



The WAM Report

From Wendy And Mike Buchanan

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at Wycliffe's JAARS Center, Waxhaw, North Carolina

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Thank You So Very Much for Praying For Me!

For a long time now many of you have prayed for my (Wendy) back pain and I thank you for your prayers for healing. After going to a chiropractor for many years and getting only temporary relief 4 years ago he referred me to a massage therapist which became my answer for my sciatica pain that had grown worse even with chiropractic. I was able to avoid surgery through a very skilled therapeutic masseuse who was able to release the tight muscles mimicking the pain of sciatica and pinching a nerve.

But the general muscle pain was spreading from my back to the muscles in my legs and hips and a couple years ago I found myself stumbling down the stairs. My muscles appeared to be freezing up on me. I was shocked to realize what was happening, I was losing my ability to walk. Someone suggested that I might have fibromyalgia but I didn't think so because I didn't have all the symptoms, only a few. My friends that had fibromyalgia and were going to the doctor were not getting much help from their doctors, just pain medication, and I wanted answers.

About a year ago I reached what felt like the end of my rope and I cried out to God for help and he led me to a book by Dr. R. Paul St. Amand entitled "What Your Doctor May Not Tell You About Fibromyalgia". As I read I realized that I didn't have to have all the symptoms. The symptoms and severity can vary with people with fibromyalgia. For me it has been fatigue, muscle pain, brain fog, and difficulty falling asleep and staying asleep because the pain wakes me up. I have not had any of the other symptoms: digestive issues, or urinary infections, hypoglycemia or dermatological issues. As I come out of the brain fog more and more I realize that I have been living with very little ability to take in stimulation or information beyond immediate needs, sort of like living in a tunnel. Some people interpret this behavior as being unfriendly, but it is just another symptom of fatigue and brain fog. I am so very thankful to friends who have extended grace to me as I have not been able to be the friend that I desire to be because this illness limits my ability to do all that I would like to do.

Experiencing this pain and fatigue for so long has grown in me the desire to be quicker to extend grace to others when they disappoint me or hurt me. We all are in so much need of forgiveness and grace....what a privilege we have to extend that grace to others who disappoint or offend us, for they may be silently suffering physically or hurting emotionally in ways we do not know. Thank you again for hanging in there with me these many years and extending grace and love to me.

The author, Dr. St. Amand is an endocrinologist and UCLA associate clinical professor and himself has fibromyalgia. For 30 years he has used a treatment using over the counter guaifenesin found in Mucenix with a protocol that requires avoidance of lotions, shampoos etc. that contain plant oils, extracts and gels and other required guidelines for treatment that will block the guaifenesin from working.

Dr. St. Amand's theory is that those with fibromyalgia have a genetic defect so that their kidneys do not rid the body of phosphates. These phosphates then build up in the muscles and ligaments and the guaifenesin helps the kidneys do what they should, eliminating the phosphates and reversing all symptoms of fibromyalgia.

A year ago I began this treatment and it is changing my life. I can do three things that I was unable to do before: walk down stairs without stumbling, hop to the Awana Cubbies' song with my preschoolers and even jog 50 yards. Some of the rock hard lumps all over my body in my muscles and ligaments are still there, but they are shrinking. I still have pain, some fatigue and some brain fog as the medicine pulls the phosphates out of my body, but I have hope that I'm heading in the right direction now.

Of course the question has crossed my mind, why would a loving Heavenly Father allow this illness to persist for so long. I think we all have asked 'why questions' of God like this at one time or another. The short answer is that God is enough to get us through the trials, He promises to be with us and He is enough. We live in a fallen world of sin and so there is sickness, pain, and death all around us. But we are not abandoned, God is always with us. He gave us Jesus as a way for us to come to Him and find help in time of need. I pray for you all that when disappointments and trials come your way that you will know that He loves you and that He is enough! We were created to love Him and to receive His love, and when we do these things we can have peace and joy in the midst of our trials. I also gain strength from the hope in that this life is really so very short compared to our eternity with Him in heaven, for those who have received Him as their Savior, where there will be no more pain, sickness and death, "my pain reminds me, this is not my home". (from the song "Blessings" by Laura Story)

I see so much of God's grace that he has poured into my life to help me do what I have been able to do. Homeschooling has been a blessing even if I often had to do it lying on the floor because of the pain. Living in Africa and anything else that I have been able to do here at JAARS has been only because of His strength and mercy. I am so very grateful that He has been my comfort in facing each day. 1 Corinthians 1: 2-11 expresses many similar thoughts and feelings to my own.

I know that many of you have been unaware of the details of my illness. Frankly, I find it embarrassing to be sick, weak, and feeling exhausted all the time, especially when I didn't know why. I hope that someone else might be helped as I have been because I share this with you now. Many of you are also enduring painful situations whether physically or emotionally and I pray that you will receive His love and know His presence in your life too, and that you will ask Him to comfort you and sustain you for "we have a Great High Priest who has gone to heaven, Jesus the Son of God. Let us cling to him and never stop trusting him.... let us come boldly to our gracious God. We will receive his mercy, and find grace to help us when we need it." Hebrews 4: 14, 16

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