

April 16, 1996

I was diagnosed with chronic mono (a.k.a. C.F.I.D.S.—Chronic Fatigue Immune Dysfunction Syndrome) in 1982, by my family doctor. I was 15 years old and lost 32 pounds in four weeks. This was to be a recurrent symptom for years. My name was well known by the doctors specializing in chronic fatigue at University Hospitals in Cleveland, OH. It was eventually confirmed that my case was in the top 2% of severity in the U.S. Unfortunately, the “specialists” offered no relief.

Over the years there have been many peaks and valleys. The peaks would last two years at 75% maximum energy while the valleys lasted three years at 2%. I have tried changes in diet, yoga, chiropractic, meditation, creative visualization, dozens of supplements and herbs, elimination diets, and even acupuncture. While each helped, the benefits were not significant and were short-lived.

I saw Mike Jones for the first time in September, 1995. (See list of symptoms attached below.) Mike’s tests included spirometer (breathing test), dynamometer (handgrip strength), balance, coordination tests, applied kinesiology, alignment, and many, many questions.

When I began seeing Mike, I was too tired to even drive the 1 ¼ hour drive to his office. But, after two visits, some of my symptoms dropped in half and upon each successive visit I felt better!!! Mike explained the physiological and neurological reasons and how he would go about correcting those problems. And, as a direct result, he explained how my C.F.I.D.S. symptoms would dissipate and my energy levels should increase to 100%.

As of now, my energy levels are consistently 80-85%, and I am still improving under Mike’s care. My mind is clear again, and my energy has returned consistently enough to allow me to get back to my work in finance on a part-time basis. My weight is back to normal. My pain is gone. My mind is clear and my spirits are high.

With proper exercise and a maintenance plan devised and supervised by Mike, I will continue to improve and be able to get on with my life better than I ever thought possible just eight short months ago.

*Ronald Thomas
Akron, Ohio*

P.S. As a result of the abundance of better information on C.F.I.D.S. since my original diagnosis date in 1982, I have found time and again that not all people with fibromyalgia have C.F.I.D.S., but all people with C.F.I.D.S. have fibromyalgia to varying degrees. Far too many doctors merely lump these two afflictions together if they have knowledge of them at all. Mike Jones has worked on both afflictions very effectively and has an outstanding success rate.

As of July 1996, all of my health limitations are resolved. I feel the best I have felt in my entire life.

Ronald Thomas' 1995 Symptoms List

<u>June</u>	<u>August</u>	<u>September</u>	<u>December</u>	
7	4	2	0	Difficulty Focusing
6	4	2	0	Dry Eyes
9	4	2	0	Burning Eyes
8	4	3	1	Reduced Neck Mobility
8	4	4	0	Emotional; Crying, Bouts of Anger
7	7	1	0	Low Back Pain
7	0	0	0	Mid Back Pain
8	5	4	1	Tight Shoulder Blades
6	2	1	0	See Dark Spots
6	0	0	0	See Blue Spots
4	2	1	0	Dark Circles Under Eyes
7	5	4	0	Disequilibrium
5	4	2	1	Memory Loss
9	7	3	0	Mind Fog
8	7	3	1	Loss of Stamina
8	6	2	0	Frequent Naps
8	6	2	1	Inconsistent Sleep at Night
9	5	1	0	Violent Dreams
5	4	1	0	Sometimes Very Pale
10	7	1		Inconsistent Energy Levels
9	7	4	1	Inconsistent Appetite
7	6	3	0	Struggle to Breathe
8	8	3	2	Tired After Eating
7	7	3	1	Bloated
8			1	Hearing Loss; Ringing in Ears
6	3	1	0	Sores in Mouth
6	3	1	0	"Burning" in Joints
8	7	2	0	Sensitive to Light
7	4	4	0	Difficulty Reading
9	8	5	1	High Anxiety
7	6	4	0	"Stupid" Habits; counting, muscle tightness
10	9	4	0	Poor Critical Thinking Skills
10	10	6	1	Poor Analytic Skills
10	9	6	2	Terribly Disorganized
				<i>Scoliosis—98% Gone!!</i>

Update February, 2008

Now I'm 41 years old and as a result of continuing good diet, basic neurological exercises and desire my health continues to improve. For example, I still manage a garden center and have more energy than almost every 20 and 30 year old that I hire. I am able to work 40+ hours every week and 65+ from mid-May through the end of July and still have a family life. In April 2007, my wife, son and I adopted and brought home our daughter from Guatemala. She will be 2 in February and busy, busy, busy. My pain levels are extremely low to nonexistent; my ranges of motion, muscle strength and tone are all excellent. Weather changes affect me much less than ever before especially the "winter doldrums".

I strive for improved overall health. I do not succeed every day by any means but by developing consistent patterns of good health, my family and friends around me notice significant improvement. My pattern consists of a healthy diet, exercise, doing my neurological exercises everyday and seeing Mike Jones. I am in the "tune up" club for evaluation, follow-up and new information.

What Mike Jones practices and applies is not a panacea. It is a program for enough life style change and neurological manipulation to get you back to being as healthy as you literally wish to be. Amazingly, each time I think I am satisfied with my progress, I see another change that makes it that much better.

Cordially,
Ron Thomas

Feel free to contact me at crystalcascadesponds@yahoo.com Please mention Mike Jones information in the subject line.