



Paloma Medical Group

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I am a physician practicing Internal Medicine in Southern California. I'm also married with four children. Life is lively to say the least. In September of 2001 that liveliness, and my livelihood, was challenged with my diagnosis of Systemic Lupus Erythematosis.

The diagnosis was preceded by several months of progressive joint pains, fatigue and a persistent rash. Laboratory tests showed multiple abnormalities. The rheumatologist felt all was consistent with SLE and I was begun on plaquenil. Over the next few weeks there was a significant decrease in joint pain, resolution of the rash, and improvement in the lab tests. The fatigue and generalized achiness (most likely fibromyalgia) continued but I was at least able to work part time and be more involved with our kids. My husband, also a physician, took on many of the home responsibilities that I was unable to fulfill. I was thankful to have a diagnosis and at least a partial response to treatment.

In December of 2002 I listened to a detailed presentation about Mirac. The product was intriguing, the science appeared sound, and there were no interactions with medications or other apparent drawbacks. I also was caring for a patient taking Mirac who was doing quite well. I decided to give the product a try. Within three weeks I noticed a distinct improvement in fatigue and residual pain. Quality of sleep improved immediately. After six weeks on Mirac I discontinued the plaquenil as I was feeling so much better and did not feel the medication was needed. Three months after starting Mirac my lab tests remained normal and even the residual fibromyalgia pain was gone.

It is now two and a half years since my diagnosis of lupus and fifteen months since I started Mirac. I continue to feel well and am able to manage a household, a part time medical practice, and am back to playing soccer on weekends (in direct sun without the rash!). I take no prescribed medications. I believe that Mirac has put my SLE in remission, has minimized fibromyalgia pain and has continued to benefit sleep and energy. There have been no side effects. While my continued attention to a healthier lifestyle in terms of balanced diet, sleep and exercise is fundamental, I am still planning to continue Mirac indefinitely.

In addition to my own favorable results, my teenage daughter has also appreciated the benefits of Mirac. Her fibromyalgia symptoms improved significantly after taking Mirac for one month and she was able to discontinue the supplement after three months as her sleep was improved and her pain resolved. At age sixteen, she has a greater awareness of the need for balance in her life which keeps her symptoms at bay. Many of my patients have experienced significant pain relief with Mirac and I am continuing to recommend the product in my practice.

There are endless supplements available for any diagnosis or complaint. Many of these are backed by testimonials like mine. I chose to try Mirac because of the extensive research and the sound science that led to development of the product. I would encourage and challenge those seeking alternative methods for treating chronic pain to explore the information that is available and to make decisions based on science-based evidence. It is a personal journey for each of us and one that can lead to enhanced well being and improvement in the quality of life for ourselves and our families.

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