



Mark A. Stengler, NMD

## WHAT CAUSES FIBROMYALGIA?

**T**he exact cause of fibromyalgia is unknown, but studies show that people with the condition have less energy in their muscles and dysfunction of the *mitochondria*, cell structures that give us strength and stamina. The fatigue and pain of fibromyalgia are believed to occur as cellular energy becomes depleted. Possible culprits include...

- Hormonal imbalance (in women)
- Toxic metal exposure (from consuming fish containing mercury or having many amalgam tooth fillings)
- Chronic infection (viral or fungal)
- Injury that damages the nervous system or brain (such as whiplash)

- Food allergies
- Low levels of vitamin D
- Digestive problems
- Neurotransmitter imbalances (such as low levels of *serotonin*, needed for pain control and feelings of well-being) ■ ■

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