

Fibromyalgia

Fibromyalgia is the aching, pain and stiffness of the soft tissues of the body (muscles, ligaments, tendons). It is not a life threatening condition, but it can be very painful and disruptive to daily activities. The aching, pain and stiffness usually develop gradually and are widespread throughout the body. The symptoms of fibromyalgia are typically accompanied by poor sleep, anxiety, depression, fatigue, irritable bowel syndrome, injury, or exposure to cold and may worsen.

The exact causes of fibromyalgia are not known, but there are several triggers that precede the onset of this condition. Triggers include viral and bacterial infections, the *Candida albicans* fungus, physical traumas, and development of other health problems such as rheumatoid arthritis, lupus or hypothyroidism. Psychological stress, immune or endocrine abnormalities, mitochondrial uncoupling of energy production or biochemical abnormalities in the central nervous system may also contribute to the onset. Studies have shown that 60% of individuals with gastrointestinal disorder have fibromyalgia, 70% of individuals with fibromyalgia experience symptoms of irritable bowel syndrome, and 50 % complain of symptoms of functional dyspepsia. Fibromyalgia is seven times more common in women than men.

Nutrient supplementations for fibromyalgia including magnesium and tryptophan have shown to be beneficial in studies.⁷⁰ Individuals typically have abnormal levels of microbials in the gastrointestinal tract and the use of plant digestive enzymes⁷¹ and friendly bacteria (probiotics) is a must for fibromyalgia patients.^{72, 73} As the immune system is compromised before and during fibromyalgia, antioxidants from fruits and vegetables can boost the immune system and neutralize new free radicals that are created by this condition.⁷⁴ Muscles ache because of the toxins and acid building up in them. Supplying muscle rebuilding nutrients to fill in the areas of mass that are controlled by the toxins is a critical approach that is needed. Specific exercises to ensure that the nutrients are delivered to the muscle tissues properly are also important. Glutamine, creatine and other amino acids (leucine, iso-leucine and valine) are the nutrients taken up by the muscle after it has been stressed and glutamine holds a special nitrogen bond for muscles that helps them recover.

Protocol to nutritionally support the reduction of fibromyalgia symptoms

Moderate to Severe fibromyalgia:

Moderate fibromyalgia creates pain that flares up once in a while, or when the condition has improved, but is still present.

Severe fibromyalgia creates pain in the muscles that is so overwhelming that getting out of bed and basic movements are tearfully painful.

Treating the onset of the disease

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|------------------------------|---|---|
| 1 Joint Pak | morning and early afternoon | Chondroitin, Glucosamine, Yucca, Proteolytic pain and inflammation reducing enzymes |
| 2 Digestion | 4 times a day with meals and in the afternoon | Plant Enzymes |
| 3 Muscle Rx | 3 times a day with meals | Muscle maintenance and stability |
| If help with sleep is needed | | |
| 2-4 REM Sleep | at bedtime | To help achieve deep restorative sleep |

*After acute pain has eased (10-14 days average) do a Half Day Cleanse to remove toxins.

Maintenance

HIGHLEY RECOMMENDED

| | | |
|------------------|-----|---|
| Opti-Pak Supreme | TBD | Potent dosage of vitamins, minerals, enzymes, probiotics and immune boosting nutrients to keep nutrient levels high for maximum muscle and joint stability. |
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Consider a maintenance dose of:

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|-----------|---------------------------------|----------------------------------|
| Muscle Rx | 3 in the morning and 3 at night | Muscle maintenance and stability |
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Nutrition

Following a whole food diet that cuts out processed foods has been shown to help many people with this condition within many OHS clinics. The F.I.T.N.E.S.S. diet is available from the health professional who gave you this protocol for a detailed eating plan. 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

Current research indicates that patients with fibromyalgia who participate in a specially designed, carefully controlled exercise program can improve physical function and mood, and even decrease pain in many cases. The overall quality of life is greatly

Fibromyalgia (Drugs) Continued on Page 6

Fibromyalgia Continued (Drugs)

enhanced. Finding an exercise program you can do is very important. 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.

Drugs

NSAIDS (Non Steroidal Anti Inflammatory Drugs) range from aspirin and Tylenol to prescription forms like Naproxen. New prescription drugs are hitting the market that focus on muscles. All of these drugs have possible side effects of nausea, gastrointestinal bleeding, headaches, diarrhea, cramping, nervousness, and more. NSAIDS can cause major damage to the cartilage tendon material supporting your already deficient muscles⁷⁵. In the past, medical doctors have prescribed tricyclic antidepressants that can also cause stomach problems plus liver damage. Benzodiazepines have also been prescribed for fibromyalgia, with the same side effects mentioned, plus added ones like blurred vision and delirium. Serotonin boosting drugs have been recommended by physicians also. Now that the AMA has recognized fibromyalgia as an actual condition, drug companies are coming out with new drugs for the condition, but these new drugs have not had long term research done on them.

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.

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