

Could this be fibromyalgia?

I just feel achy, the pain comes and goes, my thinking gets scrambled, and I have good days and bad days...

A clinical state of chronic, widespread muscle pain, the term “fibromyalgia” means pain in the fibrous tissue – muscles, ligaments, and tendons. There are no definitive tests for fibromyalgia – it is a set of symptoms.

Many sufferers ache all over and experience fatigue, foggy thinking, irritability, and sleep problems. The muscles feel pulled, and they throb, ache, or burn.

Pain is often worse in the mornings and intensity can vary from day to day. The syndrome strikes more women than men.

Lucky us...

In people with fibromyalgia, there is an increase in the substance pyruvate and decreased lactate production, which suggests problems in sugar metabolism.

Although fibromyalgia tends to be a lifelong issue for most people who are diagnosed, there are many things you can do to feel good most of the time.

Go as naturally as you can. I recommend the elimination of synthetic nutritional supplements, refined and artificial sugars, refined foods, and rancid, altered, or artificial fats.

Any kind of preservatives, artificial flavors, MSG, unfiltered water, animal fats, and added sugars should also be avoided.

Stay away from chemicals including aluminum, fluoride, chlorine, pesticides, and any other poisons.

A whole-food diet and supplements made from whole foods are your best solution going forward.

Give our office a call so we can help you on your journey toward better health.