



FIBROMYALGIA

DAVID RAINOSHEK, M.A. NOTE: DON'T UNDERESTIMATE THE POWER OF VITAMIN B-12 (METHYLCOBALAMIN OR HYDROXOCOBALAMIN), MSM, NASCENT IODINE, MAGNESIUM OIL, VITALZYM, AND CHLORELLA CAN DO FOR HEALING FIBROMYALGIA.

Fibromyalgia is a condition typically characterized by musculoskeletal pain and fatigue. The pain can be severe and affecting a number of muscles, tendons, ligaments and soft tissues. Toxins deposited in muscles and joints in Fibromyalgia as opposed to Arthritis, where toxins are built up in the joints.

Fibromyalgia is a painful disorder for which mainstream medicine has no solution other than heavy, and often ineffective, use of painkillers. Perhaps you have been told by a well-meaning but uniformed doctor that you will "just have to learn to live with it." Actually, Chronic fatigue, fibromyalgia and environmental illness can be permanently reversed using nontoxic alternative medicine treatments.

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See also: **Thyroid Gland**
Seven Stages of Disease

Books: [Conscious Eating by Gabriel Cousens, M.D.](#)
[The Miracle of MSM by Stanley W. Jacob, M.D.](#)

Articles: www.enzymeanswers.com

Websites: <http://www.shirleys-wellness-cafe.com/fibro.htm#alternative>

Audio/Video:

Publications: **Fibromyalgia and Raw Food: A Study with 30 Participants**
<http://www.hacres.com/diet/research/fibromyalgia.pdf>

Organizations:

People: Dr. Gabriel Cousens, M.D.
Dr. William Wong

Integral Nutrition: **Vitamin B-12 (Methylcobalamin Patches and Sublinguals)**
Nascent Iodine
Magnesium Oil
Radish Juice (1/2 cup/day)
Phase-1 Juice Fast (See *Rainbow Green Live Food Cuisine* by Gabriel Cousens, M.D. for Phase 1 Diet Information)
MSM
[Max Stress B Nano-Plex](#)
Natural Cellular Defense (NCD)
Juice Fasting
Vitalzym (Proteolytic Enzymes)
Natural Cellular Defense (Natural Zeolite)
Bee Pollen Granules
Chlorella
Wheatgrass Juice
E-3 Live
Look for a hypothyroid condition

Conventional:

Terms:

COMMON CONDITIONS WITH FIBROMYALGIA

Source: <http://www.shirleys-wellness-cafe.com/fibro.htm#alternative>

Other Conditions Which Are Extremely Common with Fibromyalgia Include:

Allergies, chronic rhinitis (almost constant runny nose), easy bruising, night cramps, restless leg syndrome, dizziness (sometimes caused by the widely prescribed anti-depressant medication given to help the sleep problems in FMS), sleep apnea (breathing seems to stop while asleep), dry eyes and mouth, bruxism (teeth grinding), extreme sensitivity to light (photophobia), premenstrual syndrome, digestive disturbances, viral infections, Lyme disease (resulting from tick-bite), itchy skin - with or without a rash, loss of hair, sensitive bladder, mouth ulcers, generalised muscular stiffness, 'foggy' brain (difficulty in concentrating and poor short term memory), dyslexia (wrong words come out or what is read is not understood), panic attacks, phobias, mood swings, irritability, a feeling of hands and feet being swollen without evidence of fluid retention.

FIBROMYALGIA AND THYROID DISEASE

Source: [The Miracle of MSM](#) by Stanley W. Jacob, M.D. (114-121)

Dr. John C. Lowe is Board Certified: American Academy of Pain Management, and Director of Research: *Fibromyalgia Research Foundation*. He has some interesting thoughts about thyroid disease and fibromyalgia...

- Innovative practitioners are beginning to theorize that fibromyalgia and chronic fatigue are in many cases **just a package of symptoms of an underlying underactive thyroid problem**
- According to Dr. Lowe: "**In some patients, the inadequate tissue regulation by thyroid hormone results from cellular resistance to thyroid hormone.** In others, the inadequate regulation results from a thyroid hormone deficiency."
- If you're in the TSH "normal range," Dr. Lowe still believes that you could be suffering from hypothyroidism-and all it's related symptoms, including fibromyalgic aches and pains
- Dr. Lowe believes that many patients who develop fibromyalgia symptoms after a trauma were already hypometabolic before the trauma occurred
- Dr. Lowe believes that the physicians best qualified by philosophy and education to work with fibromyalgia patients are **naturopaths**
- Hypothyroid patients following Dr. Lowe's treatment protocol have reported a high degree of success

More detailed information about Dr. Lowe and his beliefs can be found at a <http://www.thyroid-info.com/articles/drlowefms.htm> detailed online interview with Dr. Lowe.

STUDY: Fibromyalgia and Raw Vegetarian Diet

Fibromyalgia syndrome improved using a mostly raw vegetarian diet: An observational study., *BMC Complement Altern Med* 2001;1(1):7

BACKGROUND: Fibromyalgia engulfs patients in a downward, reinforcing cycle of unrestorative sleep, chronic pain, fatigue, inactivity, and depression. In this study we tested whether a mostly raw vegetarian diet would significantly improve fibromyalgia symptoms.

METHODS: Thirty people participated in a dietary intervention using a mostly raw, pure vegetarian diet. The diet consisted of raw fruits, salads, carrot juice, tubers, grain products, nuts, seeds, and a dehydrated barley grass juice product. Outcomes measured were dietary intake, the fibromyalgia impact questionnaire (FIQ), SF-36 health survey, a quality of life survey (QOLS), and physical performance measurements. **RESULTS:** Twenty-six subjects returned dietary surveys at 2 months; 20 subjects returned surveys at the beginning, end, and at either 2 or 4 months of intervention; 3 subjects were lost to follow-up. The mean FIQ score (n = 20) was reduced 46% from 51 to 28. Seven of the 8 SF-36 subscales, bodily pain being the exception, showed significant improvement (n = 20, all P for trend < 0.01). The QOLS, scaled from 0 to 7, rose from 3.9 initially to 4.9 at 7 months (n = 20, P for trend 0.000001). Significant improvements (n = 18, P < 0.03, paired t-test) were seen in shoulder pain at rest and after motion, abduction range of motion of shoulder, flexibility,

chair test, and 6-minute walk. 19 of 30 subjects were classified as responders, with significant improvement on all measured outcomes, compared to no improvement among non-responders. At 7 months responders' SF-36 scores for all scales except bodily pain were no longer statistically different from norms for women ages 45-54.

CONCLUSION: This dietary intervention shows that many **fibromyalgia** subjects can be helped by a mostly raw vegetarian diet.

Fibromyalgia and Raw Food Research Study

[Donaldson and his staff](#) conducted an intervention study looking at how the raw foods diet affected people with **fibromyalgia**, a nerve and muscle pain disorder. Over a course of six weeks, 30 people were put on a program that included two to three glasses of carrot juice, barley greens, raw fruits and vegetables, flaxseed oil, and some cooked food at dinner (mostly whole grains). At the end of the trial, two thirds showed remarkable improvement: two participants overcame their severe depression; one woman went back to work after being out on disability. "Generally the raw food diet works because it is a synergy," says Donaldson. "Vitamins, enzymes, a healthy bowel, balanced emotions, positive outlook -- all of these components come together in a living way. People overcome arthritis, allergies, cancer, you name it. I am still amazed by the testimonials that come back to us from people who have adopted a raw foods diet." Rose Lee Calabro knows what Donaldson is talking about. Before turning raw she was an HMO nightmare: she suffered from high cholesterol, high blood pressure, allergies, [candida](#), chronic fatigue, joint pain, [depression](#), mood swings, gallstones, hair loss, hearing loss, hypoglycemia, hypothyroidism, difficulty concentrating, chronic sinusitis, insomnia, gout, and early signs of [cancer](#) in breasts and lungs. Although her transition to a raw foods diet was gradual (first a vegetarian, then a cooked food vegan), she truly began to notice changes after going raw.

TESTIMONIALS OF HEALING FIBROMYALGIA WITH RAW FOOD

Source: <http://www.shirleys-wellness-cafe.com/fibro.htm#rawstudy>

Shelly - "My nightmare began at the end of 1996. At 25 I was what society would consider healthy. I ate what I thought was a well balanced diet and I was fit and very active. I felt good, had a great boyfriend, now husband, and life was good.. How drastically everything would change. I started to fall ill. Terribly ill. It began with a migraine that came one day and never left. Accompanying the migraine was a pain at the base of my skull and severe muscle tightness, and pain. My muscles in my neck and shoulders became as hard as rocks and nothing would relax them. Over the next six years I would bounce from various types of doctors and specialists in the allopathic medical community (conventional medicine). No doctor could help me and my list of symptoms kept getting longer. Added to the debilitating migraines and muscle tightness, fatigue and pain was.. 50lb weight gain, extreme excitability/nervousness, panic attacks, shortness of breath, great loss of libido, painful intercourse, fibrocystic breasts, irregular heart beat, chronic sinus infections and yeast infections, lowered immune system and more. My body was falling apart. I felt like a 20-something trapped in the

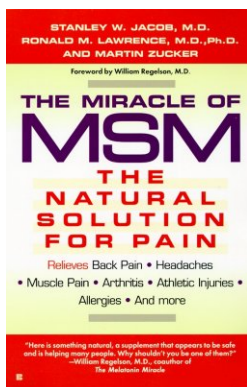
body of an 80 year old.. But not a healthy 80 year old, a dying 80 year old." [Learn about Shelly's amazing recovery](#)

Lena - "My name is Lena Buhr and I've just turned raw...I was diagnosed with fibromyalgia and a possible melanoma a while ago, and since so many family members of mine, keep dying and get sick in cancers, arthritis and thyreone, I decided to do what many people don't think is possible; I became 100% raw. No coffee or tea, or any cooked food whatsoever, no white bread or sprayed vegetables, nothing!! I only eat raw vegetables, berries, nuts, sprouted seeds and a lots of fruit everyday. I didn't believe in this at first and it scared me a little bit but I thought I had nothing to lose. Today, I am almost free of my symptoms and besides I feel so much better! I only wish You would tell Mr. Fox about this... It would help him a great! So many people around the world who is know free and cured from even severe cancer, with only months left to live...Please do some research on how food effects us, especially the kind of diet You eat in America--the Standard American Diet--SAD! It would save so many from fear and agony about diseases and pain! Yours Sincerely Lena Buhr."

Calabro - "My whole outlook toward life changed -- mind, body and soul," says Calabro. "In less than two years, I lost the weight I wanted to and cured myself of my health problems." [more](#)

MSM AND FIBROMYALGIA: A GIFT FROM GOD

Source: [The Miracle of MSM](#) by Stanley W. Jacob, M.D. (114-121)



"My gift from God": Joyce Scott's Story With Fibromyalgia

Joyce Scott, of Fountain Hills, Arizona, was as good as dead for five years.

"I used to be the most active person you could imagine," she says. "I had raised five children, did aerobics, and made and sold dolls out of my home. One morning after I returned from a doll show, I couldn't get out of bed. I was beyond exhaustion. I could hardly move. It came out of nowhere."

What came out of nowhere is what doctors diagnosed as chronic fatigue and later as **fibromyalgia**.

"I started to hurt around the clock and after a while the pain would wake me up at night," she says. "It would migrate all over my body and be worse at one time in my knee or in my shoulder or left hip or lower back. I had constant headaches. It was as if my whole skeleton hurt from head to toe. Even my fingers hurt, sometimes so bad that it took my breath away."

The 62-year-old Scott says that her condition also affected her clarity of mind. "I couldn't remember where the drinking glasses were in the house or how to drive to the bank and I have lived in the same place for more than twenty-five years. I stopped driving because of the mental confusion. If I had a good week friends would take me to play mahjong. Otherwise I was as good as dead for five years."

Scott took anti-depressants because she "didn't have a life anymore." But she says she couldn't take pain pills because they upset her stomach.

During her ordeal, friends were constantly recommending different supplements for her to take, including MSM.

"I am a very cautious person," she says. "I don't jump into everything. But I saw that a friend of mine with a candida problem had gotten relief taking MSM so I decided to try some myself. That was July of 1998. I didn't like the taste much, but things started to happen right away so I stuck with it."

Scott says she has had a rosacea condition and it started to clear up within days. Rosacea is a chronic red coloration affecting the skin of the nose, forehead, and cheeks.

"That was the first thing," she continues. "Then the energy started to kick in. During the second week I had one bad day but I felt I was getting better, and by the third week I had so much more energy.

"The pain started gradually going away, and after three weeks there was considerable relief. Now, a month and a half later, I am pain-free most of the time. That's why I call MSM my gift from God.

"I have a pool that is thirty steps down from my house. I have been in that pool more in the month and a half since I started taking MSM than during the previous five years. I can go up and down the steps with ease and go up the hill now to get my mail. I couldn't do that before. I'm driving again, and I'm living again. Now I feel good enough so that I am about to re-launch my doll business, which has been on hold for five years."

Scott says she started with a half teaspoon of MSM crystals with water in the morning and evening and then slowly built up to three teaspoons twice a day. As a result of feeling better she has started to reduce the amount of the supplement she takes.

About Fibromyalgia

Fibromyalgia is a relatively recent term for a common rheumatic disease that was previously called soft tissue rheumatism, fibrositis, or nonarticular rheumatism. **According to the Arthritis Foundation, it is the second leading arthritis-related condition.** The American College of Rheumatology believes 3 to 6 million Americans are affected. The Arthritis Society of Canada estimates the prevalence of fibromyalgia is between 2.1 and 5.7 percent of the population, with women affected four times more than men. The incidence increases with age and is said to be the most common in women 50 or older.

Common degenerative arthritis involves the joints of the body. **Fibromyalgia attacks the soft tissue—the muscles, tendons, and ligaments.** **Symptoms** include persistent burning, soreness, pain, and stiffness all over, a flu-like feeling, headaches, irritable bowel, fatigue, insomnia, anxiety, and depression. The severity of symptoms fluctuates, but most patients experience discomfort on a daily basis and some pain is always present.

Fibromyalgia is hard to diagnose because many of the symptoms mimic those of other diseases. The American College of Rheumatology has developed certain diagnostic criteria. The main elements are widespread pain for a period of three months or longer, both above and below the waist, and on both sides of the body, as well as the presence of tenderness in at least eleven of

eighteen specific, localized areas, particularly in the neck, spine, shoulders, and hips.

The cause of fibromyalgia is not known. [DWR: that is because Fibromyalgia is a general term for a basket of symptoms resulting from toxemia, injury, and malnutrition. See The Seven Stages of Disease] Before symptoms develop some patients report having had a viral, bacterial, or parasitic infection, or a physical trauma such as an automobile accident, fall, or athletic injury. Among the possibilities are also poor diet, steroids, birth control pills, antibiotics, food allergies, nutritional deficiencies, and chemical sensitivities. Fibromyalgia may be associated with changes in muscle metabolism, such as decreased blood flow, which causes fatigue and decreased strength. Recent studies funded by the National Institute of Arthritis and Musculoskeletal and Skin Diseases also indicate an association with low levels of the anti-inflammatory hormone cortisol.

MSM cannot cure this major painful condition. But it is an excellent source of safe and substantial relief. Women diagnosed with fibromyalgia who have taken MSM say it has relieved their condition better than anything else they had previously tried.

This great benefit comes from MSM's pain reducing, anti-inflammatory, and increased blood-supply properties, but there may be other mechanisms at work that have yet to be determined.

Three More Cases of Relief

Case #1: Pain and Allergies...Both Gone

For Oregon businesswoman Gail Lind, allergy season is so traumatic that she moves to Hawaii for three months of the year to escape the pine and grass pollen.

"I don't just get the runny nose and eyes. I become extraordinarily nervous and fatigued," says Lind, 56, from Richland, Oregon. "The pollen literally puts me to sleep. It knocks me out."

Lind began taking MSM early in 1998 because she heard it helped allergies.

"It worked big time for me," she says. "This is the first time in twenty years I haven't had to remove myself from the pollen environment. I have had absolutely no symptoms. And this has been a very high pollen season."

Lind's story doesn't end there. Not only did she get total allergy relief, **but the MSM erased the severe pain of fibromyalgia she had been battling for a year.**

"The fibromyalgia was something new," she says. "It came on like a Mack truck in 1997 and just crushed me. I couldn't believe how severe it was. I am a pretty tough person but by three or four in the afternoon I was crying from the pain. It was wearing me out. It started in my neck, went down into my shoulders, and then within two months enveloped my elbows, wrists, hips, and my whole body. It was like something inside was twisting, pulling, squeezing, and crushing my body.

"The pain came and stayed and got worse with any movement. If I tried to lift my arms and rotate my shoulders it was as if thousands of little knives and pins were stabbing me. It was so bad I couldn't walk up the stairs. I had to think twice about driving anywhere because getting in and out of my car was excruciating. I am a very active busy person. I exercise a lot. This just completely put me out of

commission. The pain took over all my thought processes. All I could try to do was work through the day."

Lind says she doesn't like to take medication, but out of desperation she got a prescription for Vicodin, a popular painkiller. It didn't help her. It was around this time that she started taking about five grams of MSM a day in an attempt to head off her annual allergy ordeal.

"I couldn't believe what happened," she recalls. "I wasn't expecting any pain relief, but overnight my pain was knocked down 50 percent. I literally jumped for joy because I could actually jump! As I continued to take the MSM, the pain became less and less. And now there is hardly any pain at all."

As her pain level decreased, Lind experimented with the level of MSM she required for complete relief. **She found that thirty grams a day worked best for her.**

Lind's experience is quite common. Lower levels of MSM frequently result in rapid improvement but to eliminate the most resistant pain you may have to raise the dosage appreciably. When you increase the dosage, always do so slowly. Mixing the crystals in water or other liquids is the most convenient way to take more of the supplement. Take it in divided doses during the day, preferably with meals. Always be comfortable with what you take. If you experience any gastrointestinal discomfort, reduce the dosage. **See Chapter 3 for more details on how to take MSM.**

"I need to keep my dosage at a high level, because if I don't I notice the difference," says Lind. "Some pain creeps back in. But I'm grateful because the MSM is really keeping the wolf from my door and giving me time to find the cause of the problem. I am out walking and jogging five miles a day now plus keeping up with a very busy business life. I am really amazed. I got a two-for-one-deal with the MSM. Both my pain and allergies. . . gone."

(Case #2:) "I'll see you next year."

Without assistance, Charlotte Callan, 72, of Burlington, Ontario, couldn't put on her own clothes, insert her arms into her coat, make the bed, or get in and out of the car or the bathtub. She couldn't put her hands over her head, and when she walked she was bent over. She had terrible pain and stiffness from fibromyalgia.

In 1988 her family doctor prescribed cortisone.

In 1996, a year after she started taking an MSM nutritional supplement, Charlotte was feeling so good she was able to stop the cortisone.

"I was glad about that because of the side effects from cortisone," she says. "The MSM worked well for me. I kept getting better and better. Now I can do everything. I have a little stiffness but at my age, you kind of expect that. If I sit for too long I can get a bit stiff. But nothing compared to what I had before. There is very little pain and a lot of energy. I don't even like to remember how bad it was. The MSM is pretty marvelous. I can do all the things now that I couldn't do before. It keeps my life worth living."

Callan takes about ten grams in her juice every morning.

"I go for my regular medical checkups and do the lab tests," she says. "They come out pretty normal."

My tests for inflammation are normal. My rheumatologist looks at the tests, checks me over, and says, "You have no swelling, no pain, no nothing. I'll see you in a year."

(Case #3:) "MSM reversed my direction."

"I basically was hurting all over all the time with throbbing pain," Barbara Redmond says, describing her ordeal with fibromyalgia.

Redmond, 40, of Lewisburg, Tennessee, was diagnosed with fibromyalgia in 1986. It came at a time in her life when she was raising two small children.

"My husband was taking care of a lot of things that I would normally do because it was so very difficult for me to function," she recalls. "If I did the dishes it would take two hours. I would have to go rest in the middle and then get up and finish them. I even had trouble combing my hair. I would get muscle spasms in my legs that were terrible. Walking was a problem, and sometimes I had to use a cane. I even had trouble speaking sometimes because the pain was so intense. It drained me. I just had to go to bed.

"It was so hard for my children to see me like that. My son, who was eight at the time, wanted to stay home and take care of me. The pain was so bad sometimes that I prayed for death to take me."

She took Elavil, an antidepressant, at night to fall asleep. She also used pain pills. Prior to her diagnosis of fibromyalgia, she had taken cortisone and gold for rheumatoid arthritis.

"I believe that all the medicines weakened me in some way and contributed to the fibromyalgia," Redmond says.

Redmond was luckier than most people who suffer for many years with fibromyalgia. **Three months after her diagnosis she came to the Portland clinic and started a regimen of five grams of MSM daily.**

"MSM reversed my direction," she says. "Within a matter of a week, I started to feel less pain and slowly regained my ability to function more normally again."

Along with the MSM she also did muscle therapy, slowly started to exercise, and watched her diet. She took pain pills if she needed them, which was mostly in the beginning. Sometimes if she had muscle spasms she would take muscle relaxants.

"But basically MSM has taken the pain down to a level where I can function again," she says. "It's down to about 10 percent of what it was before. I'm happy with that. I can take care of my family and do what I enjoy doing."

Today, Redmond works as an inventory specialist, a job that sometimes requires her to climb up and down ladders and audit inventory in large stores.

"I could never have done anything physical like that, but I can do it now as long as I keep taking the MSM," she says.

FIBROMYALGIA AND ITS ISCHEMIC PAIN

By: William ND, PhD, Member World Sports Medicine Hall of Fame

<http://www.enzymeanswers.com/TherapeuticApplications/Fibromyalgia.htm>

To most physicians the pain of Fibromyalgia Syndrome is a mystery. Its unrelenting and debilitating pain is often relegated to being of psychosomatic origin due to the fact that it does not decrease with the use of NSAID's, opiates or psychotropics. In the present mindset of medicine if these medications do not relieve the pain then it must be all in the patients mind! If this is so, than the pain of an MI (heart attack) must also be all in the patients mind.

We know that for 3 days following a heart attack the patient will have angina, oft-times severe. We also know that for post MI pain, medicine does not normally administer pain killers. Why? Because the pain of a heart attack is the pain of ischemia (the lack of oxygen or Adenosine Tri Phosphate for the cells to breathe). Ischemic pain we know can only be relieved by restoring either proper O2 or ATP levels to the involved tissues.

Let's use a simple example we've all experienced. When you were a child you likely at some time put rubber bands or string around your wrist and cut the blood supply off to your hand. At first the hand went numb. Then while turning an interesting shade of blue or purple, it began to throb. The more you moved your fingers and contracted the muscles the more the hand hurt. The longer the time the circulation was occluded from the area the harder the hand hurt. At that same moment in time, if you mainlined heroin that hand would still have hurt despite the fact that the strong opiate was swimming round your system and brain killing all other pain. Why? Pain meds have no effect on relieving the pain of ischemia!

OK, so ischemic pain can't be relieved by pain killers or anti-depressants, so how does this relate to Fibromyalgia. Easy, in FMS we have a build up of fibrin (the fibro of Fibromyalgia) through and across striated muscle around the body. There is also the growth of fibrin in the micro circulation essentially plugging these tiny blood vessels in the effected areas. The combo of decreased blood supply, with the strangulating effect of the fibrin on muscle tissue, (remember what fibrin can do to strangulate intestines after abdominal surgery), creates the environment of ischemia. This is also why when these patients are taken through bouts of aerobic exercise or high intensity resistance exercise their pain greatly increases. *

What can be done to decrease the fibrosis? Until recently, nothing. There has been really nothing in either the allopathic or naturopathic armamentum that was capable of lysing away scar tissue or fibrosis. The only treatment allopathic medicine has had up to now to try to control fibrosis growth has been to use cortico steroids to lower the level of inflammation knowing that inflammation is one of the things that produces fibrosis. Plastic surgeons have used this technique on their post op patients with mixed results and cortico steroid therapies used with FMS patients have proven to be failures.

With the advent of oral systemic enzyme research and application all branches of the healing arts now have a powerful and effective tool for the safe lysing away of fibrosis and the non- toxic control of inflammation. First used in Germany and Japan against fibrocystic cysts of the breast and to prevent

post operative scar tissue in abdominal and orthopedic surgery, the effect of orally administered highly fibrinolytic systemic enzymes has been documented in both research and clinical use. (See abstracts in this web site).

The safety and complete lack of toxicity of systemic enzymes make it the primary treatments of choice against inflammation (as they are used in German emergency medicine) and the only choice available for the lysing away of scar tissue or fibrosis.

With FMS patients, to be effective, an activation dose of the enzymes should be found and maintained for at least 3 months. After which an attempt can be made to reduce the dose. Experience of the docs using systemic enzymes with their FMS patients has shown that in roughly 50% of the patients their maintenance dose will be about 50% of their activation dose. For the other half of this patient population the dose will have to be maintained at the high activation dose as lowering it causes inflammation to return.

(I must interject a personal note both as an FMS patient myself and as one who has treated hundreds if not thousands of FMS patients in the last 15 years: many, many FMS patients are actually Munchausens patients and not true FMS patients. The true FMS patient is anxious to do anything that might alleviate their pain including exercise, nutrition and self applied therapies. The malingerer will be wanting the doctor to do something to relieve their pain and and reinforce their need for being dependent. If they are getting better they will doctor hop to another doc as relief is not really what they really want. These patients will have the "victim" mindset and be seen to be manipulating their families for secondary gain. With these misdiagnosed FMS patients NOTHING WILL WORK, EVEN IF IT IS. While these patients can enrich practices by their frequent visits, they can also pose a problem and even be an insurance liability as they will bad mouth one doc, his or her treatment plans and bedside manner to the next doc they hop to in a never ending line of pity seeking and manipulation. Once I discovered this about certain FMS patients while I was in practice, I refused to work with these folks. If the patient would not exercise, if they would not take their enzymes, if they would not follow the therapeutic guidelines - I would not work with them. Using enzymes, nutrition and the correct type of exercise, over 88% of my FMS patients did not remember they had FMS after the first 8 to 16 weeks of work! I booked no malingering, as most of the time I was worse off than the patients I was working with and I did not have the time, patience or energy to deal with the "pity me" Munchausens patient).

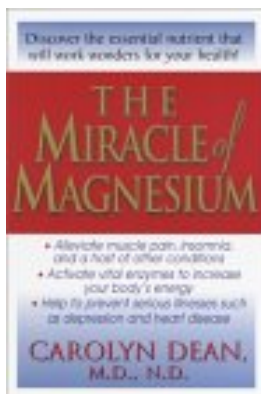
Fibromyalgia is a multi-faceted disease demanding a multi-faceted solution and since a major aspect of the problem is the pain of ischemia, the only treatment available is also the safest treatment available, the use of highly fibrinolytic orally administered systemic enzymes such as the Excelzyme / Vitalzym, to safely lyse away the fibrin, free strangulated muscle tissue and open peripheral circulation by lysing away the fibrin that is clogging the blood vessels. If the unrelenting pain of FMS can be dealt with then the rest of the problems relating to the condition can be ameliorated with ease.

* While exercise is a must for these patients to rebuild their strength, overcome atrophy, increase the vascular bed there by improving circulation and oxygenation and to increase the number of mitochondria to relieve the chronic fatigue / EBB aspect of the disease; the exercise must be strength work of low intensity but high resistance, (i.e. 3 to 4 sets of 3 to 5 repetitions with 70% or more of the 1 rep max.) with long rest periods of 2 to 5 minuets in-between sets. Aerobic exercise is not generally recommended but if done must not be over 8 minutes or of high intensity (over 50 to 60% of max HR) as the patient will have no tolerance for it, either in their energy reserves or their recuperative capacity. (Current Adaptation Reserve, Siff and Verkhoshansky, 1999). As per Karvonin and Cooper 7 to 8

minutes is the minimum time aerobic work can be done for while gaining a benefit to the heart and vascular system. Please read the article: How To Keep From Having A Heart Attack - Do Less Aerobic Exercise at www.drwong.us.

THE ROLE OF MAGNESIUM IN FIBROMYALGIA

Excerpts from An investigatory paper by Mark London



"I personally started taking magnesium for spasms and facial tics, only doing so on my own after neurologists simply told me to either get better sleep or take a prescription drug. The magnesium helped almost immediately, and I then slowly increased the dose to about 225% the RDA (balanced with 100% calcium RDA) At that point, all spasms and tics stopped completely, and they have not returned since starting that dose several years ago. I doubt any traditional doctor would have been willing to prescribe that much magnesium. The RDA is 400mg, but many people believe this is too low. Traditionally, it's been recommended to take calcium and magnesium in a ratio of 2/1, because that is the ratio that these minerals are found in bone." ([more on healthy bone program](#))

Magnesium deficiency is very common in the general US population. Not only is our daily intake low, but we eat a diet which increases the demand for magnesium. And unfortunately, urinary magnesium loss can be increased by many factors, both physical and emotional. Magnesium loss increases in the presence of certain hormones. Stress can greatly increase magnesium loss. Even loud noises can extra magnesium loss. One article on the web goes so far as to say that that almost everyone in the United States is at least marginally deficient in magnesium. So there is an excellent chance that a person with fibromyalgia has a [magnesium deficiency](#). But since people with fibromyalgia often have high levels of stress, and a disrupted hormonal system, they are more likely to be candidates for magnesium deficiency. Magnesium utilization is also increased by the presence of estrogen, and this might explain why many women are [diagnosed with fibromyalgia after menopause](#), when estrogen levels would decrease. Additionally, the sleep disruption which occurs in fibromyalgia might also affect magnesium utilization, as sleep deprivation has been shown to cause lower magnesium levels.

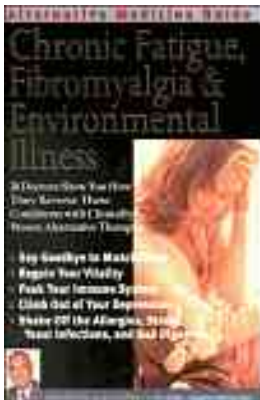
Magnesium is extremely important to many functions in the body, which is why a deficiency can cause many different symptoms. It is most widely known for being needed for proper bone formation. With a deficiency, bones will be soft, and it can play a role in osteoporosis. However, magnesium is also the activating mineral for at least 350 different enzymes in the body, more than any other mineral, so it is crucial for many of the metabolic functions in the body. Magnesium is necessary for almost all the enzymes that allow the glycolytic and Krebs cycles to turn the sugar and fat we eat into ATP. Low levels of ATP have commonly been found in people with fibromyalgia, and it is believed that this plays

an important role in many of the fibromyalgia symptoms. Thus, a magnesium deficiency would definitely be a factor in worsening those symptoms.

Migraine headaches, mitral valve prolapse, and Raynaud's phenomenon, all problems commonly found in people with fibromyalgia, are also problems that have been associated with a [magnesium deficiency](#). Without enough magnesium, nerves fire too easily from even minor stimuli. Noises will sound excessively loud, lights will seem too bright, emotional reactions will be exaggerated, and the brain will be too stimulated to sleep, all symptoms commonly found in fibromyalgia. And if the oversensitivity to light and noise reminds you of someone suffering from a hangover, they are one and the same problem, as alcohol is known for decreasing magnesium levels, and magnesium supplementation has been found to relieve hangover symptoms.

Another commonly found condition in fibromyalgia which has nervous related symptoms is reactive hypoglycemia. Anxiety related symptoms occur after carbohydrate intake, and this is believed to be due to either an excess release of adrenaline, or a higher sensitivity to adrenaline. In either case, a deficiency of magnesium could be a factor, as "[magnesium has been found to slow the release of both adrenaline and noradrenaline, and to partially block adrenergic receptors.](#)"

ALTERNATIVE MEDICINE GUIDE INFORMATION



This Book explains how chronic fatigue, fibromyalgia and environmental illness can be permanently reversed using nontoxic alternative medicine treatments. Here, 26 leading physicians explain the techniques and natural substances that have brought complete recovery to their patients.

"My boss bought this book for me, and I thought it was going to be just another, "yeah, you have fibromyalgia and it's a real shame, this is how you cope with it", but instead, this book CHANGED MY LIFE! (Sorry for the run-on sentence). I had so much pain that some days I couldn't get out of bed. I would find a position that was minimally pain free and not move until I was better. It got so bad that I had to use a cane so I could get to work. But I read the book and I couldn't believe the case histories. But when the pain got so bad that I thought I would lose my job, I changed my diet (hey, what did I have to lose?) and low and behold, within a week the pain was gone (I stopped taking pain medicine everyday), the "fog" lifted and I felt better than I had in YEARS! Another side benefit, is that I have lost weight! But I recommend this book very highly. I will also say that my doctors have pooh-poohed these results, but I firmly believe that what we eat, really effects how we feel. I just never knew how much!" Sheila Allen New York, New York