

Natural Healing Express Weekly

Column Volume 84 Fibromyalgia

Let's just jump right in on this one. If you are not sure what Fibromyalgia is, then let me give you a very quick explanation. Fibromyalgia is a chronic pain disorder with no known cause. It is commonly referred to as a syndrome. It can be very painful with pain spread throughout the body. Many times it appears on pressure points, such as the back of the head, tops of the shoulder and sides of the hip. It by no means is limited to these areas.

There are a lot of theories for the "causes" such as stress, post-traumatic stress, abnormal serotonin, deficient growth hormones, and psychological issues but the exact cause is unknown. I love this quote, "researchers believe pain results from increased sensitivity to pain signals in the brain." Uh, ya, probably.

In Natural Health, we consider Fibromyalgia to be an autoimmune disorder of soft tissues. This means that symptoms can be brought on by short periods of exercise. Because it interrupts the sleep patterns, virtually eliminating the fourth stage, the body can never rest, rejuvenate and heal. This is why it can be referred to as a syndrome. Also, Fibromyalgia is an acid condition in which the liver is usually very toxic.

So what can we do about this? First and foremost, we look to nutrition. Anthocyanins inhibit (Cox-1 and Cox-2) which are pro-inflammatory may help the body help lessen the pain. Dark colored fruits contain plenty of anthocyanins. Examples of those are tart cherries, black berries, blueberries, red grapes and red plums. Many studies show that black raspberries contain the highest amounts of anthocyanins so we recommend consuming lots of those.

Another food/spice that appears to help with Fibromyalgia is curcumin which is commonly found in the spice turmeric. Turmeric is used in yellow mustards and curry powders. You can add curry to almost anything once you develop the palette.

A helpful supplement to assist with Fibromyalgia is Milk Thistle. Milk Thistle helps the body to metabolize acids that process through the liver, helping the body to reduce strain and build up. Drinking at least 8-10 glasses of water a day may be helpful.

Perhaps the best natural method to assist in relieving the symptoms of Fibromyalgia is to begin taking an Omega 3 fat such as flaxseed and proteolytic enzymes. The product that we carry at Natural Healing Express that offers this benefit is called Whole Mega by New Chapter. I love their manufacturing process as well, they keep it organic and real, so you don't have to worry about many of the extra "additives" that you can get with other brands.

Another method I highly recommend is utilizing essential oils. Frankincense and Lavender are the first two I would reach for to help eliminate pain and calm inflamed tissue. All of the above mentioned products are available daily at Natural Healing Express World Headquarters in Lena, IL. If you need items shipped, we are happy to mail them.

If you are struggling with Fibromyalgia, or think you may have some symptoms, please make an appointment to come in and get a Nutrient Analysis. These are conducted at our Lena Office or our Indianapolis Office. Call today for an appointment.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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