

# FIBROMYALGIA CONDITION PROTOCOL

## Supplementation Regimen:

**Moderate to SEVERE Fibromyalgia:**  
Treating the onset of the disease

- 1 NSAID Pak, morning and early afternoon
- 2 Digest- A-Meal, 4 times a day with meals
- 3 Muscle Rx, 3 times a day with meals
  
- If help with sleep is needed, 2-4 REM Sleep at bedtime
  
- After acute pain has eased (10-14 days average) do a Half Day Cleanse to remove toxins.



## Nutrition Regimen:

- Soybeans, whole wheat and buckwheat flours, raw almonds and cashews, brown rice and many legumes have shown to help lessen symptoms.
- Avoid highly saturated fat meats, dairy and fried foods. White flour products and sugar are an absolute must to rid from your diet. These foods cause an insulin release that forces more fats and toxins into your muscle cells, exacerbating the problem.
- Carbonated beverages cause acid build up and should also be avoided.

## Exercise Regimen:

- Exercising in water is an easy way to get the movement without any stress on the joints. Slow movement strength training with weights that is supervised or set up by a health professional trainer is the best exercise you can do. A minimum of 20 minutes, 3 times a week is preferred.

## Additional Recommendations:

- The fibromyalgia protocol will replenish the nutrients needed to combat these drugs as long as you are taking the whole food vitamin mineral formula. If you are concerned about additional liver stress or damage from prescription drugs, you can take 1 Liver/Kidney formula in the morning and evening for additional nutritional support.