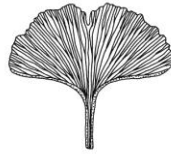


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Fibromyalgia Syndrome Solutions

Fibromyalgia syndrome (FMS) is a disorder affecting over 5% of the patients in a general medical practice women more often than men. The general cause is a lack of recovery from general use or demand. Frequently, poor sleep with simultaneous increase physical or neurological stress demands will begin an episode. Treatment is therefore addressing several areas of health. Therefore it is essential for someone to have a supportive overall wellness plan with your naturopathic doctor. Fibromyalgia is curable and resolvable.

What about the magic bullet? There isn't one.

By definition fibromyalgia does not have inflammation with the pain, so anti-inflammatory medications are generally unhelpful, this includes steroids, ibuprofen, acetaminophen, and natural products such as bromelain.

#1 Assure optimal overall macronutrient intake

First, avoid foods that precipitate symptoms (in a retrospective study most patients did sig. better if they gave up coffee entirely). People with FMS do NOT tolerate alcohol well. Second, eat to avoid hypoglycemia and supply every cell with the essential building blocks every moment of every day. Nutritional Resources: The FatBack Diet, our handouts for protein at every meal, Nourishing Traditions cookbook, See CoastalNaturalHealth.com)

#2 Comprehensive nutrient intakes including...

- A broad spectrum Multiple Vitamin Mineral such as **MultiNutrients (MUL47) or Maxxum #3 (MAXX3)**
- Additional Mineral support including about 400-600 mg of chelated Magnesium – To reduce muscle spasm and improve sleep. **Mag Citrate (MAG36)** 150 mg 1-2 @ bedtime
- Essential Fatty Acids: consider additional **EPA** from Cod Liver Oil (**CODL3**)
- Protein should be from dietary sources, although occasionally, high quality whey protein might be used to complement one's diet. Use **Hydrolyzed Lactalbumin (HYDR7) or New Zealand Whey (VNWP5)**. Avoid processed soy protein.

#3 Improve Sleep Valerian Nighttime (**VAL20**). A European OTC herbal preparation that promotes deeper sleep. Magnesium can be added if there is restless leg syndrome.

#4 Gentle daily exercise. Occasionally if the cause of fibromyalgia is overuse, a period of rest may be required during acute phases. Once the acute phase is over, aerobic exercise and some light resistance exercise are important. Must gradually build up intensity.

#6 Soft Tissue Manipulation: Non-traumatic effective treatment is effective at re-aligning the patterns that have resulted in a pain syndrome. **Bowen manipulation** is effective through nerve conduction and reflex changes that occur with a treatment.