When you are having a bad day... "THERE'S AN APP FOR THAT"
Misty’s Life Work is Dedicated to her son, Luke, who lost his battle against Duchenne - Jan. 21 2013, at the age of 21. He continues to shine his light.
Duchenne Muscular Dystrophy is caused by the absence of Dystrophin. A protein that helps keep muscle intact.

Signs of Duchenne
- Toe Walking
- Frequent Falls
- Enlarged Calf Muscles
- Difficulty in:
  - Climbing Stairs
  - Running
  - Hopping
  - Jumping
  - Wheelchair by 12

Progression of Duchenne eventually affects ALL voluntary muscles, the heart and breathing muscles. Survival past the teen years is a gift and is extremely rare beyond the late twenties.

Misty Believes Through Parent Driven advocacy, we can stop Duchenne.

Before we go any further, let's jump in and define what advocacy is.

Advocacy is any action big or small that brings awareness to something. In this case, our cause of Duchenne eradication. Example of such actions are.

- Starting Foundations or No-profits
- Interviews for newspapers and TV
- Websites and Blogs
- Books, magazine articles
- Social Media, Facebook, Twitter and YouTube
- Or simply wearing awareness wristbands, T-shirts and Tattoos

Really any way you can share your Duchenne story with the world!
When her son Luke was diagnosed with Duchenne at the age of four it was a wakeup call to her passion of helping others. She intuitively knew that through the life altering, life taking disease called Duchenne; she would find a way to not only give her son the best life she could, but also be able to assist and support others on the same journey.

Misty wrote her son’s book/story *In Your Face Duchenne Muscular All Pain All Glory!* Is the head author and creator of the 3 Duchenne Collaboration books, *Saving Our Sons One Story at a Time, Saving Our Sons & Daughters II, & Don’t Forget the Siblings*. Misty has another original authored book she has written about her daughter’s journey of growing up knowing her brother could die titled *Heart Shaped Rocks* coming out Fall of 2013.

Misty’s experience and tireless work for Duchenne inspires others to take action in the fight. She knows as long as DMD is unheard of, research will continue to be under funded keeping a cure and/or treatments out of reach.

Sharing her story and innovative advocacy strategies, Misty uplifts, strengthens and empowers the Duchenne -Community worldwide!
Misty VanderWeele, is not only a 5 time self published book author, she has over seventeen plus years advocacy experience starting in 1996 when her son was diagnosed with Duchenne muscular dystrophy.

Misty uses her passionate creativity to brainstorm and produce advocacy products, books, emagazines and programs geared to advocate for Duchenne and helps Duchenne parents navigate the roller-coaster of having a child with a life altering disease. Misty’s advocacy include the 365 Days of Duchenne Desk Top 2012 Calendar and Duchenne Awareness Wristband Packs. As well as the Thrive Network Community.

Misty is a born and raised Alaskan, where she still resides with her husband, Glen and her daughter, Jenna on the family vegetable farm.

She her son, Luke, at age 21, lost his battle against Duchenne January 21,2013. Which in turn has her shining up her helmet for another round.

Misty is dedicated to the fight against Duchenne. She inspires and motivates others to do the same.

Misty VanderWeele
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Shining the light on Duchenne Muscular Dystrophy

“If we want things to change we need to be apart of the solution.”
~Misty VanderWeele
Global Recognition for

DUCHENNE MUSCULAR DYSTROPHY

with books In Your Face Duchenne, Heart Shaped Rocks, Saving Our Sons One Story at A Time, Saving Our Sons & Daughters II and Don’t Forget the Siblings.

You’ll laugh, you’ll cry, but most of all you will find hope, strength and inspiration to keep on keeping on!

Plus over 90 personal Duchenne stories in three Collaboration-Books...

Misty VanderWeele

“Beacon of light to others who face the same challenges” Patti B.

Misty VanderWeele
You were given this life because you are strong enough to live it.

You are so much stronger than you think...

Make up your mind that no matter what comes your way, **No matter how difficult**, **no matter how unfair**, you will do more than simply survive. **You will THRIVE in spite of it.**

You never know how strong you are, until being strong is the only choice you have.

When the world says, “**GIVE UP**” hope whispers, “**Try one more time**…”

You must do the thing you think you can’t do. `Eleanor Roosevelt`
The 8 Circles of Coping Worksheet

Duchenne has parents revisiting these coping strategies over and over as the progression of the disease excel rates. Often times what your child could do last year, or even 3, 4, 6 months ago isn’t what they can do today. One day they are walking, one day they aren’t. It’s a circle of grief that keeps going around and around. I encourage you to print this work sheet out for future reference in helping you through each step as Duchene forces you to keep on coping.

Day By Day

Heal Your Life

Get Outside

Be REAL

Live For Today

Change Happens

Look For Signs

Share Connect Vent

Printable Located under Magazine

FREE Mobile App

Thrive Through Tears

Ever have a bad day? Then this app is for you. Click code to download app to your mobile device. Once downloaded you will find it in the YAPPP BOX, its green.

Click Here
Eighteen years ago, after my son, Luke was diagnosed with Duchenne MD I got my first taste of the healing properties of Essential Oils and chemical free cleaning with a company called Melaluca. This is also when I learned retail health products aren’t created equal to high quality science based manufacture.

You could say Luke being in my life made me want to do everything in my power to do the right thing by him. His life directed mine. Then I went onto a whole food nutrition company called Brain Garden with their food, essential oils and probiotic. I was very successful since Luke and I had so much success in our own health with them. Then they merged with another company called Forevergreen, where I was introduced to marine phyto-plankton as nutrition. After all the whales eat it and live long lives. And oh, did I mention I live on Alaska’s largest producing vegetable farm? All of which ended my life long issues with sinus infections, strep and tonsil issues.

I also found out I was gluten intolerant 3 years ago which melted the fat tire around my midsection. Although my health improved dramatically I was getting reoccurring shingles and chronic pain left behind from them. Luke was already doing Doctor Rhodes Vecttor electrical stimulation treatments which by the way heals chronic pain in 90% of patients. I have no nerve pain left. Sometimes I feel twinges when the weather changes but that’s about it.

Also losing Luke the grief has taken its toll on me. I do have my up and down days but staying asleep was an issue until the Youngevity 90 for Life Muscular Dystrophy Lifestyle and Supplement protocol. I am incredibly happy to say I’m sleeping like a baby and I am so much more satisfied with my meals. It doesn’t take as much to fill me up.

Supplementation is for the whole family. I sure wish I would have learned about supplementation for MD while Luke was still alive.

Email Me for More Info
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The BEST Nutrition for Duchenne

GOOD FOOD
• Eggs
• Butter
• Salt
• Veggies
• Fruit
• Nuts
• Rice & Beans
• Meat
• Poultry
• Fish
• Gluten-Free grains

BAD FOOD
• Wheat
• Barley
• Rye
• Oats
• Fried Food
• Oil in a bottle
• Well-Done Red Meat
• Meat + nitrates
• Baked Potato SKINS
• Carbonated drinks during a meal

Where parents go for personal support, helpful coping tips, inspiration and more.

Duchenne Advocacy & Support Club

Members Get
• Your own Profile
• Connecting & Sharing
• Advocacy Ideas & Tips
• Discounts & Saving on Books
• 2000+ hours of Support, Inspiration and Awareness

Join Today
All 25 eThrive issues archived in the forum
“Remember...hope is the fuel for ACTION!”