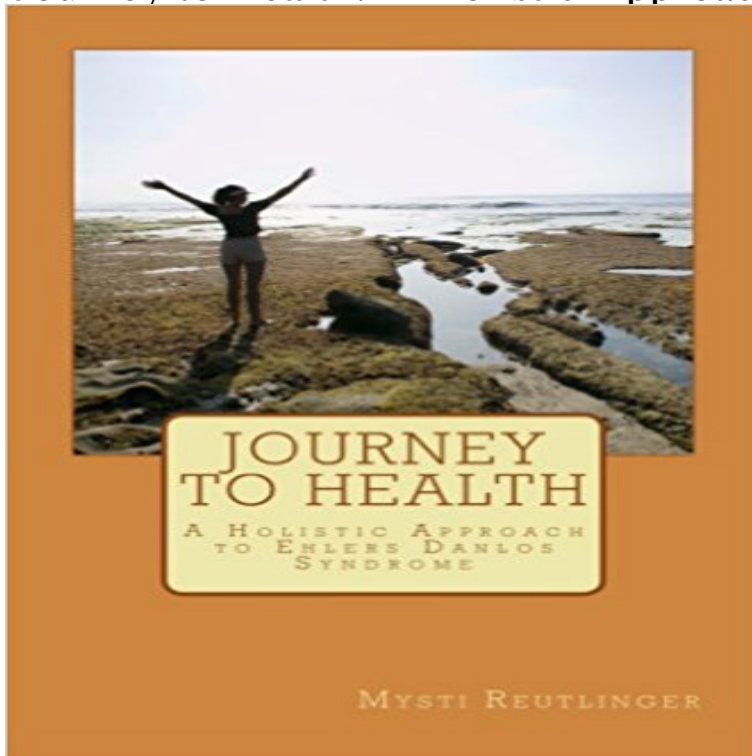


## Journey to Health: A Holistic Approach to Ehlers Danlos Syndrome



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).

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