

Health

The advice you need

Frozen forever

Now I know why I couldn't warm up

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Climbing into the water, my teeth began to chatter. 'Keep moving!' shouted our swimming instructor. 'You'll soon warm up.'

Only, I knew I wouldn't. Every time I went swimming, I'd end up sitting on the poolside.

My whole body froze as I hit the water. I felt numb, it was agonising to move.

Watching my friends splashing, I knew my coldness wasn't normal.

But, by now, I was used to always feeling chilly.

My hands would often go blue, then icy white.

All my friends knew I needed to sit near the radiator, even in summer.

The only reason it didn't upset me was because my nan, Pamela, 77, was exactly the same.

Always cold.

So we often snuggled up to my mum, Caroline, 39, as she was always toasty.

By the time I was 12, Nan started to suspect

something. She had Raynaud's disease – which affects blood circulation.

And now she could see similarities in me.

As soon as she took me to the GP, he diagnosed me with Raynaud's.

My hands would go blue, and then icy white

I felt at ease finally knowing what was wrong.

But I also knew that there is no cure.

I'd have to learn to live with it.

As I got older, other symptoms presented themselves...

I was diagnosed with early arthritis and carpal tunnel syndrome.

On tablets and injections, I tried to bear the symptoms. But my Raynaud's attacks just kept coming.

It was like extreme pins and needles through my body. I was in agony and my limbs

True-life PATIENT CASEBOOK



became numb. It wasn't until January 2018 that I got a more accurate picture of my condition.

'You have scleroderma,' the doctor explained.

It's a chronic autoimmune disease that affects the skin, connective tissue and internal organs.

I had secondary Raynaud's disease, far more serious than first thought.

Only then did I start looking for alternative ways to help ease the pain.

And in February

2019, I got a message from

Sujata

Jolly, CEO

of Clinogen

Laboratories.

'We'd like to offer you a

sample of Omni

Oil,' she wrote.

I often

blogged about

my life with

Raynaud's,

hoping to

raise awareness.

And Sujata's



I was chilly as a little girl



Me today, with a nice, warming cuppa!



A natural oil helped me

company had developed a natural oil that might help.

As soon as I massaged it into my hands, I could feel them getting warmer.

Rather than painful pins and needles, it was soothing.

I've used it every day since.

I can't promise that it's a miracle cure, all I know is that it's helped me no end.

Speak to your doctor, get some advice. And don't get left out in the cold.

More info?

To learn about Raynaud's, visit www.nhs.uk/conditions/raynauds. For more information about Omni Oil, visit omniol.co.uk