



Fibromyalgia

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Fibromyalgia is a rheumatic disorder characterized by chronic achy muscular pain that has no obvious physical cause. It most commonly affects the lower back, the neck, the shoulders, the back of the head, the upper chest, and / or the thighs, although any area or areas of the body may be involved. The pain is usually described as burning, throbbing, shooting, and stabbing. Endurance and stamina are very poor, and the sufferer often feels constantly worn out and unable to concentrate.

Eat More

Milled flax seed, or cold-pressed, unrefined flax seed oil. The oils of fatty fish such as trout, cod, halibut, mackerel and salmon also contain omega-3 fatty acids and therefore work as anti-inflammatory agents. Alfalfa can be used for pain control. Maximize your intake of greens. Drink eight glasses of pure water daily. Fresh juices and herbal teas are also good choices. A plentiful intake of liquids is important for flushing out toxins.

Avoid

Avoid processed foods and foods that are high in saturated or hydrogenated fats, such as dairy products, meat, and margarine

Stay away from caffeine, alcohol, and sugar. These substances enhance fatigue, increase muscle pain, and can interfere with normal sleep patterns.

Warning Signs:

- Your muscles in your neck, shoulders, chest, hips, back or buttocks are so tender that pressing them makes you jump with pain.
- Muscle pain is accompanied by fever, sleeping problems or depression.
- Muscle pain that lasts longer than 3 months.

Supplements

- Magnesium and malic acid ,100 to 200 milligrams of magnesium and 400 to 800 milligrams of malic acid three times a day, twenty minutes before each meal.
- Vitamin A , 5,000 to 10,000 IU's.
- Vitamin C buffered, 10,000 IU's.
- Vitamin E, 800 IU's
- Selenium, 200 Mcg
- SAM-e, 400 mg at least twice per day.
- B complex Vitamins
- 5 HTP 100 mg

Herbs

- Evening primrose oil
- St. John's wort
- Siberian Ginseng
- Turmeric
- Healing Tea (burdock, slippery elm, sheep sorrel and rhubarb)
- Willow bark
- Dandelion
- Licorice root
- Paud'arco