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Fibromyalgia And Candida — Is There A Link?

By Jane Thompson

Some people believe that candida infection causes—or at least contributes to—fibromyalgia. Dr.

William Crook, MD, originally proposed the concept of candidiasis as a contributing factor to a number of difficult-to-diagnose disorders. There is still some controversy about Dr. Crook's work, but more people are beginning to agree that candida may have a role in fibromyalgia and other illnesses.

Candida albicans is a yeast that is normally present in our mouths and digestive tract. It is also normally present in the vagina. Candida is a symbiotic organism; in that it helps maintain our health by killing harmful bacteria. Under normal circumstances, helpful bacteria in our bodies keep the candida population under control.

Sometimes, however, the helpful bacteria are damaged or killed off, and candida goes crazy with overgrowth. You may have experienced a vaginal yeast infection, or thrush in your mouth after taking antibiotics. That is because the antibiotics killed off the helpful bacteria and allowed candida to grow unchecked. Other things that can allow candida overgrowth are taking steroids, birth control pills, a high sugar diet or a weakened immune system.

When candida becomes overgrown, it changes to a different mycoid form. This form of the organism has rhizoids—little root-like appendages. They penetrate the intestinal walls, leaving tiny perforations that allow toxins and other substances to get into the blood stream. This is called Leaky Gut Syndrome. The circulating toxins cause the symptoms of fibromyalgia and chronic fatigue syndrome.

Many people have found that a candida-eliminating diet makes a big improvement in their fibromyalgia. The candida-eliminating diet focuses on eliminating all yeast and fungi and anything that they like to feed on (like sugar). So the diet eliminates:

* All sugar and sweeteners * White, processed flour and foods containing it. * Breads and pastries made with yeast * Saturated fats * Cheese, except cottage cheese and cream cheese * Alcohol * All fruit juices and fruit except lemon or lime. * All coffee and tea, including herbals * Processed meats * Obvious fungi, like mushrooms * Peanuts and peanut products * Vinegar * Brewer's yeast * Leftovers more than three days old.

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People on a candida–elimination diet can eat whole grains and whole grain products (as long as they don't contain yeast), lean meats and fish, legumes and lots of vegetables. Most people add fruit back into their diet slowly after the symptoms of "die off" are gone.

As for "die off," the first week or two after starting a candida–elimination diet, the chances are you will not feel well. Plan for that. You will hurt more and feel worse until the candida is out of your system. Symptoms of die off are:

* Headache and nausea * Brain fog * Dizziness * Fatigue * Sugar craving * Skin breakouts * Cold hands and feet.

After the die off period, however, many people report feeling better than they have in ages. Most people continue on a modified candida–free diet to prevent recurrences.

Does candida contribute to fibromyalgia? You'll get differing answers to that question. Does a candida–free diet help fibromyalgia symptoms? You'll get differing answers to that one, too. The candida–free diet is, however, a good healthy diet. It won't hurt, and it might help. It's definitely worth a try.

Jane Thompson has an interest in Fibromyalgia. For further information on Fibromyalgia please visit

<http://www.eliminatefibromyalgia.com/fibromyalgia.html>

or

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Get Well: Exercise Tips For Fibromyalgia Sufferers

By Kathryn Whittaker

If you suffer from fibromyalgia, it is possible that you will benefit from a carefully constructed exercise program. However, those who have fibromyalgia are often not in the best of shape, so it is important to implement the exercise carefully and with a plan in mind. Here are some exercise tips for fibromyalgia sufferers that can help you to feel better and get your active lifestyle back again.

If you have fibromyalgia, you may not feel like exercising. So, then, why do it? Part of implementing exercise to cope with fibromyalgia is understanding why you would do that.

Exercise can lessen your pain and prevent weakness of your muscles. Endurance exercise, like walking and cycling, can help you become stronger overall and give you additional energy. In a nutshell, exercise will help you feel better overall. As long as you do it the right way, exercise can be one of the most effective treatments for those who suffer from fibromyalgia.

Start Slowly

If you suffer from fibromyalgia, you know that you are not usually energetic and that your body has likely become somewhat stagnant. Because of the blow to your overall physical fitness, you should make sure you start slowly. With that in mind, one of the best exercise tips for fibromyalgia sufferers is to go from low amounts and intensities in your workouts and work up to the higher ones and longer sessions. Helpful exercises for those with fibromyalgia include low impact exercises, walking, and anything that may be designed for those with arthritis. Water exercise classes and programs, in fact, are as good as any for those with fibromyalgia.

Stretch First

No matter what exercise you choose to help you with your fibromyalgia, you have to stretch first. No matter what, one of the top exercise tips for fibromyalgia sufferers you will get is to stretch. Stretching helps your body warm up before activity begins. Additionally, it is its own type of exercise and can improve blood flow. You will also greatly reduce the risk of injury as you exercise if you remember to stretch first.

Soreness is Okay

Another one of the exercise tips for fibromyalgia sufferers is to expect some soreness. Listen to your body and make sure you don't overdo things, but when you start a new exercise program, you are going to feel some soreness. As you continue your program and become stronger, though, the soreness will likely begin to subside. If, though, the pain gets worse or is intense, then it is time to cut back on the exercise. Additionally, talk to your doctor before you start an exercise program to make sure your fibromyalgia will cause no complications. If he or she gives you the okay then you will be on your way to feeling better and being happier.

With the help of these exercise tips for fibromyalgia sufferers, you can aid in your own treatment. Exercise will help you feel stronger and increase your stamina. Before you know it, if you plan it right, you will be exercising more and feeling your fibromyalgia less. In the end, isn't that the only goal you

really have?

Kathryn Whittaker has an interest in Health & Beauty related topics. To access more information on

<http://www.gazettenews.org/category/health/>

or on

<http://www.gazettenews.org/2006/06/07/fibromyalgia2/>

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