FIBROMYALGIA

This disturbance has scientists stumped. Is it associated with chronic fatigue syndrome? Is it chronic Lyme disease, or is it a brain disturbance involving neuro-hormonal abnormalities and impaired deep sleep? Is it more prevalent in those with foot pain? Is it associated with rheumatoid arthritis?

Symptoms:

- **Pain, tenderness and stiffness in muscles, ligaments, tendons and adjacent connective tissues. The pain is not localized say in the neck or shoulder, it is everywhere. The pain may feel sharp and stabbing or deep and aching.**
- **Muscles feel tired due to low energy reserves. Any normal activity (shopping, walking up stairs and routine household responsibilities can tire the body easily)**
- **Fatigue both physical and mental**
- **Mental fatigue (concentration problems, confused thoughts, memory weakness)**
- **Forgetful, absentminded. This may be because the brain is so busy being bombarded by pain signals it has very little energy left to perform cognitive thinking.**
- **Headaches can be common. They can feel like tension or migraines. Tension headaches are from muscle contractions in the neck and travel into the head area.**
- **Sleep disturbances. Trouble falling asleep, waking up throughout the night. Sleep apnea.**
- **Dry eyes**
- **Numbness and tingling esp. in arms and legs are common neurological disorders. Tingling may affect hands and feet with feelings similar to carpal tunnel syndrome or sensation as if they were asleep**
- **Dizziness is another neurological disorder. Light headedness and balance problems are the cause for lack of coordination.**
- **Weakness (another neurological complaint). This loss of strength and stamina creates deeper feelings of fatigue.**
- **Leg cramps in the calves or restlessness in the legs when in bed at night.**
- **Swollen Lymph nodes**
- **Weakened immune system**
- **Chronic low grade sore throat, especially upon waking**
- **Irritable Bowel Syndrome (bloating, cramps, episodes of diarrhea and constipation, problems of malabsorption)**
- **Dysfunction digestive system(eg. leaky gut)**
- **Cold, poor circulation, heart palpitations**
- **Restless leg syndrome**
- **Lightheaded, dizzy**
- **Bladder infections (women)**
- **Joint pain, tenderness**
- **Morning stiffness**
- **Burning sensations**
- **Numbness, tingling of hands and/or fee**

Fibromyalgia Pain

Each person feels pain differently but fibromyalgia creates a persistent pain that you can't ignore. Normally you might touch a hot stove and the nerve endings release neurotransmitters that create electrical currents to the spine and brain. When it reaches the brain, we feel the pain and a signal is sent back to the motor nerves in the hands to pull away from the hot stove. If a person gets into a hot tub of water, their body acclimatizes and adapts to the heat of the water. Fibromyalgia pain creates a persistent pain that can not be adapted to. The pain is continuous and it becomes difficult to find anything to relieve

the pain.

They now are determining that to be called fibromyalgia, the person should have pain in 11 of the following 18 points:

- **On the back of the head, lower edge of the skull, on both sides of the spine (2)**
- **Sides of neck along crease between head and neck (2)**
- **Mid-point on top of shoulder in muscle along back edge of shoulder (trapezius) (2)**
- **Both sides of spine in middle of upper back, just above scapula or shoulder bone. (2)**
- **Front between first and second rib in upper chest area, both sides of sternum (2)**
- **Inner side of lower arm, about 2" down from fold in elbow (2)**
- **Lower back, near dimpled area of backside (2)**
- **Along side of body in middle hip area. (2)**
- **Inner side toward back of the knee. (2)**

There will be pain with gentle pressure on these area. A study revealed 70% of people find pain in neck area; 80% experienced pain in shoulders; 72% complained about lower back pain.

Cannon's Law helps us understand the cause of pain. Walter Cannon and Arthur Rosenbleuth, in the 1940's researched the chemical mechanisms of nerve impulse transmission and found that any tissue that became denervated, became supersensitive. Denervated tissue means that the nerves in that tissue do not send nerve impulses effectively. Cannon's Law states:
" When a unit is destroyed in a series of efferent neurons, an increased irritability to chemical agents develops in the isolated structures, the effect being maximal in the part directly denervated".
In other words, when a nerve link to a part of the body fails, that part of the body becomes highly irritable and electrically sensitive. This super sensitivity of the tissues can occur in skeletal or smooth muscle, spinal neurons, sympathetic nerve endings, adrenal glands and even brain cells. External temperature and barometric changes can also affect the pressure of cellular fluids on the nervous system which is another reason fibromyalgia people have specific tender points of pain, and are often sensitive to changes in the weather.

Causes:

- **Increased level of chronic muscle tissue breakdown is one of the main reasons for the aching, pain and fatigue. This may come on gradually or suddenly.**
- **Symptoms come after a traumatic or stressful event, or an illness such as a viral attack. When did the pain start? Go back a year or so before the pain started and see what was happening in the life of the person. Traumatic experience can cause injury to the nervous system sensors that make the muscles more hypersensitive to any reaction. Nervous system hypersensitivity can precipitate tenderness on light touch.**
- **A specific virus or bacteria is sometimes suspect.**
- **A variety of metabolic conditions are probably the cause of symptoms.**
- **Lack of oxygen**
- **Lack of magnesium and phosphorus which are needed for producing ATP for energy within the cells. Deficiency slows metabolism and increases lactic acid formation. Lactic acid causes soreness that occurs after exercising. This the lactic acid stays in the system, it increases the amount of muscle tissue breakdown that lead to the symptoms of fatigue, depression and muscle pain.**
- **30% indicated a prior accident such as a car accident or fall**
- **12% recall emotional trauma prior to the start, such as divorce, abuse, death of a loved one.**
- **When fibromyalgia seems to be caused by an infection or another disease, it is the result of the infection not totally leaving the body and being retained in the lymph tissue.**

Muscle spasms and chronic contraction of muscle fibres can be caused by this super sensitivity in the nervous system tissue. These spasms do not go away until the nerve function is restored which explains why a person with a low back pinched nerve has trouble with hamstring tightness and can't bend over. As muscles remain persistently spastic or in a contracted position, they will eventually shorten and

become tight causing abnormal joint movement and compression. This will lead to abnormal wear points in the joints and cause pain in the connective tissues.

A build up of toxins in the tissues causes these muscle spasms stiffness and hypersensitivity. There are a couple of remedies to help reverse these muscle and nervous system imbalances. The first is drinking enough water to improve circulation in the tissues. The other is to use essential fatty acids such as evening primrose oil, black currant seed oil or evening primrose oil, to increase the flexibility of the cells and transmit nerve impulses better.

Herbs such as ginger, turmeric and Boswell can be used to reduce pain in the muscles. They help improve circulation and help the liver to detoxify. There are also herbal combinations available as supplements that can be taken to help.

Other ways to help pain are to exercise, even if it is just gentle stretching or walking; massage; soaking in a hot tub; applying hot or cold packs to inflamed areas.

SLEEPING PROBLEMS WITH CHRONIC FATIGUE AND/OR FIBROMYALGIA

Remembering the stresses of the day can cause trouble falling asleep. The body remains tense and adrenaline keeps flowing as long as thoughts and activities related to stress are maintained. Prior to going to bed, take the time to unwind in a nice warm bath, or meditate. Avoid watching stimulating television. Reading gentle material is good.

Taking calcium-magnesium and trace minerals in the evening helps relax the brain and muscles for the evening.

If you can't sleep well, at least lie down and relax for the night, in darkness. If you can get to bed between 9-10pm it will help. The nervous system usually tends a burst of energy between 10 pm and midnight.

Sleep is one of the last symptoms to self correct. Even after the pain and tiredness has been fixed, sleep often remains elusive.

Tryptophan is an amino acid neurotransmitter than helps produce serotonin. It fights depression and helps promote sleep. It is found in turkey, milk, lentils, soybeans and tuna so having those types of foods at the evening meal will help.

A lack of GABA (gamma-aminobutyric acid neurotransmitter) is also often found to result in poor sleep. GABA can be taken orally, or the foods that help produce GABA: brown rice, bananas, broccoli, spinach, potato, oranges, oats, halibut, walnuts, beef liver, lentils, whole wheat or grain, nuts, cantaloupe, organ meats.

Supplements to help with neurotransmission difficulties that could help sleep:
phosphatidyl-choline; phosphatidyl-serine; tryptophan; GABA; Reishi mushroom; Melatonin; 5HTP; B complex; St. John's Wort; Niacinamide; Taurine; Valerian root, Passionflower; Inositol; Fish oil; Vitamin B6, B5, or B12.

For neurotransmission problems avoid pop, alcohol, white flour, white rice, sugar, food dyes, chemicals in foods, artificial sweeteners, pesticides, loud music, violent films.

THE SCIENCE BEHIND THOSE EMOTIONS

We have found almost 100% of those with fibromyalgia, were experiencing some sort of chronic stress prior to developing the disease. Strangely most people felt that their stress was not a problem, they handled it just fine. Of course, if you are a type A personality, you handle everything fine, you are very capable.

Emotions from an initiating trauma or everyday stress can become trapped in the muscle tissues and when held for a period of time, constrict the muscles. Some common emotions that have been related to fibromyalgia are feelings of resentment and hopelessness from work or family stress, or from childhood

memories.

Emotions can be held in the body and create physical imbalances. Any chronic emotion such as fear, anger, hostility or sadness will cause the adrenal glands to secrete cortisol. When cortisol is elevated for any length of time, it will affect the behaviour of certain organs. Hardening of the arteries and cancer are two examples of major causes of death that can be related to increased cortisol levels. Obesity is another problem where excessive cortisol can cause gradual weight gain, especially in the abdominal area.

The immune system does require adequate levels of cortisol to function properly. This means that we need a certain amount of stress in our lives as stimulation for us to function effectively. Of course what constitutes an adequate level of stress varies from person to person. Excessive cortisol can speed up the immune system dangerously causing adrenal stress. For example, if you feel anger, yet you ignore it, soon you will find an elevation of anger in many other areas of your life. Eventually you'll believe that everyone is against you. Your body continues to secrete cortisol to make immune antibody cells to counteract all this pent up emotion. You will become more prone to chronic fatigue and chronic colds or immune weakness. Ultimately you will have so many excess antibodies they will turn against each other causing autoimmune diseases.

Alternatively your body can also become so tired of these excess emotions that you will be physically and emotionally exhausted of this struggle. Then your body will stop producing cortisol and immune cells. As these levels decrease, the body becomes chronically depressed and adrenal fatigue develops. The body's minerals become exhausted from constantly trying to fight these emotions, and the immune system becomes worn out. In this state, susceptibility to infections and sensitivities to environmental chemicals increase, while the lack of necessary energy to heal well, is not available.

THE LIVER

The liver's responsibility is to keep the body clear of toxins using minerals and enzymes to neutralize toxic chemicals. After they are neutralized, they enter the blood to be easily eliminated through the colon or kidneys.
The liver has two steps to eliminate these toxins. The first step is using an enzyme to oxidize or remove toxic chemicals from the blood. The second step is to change the toxic chemicals into a water-soluble state so they can be easier to remove.

If the liver detoxification isn't working properly, then any toxic chemicals created by undigested food will cause more stress on the liver and when the liver has used up all the minerals to suppress the toxic chemicals, it will become congested - then it can't carry out its metabolic functions efficiently. Once the liver is over 70% congested, toxic chemicals collect in the blood and eventually in the connective tissues. This will bring symptoms of excess mucus, skin conditions and either diarrhea or constipation. These are the body's response to these toxic chemicals, don't suppress them. allow the toxins to be released through the skin, mucus membranes in the nose or throat.

Once the body is weakened from a build up of congestion, it is best to take smaller steps in the cleansing process. When the acute reaction is suppressed, the toxic chemicals build up in the cells creating chronic symptoms from an increased toxic state. The vitality is lessened and it becomes even harder to remove the toxins. The body begins to become fatigued and the weakened tissues degenerate from their normal function. This can be the beginning of autoimmune diseases or syndrome like chronic fatigue syndrome or fibromyalgia.

Wholistically, if we treat the whole body and bring it back into healthy balance, most dis-ease disappears.

1. **Initially a cleansing and detoxification program will ease the load on the immune system and liver and remove acid wastes which may be aggravating the problem. Best fasts to undertake are white/green grapes and vegetable juice (carrot, beet, celery, parsley). This should be followed for as long as can be tolerated, at least 3 days and preferably 1 week. As well as removing toxins this will assist in weight loss and also provide a mechanism by which the person can test out for allergies as foods are gradually reintroduced. No bran - it interferes with mineral absorption.**

If you are unable to do long cleanses, do short juice or fruit fasts for a few days at a time each week or two for a couple of months (not if hypoglycemic or diabetic).

2. A **parasite cleanse** should be taken spring and fall each year.
3. If **candida** is present that must be treated first.
4. Avoid **narcotics, steroids, non-steroidal anti-inflammatory drugs as well as analgesics, female sex hormones.**
5. Take a **digestive enzyme** supplement to assist the small intestine to break the food into nutrients.
6. **Do not eat anything sweet after dinner** unless accompanied by fiber.
7. You should have 2-3 soft stool **bowel movements** a day. If constipation, diarrhea or gas and bloating are a problem use an herbal fiber supplement or bowel tonic to help remove the toxic chemicals from the colon. These products need to be consumed with lots of water. Weekly enemas are helpful. Start with herbal fiber supplements and tonics with 1/4 of the dosage to slowly get the body used to cleansing out the toxins. These cleanses should be done for 3 months. Once the bowel is flushed and cleansing, you can cleanse the liver as well.
8. **Probiotics** will help to recolonize the healthy bacteria in the gut. Best to take them on an empty stomach.
9. Follow the **diet, supplements** and herbs listed below for 6 days a week. On the 7th day each week, continue the diet but take a day off from the supplements and herbs.
10. Get help in dealing with **stress**. There are many excellent books out in bookstores that will assist you in coping with stress. Learn how to do the tapping for Emotional Freedom Technique.
11. You may need to **avoid bran, coffee, tea** because they interfere with mineral absorption.
12. A major cause of constipation, skin rashes, asthma and other signs of toxin build-up is a lack of **adequate water** getting to the tissues.
13. Make sure the **omega 6 fatty acids** are added to the regime daily: either borage oil, black currant seed oil or evening primrose oil.

DIET:

Avoid acid forming foods:

Meats	seafood	dairy	wheat
coffee	alcohol	pickles	tomatoes
peanuts	rhubarb	eggs	processed fats
chocolate	tea	vinegar (exc. apple cider)	
gooseberries	margarine	red/black currants	
cooked spinach	processed and tinned foods		

Note: Protein causes uric acid. Especially do not eat protein after 2:00 p.m.
Wheat intolerance is very common.

NO: alcohol, coffee, sugar or sugar containing products, white flour or white flour products, additives (msg, preservatives), processed foods, citrus fruits.

YES:
Vegetables, nuts, seeds, grains, fruit. Best to eat 50% of diet raw.
Raw Seeds: sunflower, pumpkin, sesame Raw Nuts: Almonds, Walnuts
Best Vegetables: kale, celery, green beans, artichoke, okra, collard, watercress, lettuce, garlic, onions, turnip greens
Best Juices: black cherry, celery & parsley; celery & apple, cucumber, endive, & goats whey; fig & goat's milk.
Best fruits: apples, pears, cherries, plums, watermelon, blueberries
Avoid too much citrus fruit, none after 5 pm.
The only oil you may use in cooking is a tiny amount of olive oil (if you can skip cooking with oils altogether it is better)
Use only distilled water. Intake in ounces should be 1/2 body weight: so if you weight 150 pd, drink 7 1/2 -

10oz glasses

Pulse test nightshade family and if sensitive, do not eat: tomatoes, potatoes, eggplants, peppers, paprika, tobacco. To test take pulse before eating, then 30 minutes after eating a single food, if pulse increases by 10 beats a minute, you are over sensitive or allergic to that food.

You may eat all grains, but you may want to pulse test them in case of sensitivity.

DAILY SUPPLEMENTS if you can get them:

___ 500 mg Vit. C three times daily (with bioflavonoids)
___ 1 dulse or kelp tablet
___ 2 chelated calcium-magnesium tablets
___ 400-800 Vitamin E
___ 200 mcg Selenium
___ 20 Alfalfa tablets
___ Royal Jelly 1-2 times daily
___ 1 Tbsp Apple Cider Vinegar (also use in salad dressings)
___ 200 mg B6
___ 2-3 Tbsp lecithin granules
___ 15 mg manganese
___ Silica
___ 25 mg zinc
___ Malic Acid

Note: some may need more magnesium and Thiamine (B1). Try whey, for some it works well.

OILS:

___ 1 Tbsp cod liver oil mixed in 2 Tbsp orange juice 1 hour before breakfast on empty stomach
___ 1 Tbsp flaxseed oil a day (can use in salads)
___ 3 capsules Evening Primrose Oil or Borage Oil

HERBAL SUPPORT:

Teas:

___ Parsley and Cornsilk tea (for bladder support)
___ Red Clover Blossom tea to cleanse blood
___ Ginkgo Biloba (oxygenates brain and blood supply)
___ Cayenne (improves circulation)
___ Herbal combination to detox the liver/gallbladder

HOMEOPATHIC SUPPORT:

___ Arnica is the most common remedy for muscle pain
___ Rhus Tox is used when their is stiffness that gets better with movement. This is good also when weather has an effect on the degree of pain.
___ Bryonia is the opposite to Rhus Tox, the pain doesn't get better with movement, so the person lays very still. Along with pain, the person is irritable and grumpy, doesn't want to be douched even though pressure on the point of pain feels good. It is also good if there is hardness in the muscles or if the muscle pain is accompanied by a headache. Warmth makes the pain worse; cool applications makes it feel better.
___ Gelsemium is when the limbs feel heavy, dull and lethargic. Headaches occur in the back of the head and neck and there may be dizziness. There is a low grade fever with flu-like aching. Symptoms are worse in damp, cold or warm and wet weather, or after exertion.
___ Cimicifuga is when there are spasms in large muscle groups and the body just feels sore and bruised all over. There may be jerking and twitching of the muscles. The spine feels sensitive and there is pain, esp. in the back, neck and shoulders. The person feels better with warmth and pressure, worse with touch, motion, cold applications and during the menses cycle.
___ Hypericum helps heal nerve pain. It is useful when there is numbness and tingling in the extremities or radiating pain from one area to another. Helpful with depression when it is associated with the fibromyalgia.

EXERCISE:

It is very important that the person exercise regularly. Stretching and warm up should always precede any more vigorous exercise although, at least at first, the person probably won't have the stamina or

energy to work out very much. Swimming, yoga, Tai Chi and walking are the preferred exercises.

OTHER:

*** Massage (to help move lactic acid out of muscles)**
*** Hot epsom salt bath (to remove lactic acid and uric acid deposits)**
*** Deep breathing exercises to maximize oxygenation.**
*** Castor Oil Pack: pour castor oil over flannel or towel big enough to cover area to be treated. Place over skin, cover with large piece of saran wrap then with a heating pad or hot water bottle. Leave in place 1-2 hours. Can reuse back 10 times when stored in plastic bag. Repeat twice a day.**
*** Clay Poultice: apply on places most affected. Leave on several hours. Better to apply before going to bed and leave on overnight if possible. Many get relief by sucking clay pieces or balls or simply by taking a teaspoon of powdered clay in 4 oz of water upon rising.**
*** Keep warm, wear socks to bed if poor circulation, or sleep in a sleeping bag, zipped up.**
*** Pay attention to how your body reacts to food combinations. Many people cannot mix acids and starches; proteins and starches; proteins and sugars; acids and proteins; fats and proteins; starches and sugars; fruits with either starches or proteins.**
*** Keep your meals simple.**
*** Acupuncture has helped some people**
*** Hot herbal baths using: lavender, marjoram, chamomile, yarrow.**
*** Tissue Salt Combination I: Ferr Phos, Kali Sulph, Mag Phos for fibrositis, muscular pains and allied conditions. 4 Tablets dissolved on tongue every hour if acute pain. If chronic 3 times a day.**