



WHOLISTIC RELEAF™

A DIVISION OF
WHOLISTIC PEDIATRICS & FAMILY CARE
ESTABLISHED IN 2005

Cannabis and Fibromyalgia: A Florida Woman's Story of Success and Transformation

Imagine everything in your body hurting. From the top of your head to the soles of your feet, you experience severe and constant pain. Imagine how that would make you feel not only physically, but mentally. Now, imagine gaining weight suddenly and for no apparent reason. Would you be scared? Depressed? Anxious? Would you have any inclination as to what was happening?

Life was always easy for Safety Harbor resident, Robyn W. She benefited from excellent health and worked hard to stay that way. But then her health began to decline. She thought perhaps it was because she began having children at 37 and was warned of potential age-related health risks. But deep down, Robyn knew something else was wrong.

"I couldn't get out of bed," said Robyn. "I was sore and tired all of the time. I was miserable."

***"I do not take any medications now and feel 100% now," ...
"I am enjoying better health today than I have had in about five years."***

An indolent lifestyle isn't possible when you have two children under the age of five. Robyn needed to get help quickly.



While at the time living in Chicago, Robyn's doctor suspected depression and put her on Prozac and Xanax as well as two thyroid medications for hypothyroidism. But after a few months, things got much worse. She began gaining weight and wasn't sleeping well.

"I gained 40 pounds during my pregnancy and was thinner when pregnant than I was after my health began to deteriorate."

Robyn was also having negative side effects from some of the medications she was taking. Desperate for a solution that would restore her health, Robyn switched to an integrative medicine physician. Her new doctor diagnosed her with Fibromyalgia, a disorder characterized by wide-

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About
David Berger,
MD, FAAP

Dr. David Berger ("Dr. David"), a Board Certified Pediatrician with over 20 years of experience as a clinician, has developed a national reputation in wholistic pediatric primary care. Dr. David is considered Tampa Bay area's leading authority on medical cannabis for adults and children and is one of the nation's most experienced pediatricians using medical cannabis to help facilitate the treatment of children with chronic conditions.

Dr. David graduated from The Medical College of Pennsylvania in 1994 and completed his pediatric residency at the University of South Florida/Tampa General Hospital where he first began utilizing wholistic therapies. Dr. David has been in private practice since 1997 and in 2005 opened Wholistic Pediatrics & Family Care, his medical practice in Tampa, Florida. In 2010, Dr. David was appointed Assistant Professor at the University of South Florida College of Nursing. In 2016, he launched Wholistic ReLeaf to help qualified patients become certified to use medical cannabis.

spread musculoskeletal pain, fatigue, and cognitive difficulties.

As part of her treatment, her doctor began to wean her off of Prozac. He suggested she consider medical cannabis as a treatment for her symptoms. Robyn agreed. She was authorized for medical cannabis but due to significant delays in processing, she did not receive her card before relocating to Florida.

Frustrated but hopeful, Robyn began searching for a wholistic provider who could certify her in her new home state.

"I was introduced to Dr. Berger from a friend who had breast cancer and was treated by him," said Robyn.

In July of 2018, Robyn was seen by Dr. Tanya Gold at Wholistic ReLeaf.

"Myopathic encephalopathy, or Fibromyalgia, is an approved diagnosis under Florida law because it is similar to multiple sclerosis," said Dr. David Berger of Wholistic ReLeaf. "Both conditions cause debilitating and chronic fatigue and muscle pain."

Dr. Gold certified Robyn for the various approved forms of medical cannabis in Florida.

With her card in hand, Robyn began exploring the different strains available in local dispensaries. Medical cannabis works differently on everyone. Because of this, it is important to observe how different strains work in the body. When it comes to dosage, start low and go slow is the mantra at Wholistic ReLeaf.

Robyn began taking inhaled CBD two to three times per day (including at

night), and added an inhaled THC Indica strain at night to help with sleep.

"Before I started taking medical cannabis I was not sleeping at all," said Robyn. "Now I don't need prescription medication to sleep - I sleep for eight hours straight."

Robyn is a new person because of medical cannabis. In addition to sleeping better, she has lost 30 pounds, her skin is improved and her pain is gone. The cognitive difficulties, also known as "fibro fog" have abated.

"I do not take any medications now and feel 100% now," said Robyn. "I am enjoying better health today than I have had in about five years."

For more information about the transformative effects of medical cannabis, visit [Wholistic ReLeaf at WholisticReLeaf.com](http://WholisticReLeaf.com).



About Wholistic ReLeaf

Wholistic ReLeaf, founded in 2016 by Dr. David Berger of Wholistic Pediatric and Family Care, empowers families and patients to choose the best treatment approach available for their medical condition. The mission of Wholistic ReLeaf is to evaluate and certify qualified patients who meet the State of Florida legal requirements for receiving medical cannabis and provide medical cannabis management and dosing consultations to patients certified by other Florida physicians. Wholistic ReLeaf is committed to providing patients with the best possible care, while also complying with the ever-shifting legal landscape of medical cannabis in the State of Florida.

For more information, or to find out if you or someone you know may be eligible to use medical cannabis as part of a customized treatment plan, visit www.WholisticReLeaf.com.