

Diane's Story: Moving Away from Chronic Pain and Surviving a Stressful Time

"My name is Diane. I live in Northern California where the weather is pleasant year-round, our area is surrounded by rice paddies and horse pastures. I love being outdoors, I'm an avid walker, and my rescue dog Piper enjoys long walks with me. Piper has seen me through some rough times in the past. I also love doing yoga, trail-riding and horseback-riding.

For years, I wasn't able to participate in many of my favorite activities due to lifelong back pain caused by herniated disks and bone spurs in my neck. A close friend had broken her neck snowboarding. Her mobility had been deeply affected, but over a period of time, I watched her neck loosen up back to normal movement. She had been taking full-spectrum CBD extract and was certain it reduced the inflammation from the injury and had restored full movement. She brought me CBD tincture to try myself, I noticed a marked improvement.



I have four adult children: my first son Tom lives with us; my daughter Emily is a clinical lab scientist at a nearby hospital ER lab; my son Rob is gifted photographer; my youngest son Will is completing his EMT training and plans to go into phlebotomy. My children were homeschooled -- a major investment by myself in their lives and which has served in creating a very tight, cohesive family group. We are very close, we play music together and spend lots of time together.

This facet of our family became very important two years ago: my husband was in a tragic motorcycle accident while riding with my youngest son, Will. He had a stroke, lost consciousness while driving and

crashed his bike off the side of the road. Because he was already unconscious prior to the crash, his loosened neck muscles didn't brace his skull from the shock and the brain damage caused was devastating. Will had already completed much of his EMT education and was able to keep his father alive until the ambulance arrived.

For months, I slept on the floor next to him in the specialized trauma unit in San Francisco. Our lives had changed forever and the entire family knew it, we simply didn't know exactly how, yet. It was an extremely stressful period. I consoled myself with daily walks with Piper the dog, red wine, chocolate and Norco, which I especially needed, as my neck and back were the worst they'd ever been after sleeping on a yoga mat on the hospital floor night after night.

My son Rob suggested I try yoga to relieve the pain and calm my mind, and I instantly became a fan of yoga, and I now practice yoga every day. The same friend that brought me the CBD tincture prior brought me concentrated CBD capsules to relieve the inflammation. Relief was immediate. It began looking like I just may survive this life-altering and traumatic event.

The kids all took a semester off from their studies in order to help me readapt to my life as caretaker to their brain-injured father. We rallied together and pulled through the ordeal. They have all reentered their studies and I now work as an insurance customer service provider from home at the same time I make sure my husband is comfortable and content.

Slowly over this same period, I have been able to entirely replace the hydrocodone/acetaminophen opiate-based meds with CBD for back pain relief. Continuous CBD supplementation has relieved the agony-causing inflammation permanently by treating the inflammation causing the pain rather than its symptoms. I take two "Ananda" 25mg capsules per day. For the first time in 30 years, I'm opiate free. I've taken up horseback-riding lessons again after missing riding decades. My kids and I all bought ourselves really great trail bikes because, once again, I can finally keep up with them."

If you are interesting in learning more about different schools of yoga and their suitability to your age, physical abilities and expectations of the practice [please find descriptions of each practice here](#). This nifty site provides you with information about yoga classes taught by qualified instructors near you, [click here to see what classes are available in your area](#) If horse-back riding appeals to you and your family, here's a site that will help you [find stables, ranches and training facilities near you](#).

For more information on opiate replacements for chronic pain [please click here](#). For further information on the topic of treating addiction, [follow this link](#).

