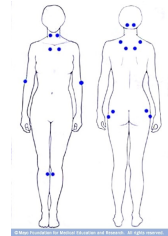


Fibromyalgia

Patient Information Sheet

Causes & Mechanism of the Condition

Fibromyalgia syndrome (FMS) affects approximately 2-4% of Americans. It occurs predominantly in women between the ages of 35 and 55. The diagnostic criteria is positive for tender points, fatigue, waking unrefreshed, and cognitive problems. Other than the presence of “tender points,” physical examination and routine laboratory tests are generally unrevealing.



Symptoms may include: musculoskeletal pain and tenderness without detectable inflammation, joint pain and swelling, morning stiffness, jaw pain, tingling sensations, generalized fatigue, post-exertional malaise, sleep disorders, irritable bowel syndrome, irritable bladder, neurological and psychological complaints, forgetfulness, dizziness or lightheadedness and chronic headaches.

Factors responsible for the onset of the condition may include: genetic predisposition, injury or trauma, altered serotonin levels, and chronic stress or anxiety. Treatment with drugs such as anti-depressants, analgesics (pain relievers), and muscle relaxants fail to address the underlying cause and have the potential to cause serious side effects.

Suggested Dietary & Lifestyle Modifications



- Eat a high fiber, predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains (especially rice) and legumes.
- Identify and eliminate food allergies (common offenders include dairy products, soy, citrus fruits, peanuts, wheat, fish, eggs, corn and tomatoes). A rotation diet in which the same food is not eaten more than once every four days may reduce food sensitivities.
- Favor fish (unless allergic) and poultry over red meat.
- Limit dairy consumption (substitute rice milk with a little added coconut milk for cow’s milk).
- Avoid tobacco, alcohol and caffeine. Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners, Stevia is OK.
- Limit **refined** carbohydrates (sugar, white flour, white rice).



- Drink plenty of fluids (mostly purified water and herbal tea such as chamomile/peppermint).
- Do low impact aerobic exercises in the morning at least every other day (stationary ski machine, walking, swimming, cycling, etc.)
- Reduce stress and anxiety.



Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
- Tranquility (5-HTP*, passionflower, inositol)
- Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)
- Arnica, Malva Mother Tinctures
- PhytoCalm (california poppy, motherwort, melissa)
- Rest Easy (lavender, passionflower, valerian, california poppy) before bed
- Ultra Omega-Linic (omega 3, DHA, EPA & GLA supplement with salmon & black currant oils)
- Ultra Cal Mag Chelate
- PhytoFlex Treatment Topical
- Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant

**5-HTP should not be used in combination with SSRI antidepressant medications, Carbidopa, Sumatriptan, Tramadol or Zolpidem.*

***Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.*

Complementary Treatments That May Be Beneficial

- *Ortho Flex Original, Ortho Flex Extra, Ortho Flex Spice, or Composure* essential oil combinations (one or more of the following methods)

- dilute a few drops in arnica gel, natural lotion, or vegetable oil and massage on painful areas
- dilute 10 drops in a teaspoon of natural bath gel and add to bath along with 2

cups of Epsom salt

- *Tranquility, Serenity, Nite-Cap, Courage, or Composure* Essential Oil Combinations

- place a few drops on a handkerchief and inhale
- use in a diffuser
- dilute a few drops in a natural lotion and massage on feet, legs and neck



- Read self-help books such as The Happiness Advantage by Shawn Achor and The Anatomy of Peace by The Arbinger Institute

- Cognitive-Behavioral Therapy
- Massage Therapy, Chiropractic care
- Yoga, Acupuncture

Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

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