

FIBROMYALGIA



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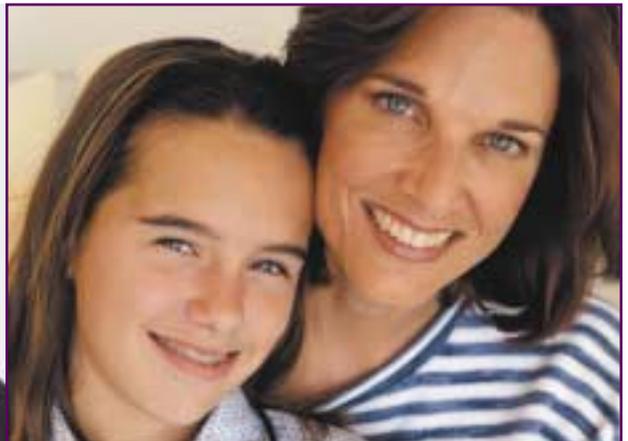
Myofascial Pain Syndrome

Fibromyalgia is a chronic musculoskeletal pain syndrome associated with symptoms of stiffness, aching, disturbed sleep, depression, anxiety and fatigue.

This chronic fatigue “look-alike” may share similar underlying traits with chronic fatigue, although with different symptoms that stem from individual genetic susceptibilities. (See *Chronic Fatigue* article). An estimated 10 million people suffer from fibromyalgia—the highest incidence among 25- to 55-year-old women. The female to male ratio is 5:1.

Symptoms of Fibromyalgia

- *Tenderness of at least 11 of 18 specific anatomical points*
- *Stiffness, especially in the morning upon wakening*
- *Sleep disturbance/insomnia*
- *Chronic aching*
- *Pain*
- *Anxiety*
- *Depression*
- *Chronic fatigue*
- *Gastrointestinal disturbances*
- *Irritable bowel syndrome*
- *Subjective soft tissue swelling*
- *Cardiovascular problems (dizziness, palpitations)*
- *Muscle spasms, trigger points*



Fibromyalgia: A group of common nonarticular rheumatic disorders characterized by aching, tenderness and stiffness of muscles, areas of tendon insertion and adjacent soft tissue structures. Fibromyalgia indicates pain in fibrous tissues, muscles, tendons, ligaments and other “white” connective tissues. (*Merck Manual*)

Like elusive chronic fatigue, the etiology of fibromyalgia is unknown.

Common Problems Overlooked by Medical Professionals

- *Heavy metal toxicity (mercury, lead, cadmium, copper, etc.)*
- *Nutrition*
- *Food allergies*
- *Environmental pollution (insecticides, her-*

- bicides, etc.)*
- *Electromagnetic fields and their effects*
- *Dental stress*
- *Hidden infections and parasites*
- *Spinal malalignment*

European scientists postulate that fibromyalgia victims may have micro-circulation disturbances, in conjunction with mitochondrial damage and abnormally low phosphate counts. This theory strongly suggests an energy deficient state in the muscle tissues, i.e., hypoxic muscle tissue state and acidic internal environment.

What can I do to correct tissue hypoxia and acidosis?

first

Stress control.

second

Modify your diet to an alkalizing diet which is

high in green vegetables and grain and moderate in animal proteins. Recommended reading: *Enter the Zone* by Barry Sears.

third

Increase your water intake to eight 8 oz. glasses of filtered or distilled water a day.

fourth

Begin a basic body-cleansing program, including herbal body cleansing and gallbladder/liver flush.

fifth

Start a nutritional supplement program based on tissue mineral analysis (hair analysis).

sixth

Initiate a specific detoxification investigation and recovery, such as heavy metal toxicity. Reference the preceding list of overlooked problems. Example: You may require chelation therapy for heavy metal toxicity; the elimination diet and food allergy test for

food sensitivity problems; dental evaluation by a holistic dentist; spinal adjustment by a chiropractor, etc.

Suggested Nutritional Support

1. Magnesium
2. B-6 (pyridoxine)
3. Manganese
4. B-complex
5. GABA for Anxiety Control
6. Garlic/Chorella/Cilantro for Heavy Metal Toxicity
7. Amino Acid Supplements
8. Potassium
9. Vitamin C
10. Zinc
11. Essential Fatty Acids
12. Adrenal Support
13. Thyroid Support
14. Malic Acid

Others include: glandulars, antioxidants, melatonin, carnitine, phenylalanine/DLPA



Summary

Similar to chronic fatigue, fibromyalgia is an intricate disorder with multiple elementary causes. The search for a solution may be frustrating, costly and time consuming. The framework for healing is built upon *nutritional therapy*.

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