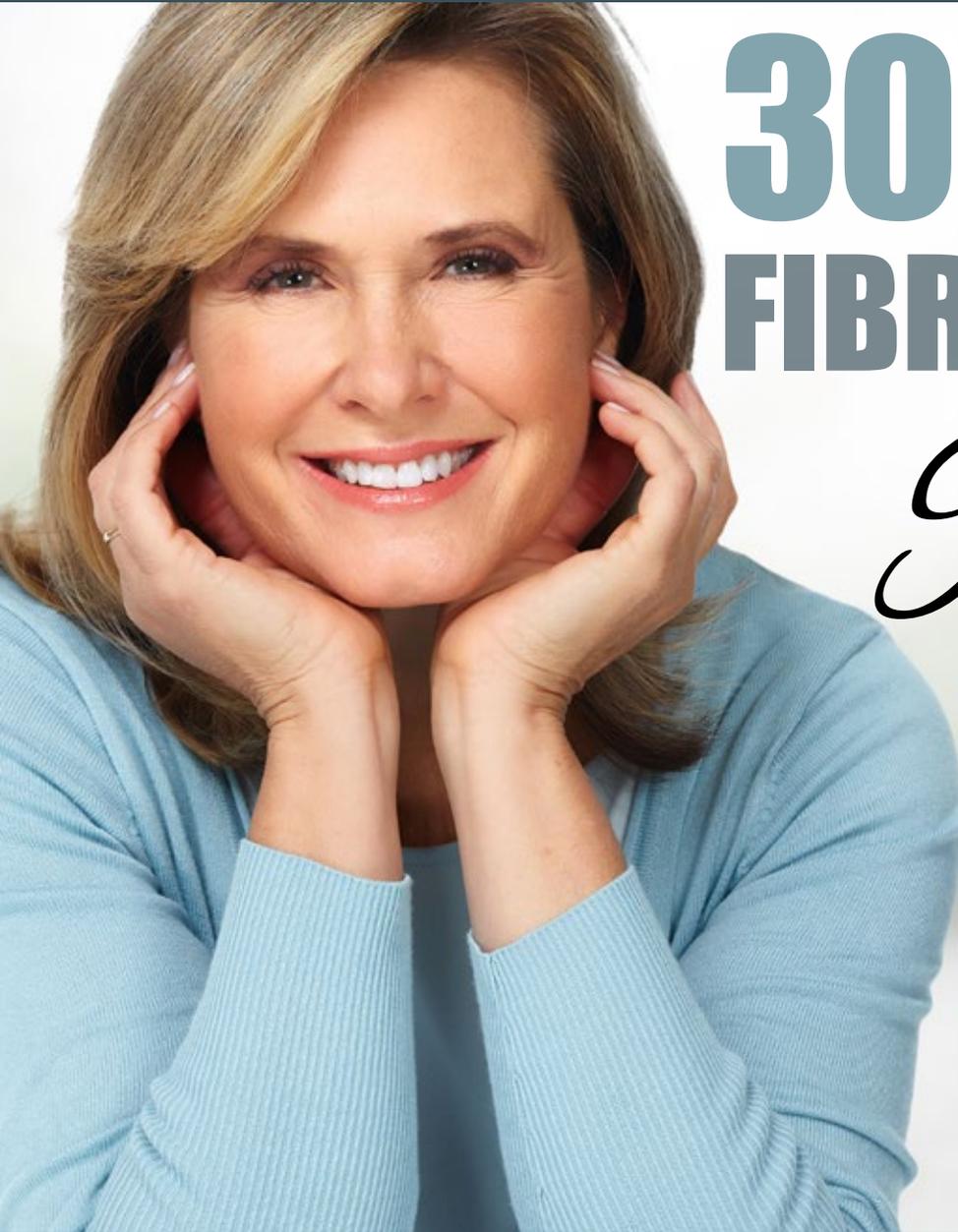


SPECIAL REPORT



30 Days to FIBROMYALGIA

Relief

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It is estimated that more than 5 million Americans ages 18 and older suffer from fibromyalgia. While 80 to 90 percent of those diagnosed with fibromyalgia are women, men and children can also have this disorder.

My goal with this special report is to give you the knowledge of what this condition is all about, what the root causes are, and how to alleviate the symptoms and treat the problem holistically! I am an Osteopathic Physician with training in conventional and natural medicine. I have over 25 years of experience helping patients with this condition.

What is fibromyalgia?

Fibromyalgia is the name given to chronic, widespread muscular pain that has no obvious cause. The pain - usually described as aching, stiff, burning, or throbbing - may appear in any location of the body, but for a diagnosis of fibromyalgia to be made you must have pain in at least 11 of 18 specific “tender points.” The pain from tender points and elsewhere in the body usually feels most severe upon waking and gradually lessens as the day goes on.

The tender points for fibromyalgia exist in pairs (one on the right side of your body and one of the left) at the following locations:

- ◆ Base of the skull
- ◆ Base of the neck
- ◆ Upper chest, a little more than an inch below the collarbone
- ◆ Along the top of the shoulder
- ◆ Upper back, close to the spine and about an inch below the preceding set of the points
- ◆ Inside of the elbows
- ◆ Lower back, close to the dimples above the buttocks
- ◆ Upper outside edge of the thigh
- ◆ Inside of the knees

Although the pain of fibromyalgia alone can be so severe as to render its victims disabled, the disease can be complicated by any of several other problems. Fibromyalgia is closely linked to chronic fatigue syndrome, and many of its sufferers experience symptoms similar to CFS (see the symptom list below). Irritable bowel syndrome, premenstrual syndrome, palpitations, and temporomandibular joint syndrome (TMJ) may also be present.

As with CFS, there is currently no one agreed upon cause of this disease. In most cases there are many factors that combine to produce the varied components of fibromyalgia. Disordered sleep is a very common problem with this condition. The length and quality of sleep must be improved for long-term success in most cases of fibromyalgia.

Also, hormone imbalance is quite common. Particularly, low thyroid function and imbalances in estrogen/progesterone as well as the stress hormones DHEA and cortisol.

Digestive function and detoxification usually need improvement to help those fibromyalgia. Along with this digestive weakness come leaky gut syndrome and candida overgrowth as well as general dysbiosis.

Chronic infections that include viruses can be a factor. Food allergies are a significant contributor for some people, especially wheat, sugar, and cow's milk.

As well, nutritional deficiencies such as magnesium, B vitamins, Coenzyme Q10, L-carnitine, and several others are very common. Our experience also has found that many of these people have brain chemistry imbalance. Using natural therapies to balance serotonin and other neurotransmitters not only results in better mood but less muscular pain.

One must also be aware that toxic elements such as lead, mercury, arsenic, and others can be one of the root contributors to fibromyalgia. These toxic elements interfere with normal enzyme and cell function in the body. In addition, blood sugar imbalances worsen pain and inflammation. Many people develop symptoms of fibromyalgia after a car accident and thus structural abnormalities must be addressed through physical therapies. Chiropractic, osteopathic, craniosacral, physiotherapy, and sometimes massage are very helpful in reducing pain.

In essence, all these potential imbalances lead to a defect in how the cells produce energy. Normally, the “energy producing plant” of the cells known as the mitochondria produces efficient energy for the cells of the body.

When a defect occurs in mitochondrial metabolism it can lead to a shortage of energy for the muscle cells and other tissues of the body, resulting in fatigue and pain. Mitochondria require organic acids that are intermediates in metabolic pathways in the body that create energy.

Researchers have found that people with fibromyalgia often have imbalances in these organic acids. To correct this problem one must address the root causes as have been described. Fortunately, a comprehensive natural approach to fibromyalgia is very effective in eliminating the pain or greatly improving it.

Symptoms

For a diagnosis of fibromyalgia to be made, two factors must be present:

- Unexplained, widespread pain that lasts at least three months
- Pain in at least 11 of the 18 tender points when gentle pressure is applied

Many other symptoms may exist alongside in the pain, including the following:

- Fatigue
- Sleep disturbances
- Irritable bowel syndrome
- Anxiety
- Depression
- Difficulty concentrating
- Memory problems
- Dizziness
- Tingling of the skin or other odd sensations
- Premenstrual syndrome (PMS)
- Temporomandibular joint syndrome (TMJ)
- Heart palpitations
- Heightened sensitivity to loud noises, bright lights, and changes in the weather
- Headaches

Root Causes

There are several possible root causes for fibromyalgia. I often find patients have more than one occurring.

- Structural abnormalities (spine and soft tissues)
- Sleep disorder (including apnea)
- Allergies or sensitivities to certain chemicals or food or environment
- Chemical imbalance in the brain, especially of serotonin
- Virus (especially Epstein-Barr, HHV-6)
- Hormone imbalance
- Damage to cells by free radicals (oxidative stress)
- Poor digestion and detoxification
- Toxic metals
- Blood sugar imbalance
- Candidiasis and Parasites
- Nutritional deficiencies, especially of minerals
- Buildup of phosphate or uric acid
- Emotional stress
- Overexertion

Testing Techniques

While there are no lab tests used to diagnose fibromyalgia, there are tests that are very helpful in diagnosing the root causes.

Besides a careful analysis of one's cranial bones, spine, and soft tissues, I often order one or more of the following tests:

- ◆ Chronic infection (Human herpes virus type 6 (HHV-6), Cytomegalovirus (CMV), Epstein-Barr virus (EBV), fungal overgrowth –blood and stool
- ◆ Hormone testing (thyroid, DHEA, cortisol, testosterone, IGF-1, estrogen, progesterone
- ◆ Intestinal Permeability-blood
- ◆ Vitamin and Mineral Analysis (especially magnesium, B1, B12, iron and CoQ10) -blood
- ◆ Digestive function and microbe/parasite/candida testing-stool analysis
- ◆ Food and environmental allergies/sensitivities-blood
- ◆ Blood sugar balance-blood
- ◆ Toxic elements (such as mercury, arsenic, etc)-urine
- ◆ Cellular energy (organic acids)-blood or urine
- ◆ Detoxification profile-blood or urine
- ◆ Genetic defects in cellular metabolism-blood or saliva

30 Days to Fibromyalgia Relief

Now that you have a background on what exactly fibromyalgia is and the root causes, I want to provide you with a 30-day program to achieve relief of your symptoms. Working with thousands of patients over 25 years I have found what really works well from a holistic perspective.

By following the suggestions in this guide most people start to feel relief from their fibromyalgia symptoms reasonable quickly. As with any health program it takes discipline and commitment to get the results you desire.

I will check in with you each week on your journey to a pain free, fibromyalgia free life.

If you are ready to get started on your journey to a pain free life...

Let's get started...

Week 1: Nutrition that alleviates pain and inflammation

Specific nutritional guidelines will go a long way in reducing your fibromyalgia symptoms. Although most doctors don't address nutrition, it is a critical step in your recovery.

The key to reducing pain and inflammation through your diet is to eat foods that promote alkalinity in your blood and tissues. Most people with fibromyalgia are too acidic which creates inflammation in their tissues. Foods such as simple sugars, excess salt, grains, and red meat all promote acidity.

Most people are unaware of the amount of sugar they consume on a daily basis. This is a tremendous problem for fibromyalgia as it not only contributes to acidity but poor energy production.

Simple sugars, such as those found in white bread, candy, soda, white rice, pasta, and crackers, wreak havoc with your hormone balance. And it's a big problem for menopausal women who consume an average of 125 pounds of sugar a year!

I have found that many menopausal women experience less hot flashes and mood issues when they reduce their simple sugar intake. And it will also help you shed those extra unwanted pounds.

You should aim to consume less than 20 grams of sugar daily. This does not include natural sugar as found in fruits. Make sure to read packages so that your sugar consumption is not too high.

Alternative sweeteners that do not contain sugar and do not have health detrimental effects include stevia, xylitol, and lo han. They are available at supermarkets and health food stores.

The table below will guide you on what foods to focus on for alkalinity. As a general rule of thumb: fresh veggies and fruits are alkaline forming; most everything else is acid forming. Strive for a balance between the alkaline and acid-forming foods.

Very alkaline-forming foods	Coconut water, Dates*, Raisins*, Spinach and other leafy greens
Alkaline-forming foods	Apples, Apricots, Bananas, Broccoli, Cantaloupe, Carrots, Cauliflower, Celery, Cherries, Cucumber, Eggplant, Kiwifruit, Lemon, Lime, Pears, Peaches, Pineapple, Green peppers, Grapefruit, Green beans, Lettuce, Mineral water, Mushrooms, Onions, Orange, Peaches, Strawberries, Tomatoes, Watermelon, Zucchini
Neutral pH foods	Legumes**, Water
Very acid-forming foods	Whole Wheat Bread, Chicken, Cod, Eggs, Cheese, Luncheon meat, canned, Liver sausage, Herring Oats, rolled, Parmesan cheese, Peanuts, Processed (soft) cheeses, Brown Rice, Salami, Trout, Walnuts
Acid-forming foods	Beef, Rye & White Bread, Corn flakes, Whole Milk, Pork, Rice, white, Spaghetti

*Although dates and raisins have a strong alkaline-forming effect, they're high in sugars, so don't eat too many of them.

**Legumes are only slightly acid-forming, so they're essentially neutral.

Summary

Congratulations on completing week 1.

You now have the knowledge to greatly improve your fibromyalgia through diet.

Continue to focus on your diet throughout the remaining 30 days and beyond.

Next week I will provide you with the best nutritional supplements to get your fibromyalgia under control.

Week 2: Fibromyalgia Specific Supplements

One of the fastest ways you can get your fibromyalgia under control is to use very specific nutritional supplements.

Following are the supplements I recommend to patients that have the best research in terms of relieving fibromyalgia symptoms safely. Of course, check with a doctor knowledgeable in nutrition before starting them, especially if you are on pharmaceutical medications.

You can take one or more of supplements to alleviate a multitude of symptoms. You should see improvement within two to four weeks, but give it two to three months to experience the full benefits. These supplements are commonly available in health food stores.

D Ribose

This is a natural type of sugar produced in your cells that helps with energy production. Studies have shown that supplementation for people with fibromyalgia and chronic fatigue show a significant improvement in energy, sleep, mental clarity, pain intensity, and well-being.

Recommended dose: 5 grams two to three times daily

SAMe

This natural amino acid like substance can help a variety of fibromyalgia symptoms. For example, published research demonstrates that when used for six weeks it significantly reduced pain, fatigue, and stiffness for those with fibromyalgia. As well, it improved mood.

Recommended dose: 400 mg two times daily on empty stomach

Magnesium

Approximately 70% of the population is low in this important mineral. For people with fibromyalgia it helps to reduce muscle pain, nerve pain, stiffness, and also improves energy production.

Recommended dose: Take 250 mg two to three times daily. Magnesium glycinate or magnesium aspartate is the preferred forms. Reduce your dose if loose stool occurs.

Summary

You have just learned the very best nutritional supplements alleviates fibromyalgia. They are available at your local health food store. Start with one or two of these supplements and you should notice an improvement in your symptoms in a matter of weeks!

Coming up in week 3 I will address an important topic for fibromyalgia relief, one that your family doctor or rheumatologist know little about. It centers on the role of detoxification for cellular health. In a world of disrupting chemicals, it is critical that you include a detoxification program to achieve fibromyalgia relief.

Week 3: Detoxify to Relieve Pain

In a world full of natural and human created toxins it is critical to detoxify. It is concerning to know that every year United States chemical companies release over 7.1 billion pounds of 650 different chemical pollutants into the atmosphere and water!

When toxins get into the cells it makes it more difficult for your cells to do their job. As well, the liver and kidneys have the role of ridding the body of toxins. And the liver is a major processor of toxins. So, if your liver is overwhelmed with environmental toxins it will be less effective in metabolizing and eliminating toxins properly. The result is pain and inflammation.

The first step is to identify and avoid toxins as much as possible. One of the most problematic are toxic metals. This includes one's such as mercury, lead, arsenic, and aluminum to name a few. I normally test the levels of these toxic metals with my patients with fibromyalgia.

You can reduce your exposure to these by using filtered water (such as reverse osmosis), avoiding high mercury fish such as tuna, and avoiding mercury laden amalgam fillings.

I believe that one of the reasons that women are afflicted with fibromyalgia more commonly than men is hormone imbalance. Women are more susceptible to

hormone imbalance than men. A lot of this has to do with chemicals from the environment that mimic estrogen and disrupt hormones.

Examples of xenoestrogens would be pesticides and insecticides found in our food supply and lawns, parabens found in skincare products, as well as phthalates found in plastics.

Another common source of xenoestrogens are canned goods. They contain a dangerous hormone-like chemical called bisphenol-A, or BPA, which has been linked to obesity, diabetes, sexual dysfunction, and more.

One study in 2011 found that switching to fresh organic foods stored in glass and stainless steel instead of plastics cut BPA levels by 60 percent and DHEP – an endocrine-disrupting phthalate also used in plastics – by 50 percent within just three days.

To reduce your exposure to these hormone disruptors I recommend:

- *Eating organic food as much as possible, especially fruits, vegetables, and meats
- *Peel non-organic fruits and vegetables
- *Buy hormone free meats and milks
- * Avoid or reduce your use of plastic wraps to cover food for storing, instead use glass or ceramics

* Avoid water from plastic bottles, instead store purified water in glass or stainless steel water bottles

*Use chemical free laundry and household cleaning agents

*Avoid creams and lotions that contain parabens

*Choose canned foods free of BPA

Exercise

Regular exercise is critical for everyone, including menopausal women. Research has shown that exercise reduces the intensity of hot flashes. It also reduces your risk of heart disease, stroke, cancer, diabetes, insomnia, and osteoporosis. As well, it has been shown to greatly improve depression, a common symptom with the menopausal transition. It will also help you maintain a healthy weight and reduces the effects of stress.

The best exercise is one that includes aerobic exercise (walking, jogging, swimming, cycling) and resistance training (weights or bands). Combining these two will help with cardiovascular health and maintain lean muscle and bone density.

It is often helpful to get an exercise program started with a friend or a personal trainer. Consistency is the key. Through improved circulation and sweating you will help your body eliminate toxins. This will lead to better hormone balance.

Liver Support

Besides eating a healthy diet, drinking purified water, and exercising, you can achieve better detoxification through improved liver support

Your liver specifically is involved in a number of essential body functions—including the metabolism of proteins, carbohydrates, and fats. It stores glucose and releases it when levels are low. It makes proteins and clotting factors, clears bilirubin (breakdown of red blood cells), metabolizes hormones, converts harmful ammonia to urea to be eliminated in the urine, and produces cholesterol. And so, it follows that improving liver function can help a multitude of health problems.

A surprising way to support liver function and hormone balance is to consume dandelion root!

Inefficient liver function will compromise estrogen elimination and make a woman more susceptible to hormone imbalance—but dandelion helps this issue by improving bile production and flow so that excess estrogen and toxic estrogen metabolites are eliminated. In addition, it contains two unique compounds known as taraxerol and taraxasterol that promote hormone balance.

I have most patients use the capsule form. A common dose is a 250 to 500 mg capsule taken with each meal. It can also be used in tincture(liquid) form, at a dose of 20 drops in water with each meal.

You can eat dandelion raw or cooked, as the early settlers did... and you can even drink it as dandelion wine or tea, made from dandelion flowers (and available at your local health food store in organic form).

Summary

You have now learned why a detoxification program is so critically needed for treating fibromyalgia. By incorporating what I have taught in this week you will not only have substantially improved symptoms but a much higher quality of life overall. As well, as you continue to include these detoxification techniques in the weeks and months to come you are reducing your risk of serious chronic diseases!

Week 4: Structural imbalances

One of the most under-rated causes for fibromyalgia is structural problems. By this I mean imbalances within your spine, connective tissue, joints, muscles, and even cranial bones.

As a doctor with specialty training in analyzing the structural component of the body, I almost always find imbalances with structure plays a major role in fibromyalgia.

It is not uncommon that one's fibromyalgia begins after a fall, car accident, concussion, or whiplash. When your brain and nervous system are affected it then affects all the messages that go to the rest of the body. When nerve flow is disrupted this affects circulation and pain signals to the brain which leads to such symptoms as chronic fatigue, depression, increased pain response along with impairment of memory and concentration.

As an Osteopathic Physician I am trained to evaluate how imbalances in the musculoskeletal system affects imbalances of our overall body chemistry through compromised blood and nerve circulation. Two things that often go unnoticed is the compounding effects of multiple musculoskeletal injuries and the effect of long term postural strains through such activities as computer & cell phone use. Therefore, comprehensive treatment of Fibromyalgia consists treating both the biochemical as well as the musculoskeletal imbalances.

I also find that the best success is when you as the patient is fully involved with all the steps of health I have included in this program.

The "healing image" I like to leave people with is that of a "toddler." In other words- many little feedings, many little activities, & many little naps to give your body an opportunity to heal ☺

Conclusion

Congratulations! You have completed this 30-day program on how to naturally achieve fibromyalgia relief. You now have the knowledge to gain back control of your health and to live a life of vitality.



Dr. Mark LaBeau is a leading osteopathic doctor with over 25 years of experience. He is an expert in the holistic treatment of fibromyalgia. Dr. LaBeau is in private practice at the Stengler Center for Integrative Medicine in Encinitas, California.

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