

## “FIBROMYALGIA...Impaired movements & NATURAL remedies”

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### The Decision to Treat Naturally

There are a multitude of people today that suffer from tender; unexplainable body pain and after conducting a multitude of medical tests, it is determined that they have fibromyalgia. But what exactly is fibromyalgia? “Fibro” means connective tissue and refers to the thin tissue that wraps around muscles and “myalgia” means muscle pain. Symptoms often experienced include muscle and joint pain, sleep disorders, anxiety, depression, fatigue, cognitive confusion and digestive disorders. So now that they have been given this diagnosis, how exactly did they acquire it? There are a multitude of opinions as to how a person acquires fibromyalgia but it is believed that fibromyalgia is a result of problems with chemicals that send pain messages to and from the brain which are triggered by changes in hormones, physical injury; such as surgery or accidents and intense emotional trauma; such as sexual, physical or emotional abuse.” A typical course of medical treatment for this would be to have prescribed anti-depressant and anti-inflammatory drugs, but today more and more people are deciding that they would rather get to the root of the problem rather than using drugs to cover it up by alleviating pain; many are turning to Natural Doctors.

Fibromyalgia is a chronic problem that hasn't been known to damage your joints, muscles, or other tissues. However, there are no specific tests to pinpoint fibromyalgia; it is determined through process of elimination of other diseases. However, one test that a Natural Doctor could order to shed some light on the possibility of fibromyalgia is [metabolic panel testing](#). This test; a urine organix and amino acid blood test determines if a patient has stuck neurological pathways and detoxification impairments. People with fibromyalgia often show nerve changes which make their body react differently to pain. However, there are additional deficiencies that could be revealed through this type of testing that have been linked to fibromyalgia; such as [magnesium](#).

Recently confirmed was that, “a supplemental therapy that has been useful in the treatment of fibromyalgia is magnesium.” So, why would magnesium be useful in treatment? Over time our exposure to prescription drugs, toxins and chemicals break down our immune systems and deplete our nutrient reserves. Synthetic foods created by processing and modification are lacking natural vitamins, minerals, and fiber. One of the hardest hit nutrients affected by the processing is magnesium. The body is not designed to process junk food properly with all of the added chemicals as they are treated like foreign invaders in the body which need to be detoxified through the liver. When leaving the body they are so toxic they cause hyper immune; sometimes creating autoimmune disease. The symptoms of fibromyalgia overlap with rheumatoid arthritis, also an immune disease making it sometimes difficult to tell them apart. During the process of eliminating the toxins, [magnesium](#) is depleted while attempting to detoxify the body of these foreign chemicals. So, what are some ways that fibromyalgia can be treated?

Exercise is recommended for fibromyalgia patients as it helps to keep the blood flowing and the toxins moving. Exercise affects levels of biochemicals in the nervous system and has been known to help alleviate pain due to stiff joints and tight muscles. However, exercise can also cause lactic acid buildup, which leads to more pain when it isn't cleared by an enzyme which requires magnesium. So, it is advisable to do exercises that don't hurt your joints and to start out slow. Yoga is a proven exercise that improves fibromyalgia because it incorporates stretches and movements which act on joints that otherwise may not be used. This helps with the flexibility of joints and tendons. Additional benefits include increased blood flow and increased range of motion. Yoga has also proven beneficial by providing mental calmness.

Learning to remain calm is just as important as exercise because increased emotional and physical stress has been linked to fibromyalgia. An increase in adrenaline and stress chemicals increases magnesium loss. Low levels of magnesium intensify the secretion of the stress chemicals creating increased adverse affects to stress. Life is 10% of what happens and 90% of our reaction or perception to what has happened. So, the first thing to work on is changing our perception. Perceptions can be changed through the use of meditation. This is a practice designed to focus our attention on one thing at a time. Since our cells have memory and negative thoughts can reconstruct our DNA; learning to think positive and maintaining an attitude of gratitude will help to change our perceptions; but it takes practice. Meditation teaches us to become focused. Equally as important is practicing breathing techniques which can be combined with meditation. With each breath of air, we obtain oxygen and release the waste product carbon dioxide. Poor breathing habits have been known to diminish the flow of these gases to and from our body making it more difficult to deal with stressful situations. I personally have worked diligently at maintaining a positive mental attitude and by practicing yoga and focusing on breathing; I am more successful at dealing with stressful situations. All forms of therapies are a collaborative effort to experience successful treatment and included should be proper nutrition intake.

A successful eating plan should include a large variety of fruits and vegetables; organic is best, since they provide the body with trace elements and minerals that help muscles and improve digestion. Often times, diet can be overlooked and improper diet and the over consumption of chemicals through food processing can lead to an over growth of yeast in the intestines which causes micro punctures in intestine linings known as "leaky gut." This is when absorption of incompletely digested food leaks into the bloodstream; compromising our immune system. Hence the reason why we should consider eating "Whole Foods," because they provide chemical substances like antioxidants which prevent or repair damage to cells caused by things like environmental pollutants. In addition, fruits and vegetables contain phytochemicals which are known to reduce risks of developing certain types of cancers, heart disease, infections and other disorders.

I have personally experienced fibromyalgia and have taken the above steps to reverse symptoms. I also found that eating an organic vegetarian; 70% raw diet while taking supplements like magnesium, lipoic acid, omega-3 oils and products like [Pro-Colos](#) which contains colostrum and is known to improve gut walls; I have more energy, no more joint pain, clearer thinking, improved sleep, and no more anxiety. I feel fantastic, and have no more symptoms of fibromyalgia. So, through deciding to treat holistic and choosing to "take control of my health" I

have learned “health prevention” through nutrition, exercise and meditation. Now, natural medicine is my first choice of healing, to ensure a “natural way to a better life.”