



Everest Base Camp Expedition November 2016

Cassie Butler





My Story

By sharing my authentic story, I hope to help and inspire others who have been on similar journeys.

My story begins in 2009 when a traumatic experience triggered the onset of an illness known as Fibromyalgia. My journey over the past five years has been a series of ups and downs, and as a primary school teacher, I was devastated that I could no longer pursue my passion of teaching children.

By conquering the climb to Everest Base Camp in Nepal with Intrepid in November 2016, I hope to prove not only to myself, but to everyone else, that despite my illness I am still able to achieve such a massive challenge. My goal is to bring awareness of Fibromyalgia by documenting and writing about my experience of trekking in Nepal to reach Everest Base Camp on my blog Finding Cass.

Although I am unable to teach children anymore I have also decided to give to the children of Nepal by raising money for the Asha Foundation in support of my achievement. Last year I rode from the North to the South of Vietnam with Intrepid and raised funds for another charity but now it's time to aim higher - the roof of the world!!



*It is only in
adventure
that some people
succeed in
finding
themselves...*



What is Fibromyalgia

Fibromyalgia is one of the most complex and misunderstood chronic diseases there is. Fibromyalgia can be extremely debilitating and can interfere with daily life. It's real, and it's terrible for those who experience it daily. Obviously no one wants to live like this. They want to be well. Symptoms can really vary for people. Only a Fibromyalgia sufferer knows the feeling. No one understands what it's like to live with a chronic musculoskeletal condition quite like someone in the same boat.

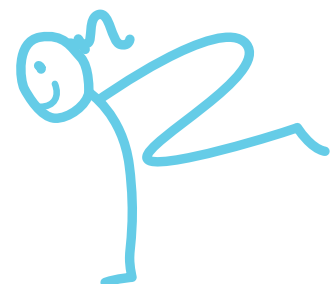
Besides chronic musculoskeletal and joint pain all over the body, fibromyalgia patients often have trouble sleeping, experience chronic fatigue, digestive disturbances, chemical, food, and environmental allergies, sinus issues, memory problems, and low mood. Unfortunately, I experienced all of these symptoms over the past five years, which at times became extremely severe and debilitating.

People with chronic pain diseases have a hard time convincing others their illness is real. Fibromyalgia sufferers find it hard to convince some people that despite looking ok on the outside, inside they are dealing with chronic pain. It's a comically sad and vicious cycle that every fibromyalgia sufferer goes through. We look fine on the outside, a perfect specimen of health, but deep inside our body has a disease that is robbing us of our life.

The Fibro Frog

The Fibro Frog is an activity involving holding a yoga pose that looks like a frog in bizarre places around the world to promote awareness of Fibromyalgia and encourage donations for research. The challenge encourages participants to take a photo of themselves in this pose and nominate others to do the same but in a different location.

My aim is to start this challenge by capturing the first Fibro Frog at Everest base camp. #FibroFrog





Raising money for charity

No matter what physical challenge you're thinking about, you can make your challenge count and do it for children who live in poverty.

I am taking on the challenge of trekking to Everest Base Camp in Nepal to help raise money for children in need because I am dedicated to ensuring every child has the best chance for success. Every child deserves a healthy start, the opportunity to learn and protection from harm. I hope to provide a voice for children who cannot speak for themselves and inspire and achieve lasting impact for the world's most vulnerable girls and boys. By transforming children's lives now, we can change the course of their future and ours.

I ended up choosing The Asha Foundation because it is run by volunteers in Australia. Their aim is to help disadvantaged Nepalese children climb out of poverty into a life of sustainable human dignity.

"With your help, we can make a difference."



The journey of a
thousand miles
begins with one
step!



How you can help

I am seeking your support in helping to raise funds for my venture and charity of choice. The Funds raised for myself will be used for trekking equipment/travel costs and the funds raised for my charity of choice (The Asha Foundation) will go directly to the children of Nepal.

You can help out by making a donation through the My Cause page. The amount you give is completely up to you. Thank you in advance for your generosity, it means a lot!



<https://www.mycause.com.au/page/137369/fibro-frog>



Contact me



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Not all those
who wander
are lost