

To whom it may concern:

**New alternatives of treatment for
Fibromyalgia
(information - pamphlet from Angelika Besthof, March 2004)**

How to improve, treat or heal the “invisible witch” of Fibromyalgia.

Dear co-patients, honorable doctors, therapists and other interested people,

My name is Angelika Besthof, I'm 65 years old. I have been living in the city of Oporto since 15 years, and my profession is housewife. Since I am myself a fibromyalgy-patient, with the first symptoms starting in 1986 in Guatemala, I've been running from doctor to doctor, even 3 times to the world-famous Cleveland Clinic Foundation, and never had a diagnosis. Finally, in a very severe crisis here in Porto, the medical-team of Doctor Laranjeira, diagnosed Fibromyalgy. This was only a **word** to me, whose significance I did not know. But I always remember the words of our house-doctor, Leon Arango, in Guatemala, fight, try to find the root of this ailment, and help to let other people take part in the results, if they are interested.

As I could not find a way here in Oporto, except by taking very heavy drugs to combat the pain, I decided for myself, to find information worldwide. It took almost a year to get all the information, but, at the same time I wanted to try it myself, (that is to say, try it on my own body). Because, how can I give all the information, without having tried it myself ?? Here in Oporto, there is a group, called “Associação de Doentes de Fibromialgia”, they have little knowledge, are passive, without any interest to learn and find something new. Last October, I offered to tell them all about the new things I had found out, but they rejected it in such a way, that I left and wished them well. So I left them alone, giving all my news and improvements to people who are really interested. I don't have to mention all the symptoms fibromyalgy-patients have, because they are mean enough, and only people who want to improve are looking for ways to find them.

My first information for alternative help led me to a person, living in Guatemala, and back to our neighbour country, **Spain**. A certain Mr. Alfred Blasi (being an ex-fibromyalgy-patient) has made a tremendous effort to find a way to improve or heal the sickness. His investigations, together with a Pharma-lab, led him to a sensational result, a combination of minerals, lacking in fibromyalgy-patients. It's a combination of sodium, potassium, calcium and magnesium in a very special dose. Its name is **Recuperat - ion, with orange taste only**, and one can buy it at every chemist, prescriptionfree in Spain. Being relatively cheap, it combats with great success all the secondary effects such as: fear, tiredness, depression, etc., and is absolutely harmless. It's sold in little boxes in 20 envelopes, of which one has to dissolve 2 in one liter of still water, which one drinks during the morning. In the afternoon, up to the evening you drink one more liter of still water. That's all and every day. And after a short while (it can be 2 to 6 or more weeks, due to the severeness of your case) and you feel disappear all those symptoms. For further information go into the Internet and look up the pages Mr. Alfred Blasi wrote:

**www.alfredblasi.net
info@alfredblasi.net**

The second alternative I found, was through a book, which is written by a german doctor, who has already dedicated 15 years of his professional life to fight and cure the disease of Fibromyalgy. He has found the reasons and has a very effective way of treatment. Up to this moment he is worldwide the only person who combines the normal school-medicine with chinese medicine to treat his patients. His results are fabulous, and there are no negative results known. If you want to know more about his treatments, personality of the doctor and patients answers, please go to the Internet, where he gives all the information in English, German and Italian.

**E-Mail : office@FMS-Bauer.com
Internet: www.FMS-Bauer.com**

The book is available, for the people who can read german:

**Fibromyalgie, Heilung ist moeglich
Knaur - Verlag
written by: Prof. Dr. Johann Bauer.**

Now I'm coming to my own experience:

The Recuperat-ion has cured all my secondary effects, but the pains still kept on coming and going, until I finally made the best decision of my life: picked up the phone and made an appointment with the doctor in Munich, that's where he practises, closest to Portugal. I made my appointment in March and got it for July 24th, and I thought, I would never make it, because of the long waiting-time. But I made it, and when I sat in front of the doctor, I found myself being with the right person for the first time in 18 years. Prof. Dr. Bauer is a person, who takes the patients' complaints, whatever they are, most seriously, and does not even mention imagination, stress, mental illness, etc., because they are **n o t**. He diagnosed right away with me fibromyalgy on the right upper part and the right lower part of my body. So he offered me on the spot to treat first my right upper part, to which I gave my permission right away. In many, many cases that resolves the problem, but, if one still has pains on the lower parts, only after that 6 months time, he is willing to treat the lower part. Because in those 6 months, which have passed, many things may resolve themselves the disease. One will feel some kind of funny feelings, but the body is getting back to normal. A disease, which has taken so long to develop, and has not been treated at its roots for such a long time, just killing the pains, one cannot expect to make it

disappear like a miracle. But it is still a miracle, because in October I was totally painfree in my upper right part, which is called "quadrant". In July I had made an appointment right away for my second part to be treated in January, but under the condition, that I cancel it, if I don't feel any more severe pains until end November or mid-December, because there are so many suffering people on the waiting-list. I would have loved to do this, but the pains in my lower quadrant were keeping on, so I underwent a second treatment on January 10th.

I'm very happy I did so, because I'm a different person now, and my quality of life is totally different. I got rid of this "embarrassing witch" which really made me suffer for so long. For some doctors I seemed either being a simulator, for other doctors an unsolvable case, a very good client for the pharmacy shops, and a bad client for a health insurance company.

As I wrote all this, I gave my very personal opinion, and this is **not a medical report**, but I really want to give my knowledge to other people, who suffer from the same phenomenon. There are really other ways to treat fibromyalgia and not being a "walking pharmacy" to the end of ones life.

When I left Munich, after my second treatment with Prof. Dr. Bauer, I told him, that I would tell everybody, who wanted to know about his methods. But herewith I learned one important thing:

Do the right thing, at the right time, at the right place with the right person!

Everybody, who wants to know more about new alternatives for treatment of special pains, or fibromyalgia, can call me, fax me or write. I'm only too pleased to give information whenever I can.

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Thank you very much for your attention, and I hope that this will give you the courage to go for more help, and that it will help you personally.