I bought it just to read about someone else's life story, it would have gotten higher remarks. I do like how she lists a lot of foods that help & their properties so that's my 1 star. And the thing she explains about icing & your lymphatic system was interesting & prompts me to find out more, so 2 stars. I do feel for her & respect her so I'm tempted to give more, but that's not fair to the people who are looking for answers to their own EDS issues. She just makes too many ridiculous claims (fruits & veggies cure everything) & list very OBVIOUS pain management strategies. For example, she says 8-10 tart cherries work as well as a narcotic pain pill!? Um, yeah. Tried it several times, I'm glad it works for her, but No. Freaking. Way. Does it help as much as a percocet! For pain management she recommends heat, massage, acupuncture, topical creams, yadda, yadda, as if we haven't ALL tried all of those already & are reaching out precisely because we're looking "for more". So, if you're looking "for more", you may want to go elsewhere, but if you hold the belief that whole foods can cure you of everything (I'm totally not judging & have been changing my own diet) then I'd just go online & Google whole Foods + inflammation/Pain, frankly. There's really not much that was EDS-specific as far as helpful advice, unfortunately...

I have nothing to lose at this point, so I'm looking for a good blender to see if, in fact, this changes my pain, perception of pain or gives me more energy so I am able to have a more fulfilling life. I am skeptically hopeful. It's "new age" and fringe and I wish god was left out of the equation, but the book

was not written for me and, yes, most people believe in god of some sort. I'll update if I notice (or don't) any changes. I'm already a strict vegan - with celiac disease to boot-, but my fatigue has me grabbing uncooked corn tortillas smeared with peanut butter and jam many nights and I know it's not good for me. Hopefully I'll have good things to report back.

The process of getting to a better place was greatly in lack. The book went from all the complications to "i don't know why this helps, but i think it does because i feel good." I was hoping for some supporting evidence beyond the anecdotal. The anecdotal needs to be sorted by the factual or you might as well be a witch doctor. I was also dissatisfied with the excessive praise of the authors god. I was left feeling isolated as a reader which is not what i want to feel when i come to another zebra for help.

My young daughter was just diagnosed with EDS and I am hoping to stop her medication list from growing. I need to decrease the meds and increase her appetite. Thank you for sharing your story!

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