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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fibromyalgia Treatment

By Leela Fraser

Many Fibromyalgia Treatment programs are designed to diminish the Symptoms of Fibromyalgia. There are several ways of fibromyalgia treatment and each patient must find what is helpful in their situation. As with any chronic pain condition, education is an essential component that helps the patient understand what can or can not be done, as well as teach the patient to help themselves. It is important for the patient to understand the underlying causes and triggers of their Fibromyalgia Symptoms.

- Acupuncture
- Allopathic
- Chiropractor
- Diet and Nutrition
- Exercise
- Homeopathy
- Massage Therapy
- Naturopathic
- Osteopathy
- Physiatry
- Physiotherapy
- Self Care

Fibromyalgia Treatment Options

Below is an overview of various Fibromyalgia Treatment options available to the patient. Click on the link to find more detailed descriptions of your fibromyalgia treatment options.

Acupuncture

Acupuncture stems from the Chinese philosophy of energy flowing in the meridians that lie below the skin. Energy imbalances in these meridians is used for the diagnosis of disease. Acupuncturists insert very fine needles into the skin to balance energy as in fibromyalgia pain treatment. Acupuncture is often used to help control pain and is beneficial for pain management in the treatment of fibromyalgia. See Acupuncture page.

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Allopathic

Typically Allopathic physicians recommend the following medications for patients with Fibromyalgia Symptoms:

- Non-Steroidal Anti-Inflammatory Drugs (NSAID's) – These over-the-counter pain relievers may ease the pain and stiffness caused by fibromyalgia, however, their effectiveness varies with individuals.
- Antidepressants – These medications are prescribed to patients with depression. The medication affects the levels of Serotonin in the brain.
- Muscle Relaxants – If muscle relaxants are taken before sleeping, they may help reduce pain and spasms.
- Narcotics – Physicians don't usually recommend narcotics for treating FMS because of the potential

for dependence and addiction.

Chiropractor

Chiropractic treatment is based on the premise that restricted movement in the spine may lead to reduced function and pain. Spinal adjustment (manipulation) is one form of therapy a chiropractor uses to treat restricted spinal mobility. The goal is to restore spinal movement and, as a result, improve function, decreasing pain. Manipulation does not need to be forceful to be effective. A Chiropractor may also use soft tissue massage in the treatment of FMS, stretching muscles that are shortened or in spasm. See Chiropractic page.

Diet And Nutrition

A natural Fibromyalgia Treatment and balanced fibromyalgia nutrition diet can be helpful in counteracting stress, removing toxins from the body, and restoring the natural balance of nutrients. Homeopathy medicine, FIBRO-HELP products, help patients by combatting stress, replacing deficiencies, and supporting the immune system. Patients are recommended to limit the amount of sugar; caffeine; alcohol; and fried, processed, fatty foods consumed. These substances have been shown to irritate muscles and stress the system increasing FM pain. Even for those patients who do not have severe food triggers or allergies, eating a healthier diet can have long-term benefits in the treatment of fibromyalgia. Supplementing the present diet with greater quantities of raw or lightly cooked fruits and vegetables, and substituting meats that are high in fat with fish or lean poultry, are also beneficial practices. See Diet page.

Exercise

Fibromyalgia Exercise is one of the most powerful remedies in the treatment of fibromyalgia. Increasing scientific evidence has shown that exercising for a minimum of 20 minutes per day will help fibromyalgia patients as a natural fibromyalgia treatment. Exercise becomes a key component in healing FM Syndrome patients because a properly designed routine will improve the body tissues, decrease pain, and increase mobility. The fibromyalgia exercise program must be slow and gradual. The goal is to improve overall health while decreasing FM symptoms. See Exercise pages.

Homeopathy

The word Homeopathy (or Homoeopathy) is derived from the Greek words "homoios", meaning "like" or "similar"; and "pathos", meaning "suffering" or "disease". Homeopathy is a system of medical therapeutics for treating based on the principle of "similae" or "simile." "Disease is eliminated through

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remedies able to produce similar symptoms." The principle is that certain substances (herbs, minerals, inorganic salts, and other organic materials, etc.) in full strength yield the same symptoms as does a known disease, and that those same substances when "potentised" (or diluted and vigorously agitated) can provide relief of those same symptoms. Titrated dilutions and succussions of a particular substance can often be the means for fibromyalgia treatment. Today, unlike nutritional substances, Homeopathy substances are considered medicines, recognized as powerful entities which allow specific medical claims to be made about them. See Homeopathy page.

Massage Therapy

Massage involves the use of different manipulative techniques to move the body's muscles and soft tissues. Massage Therapy aims to improve circulation in the muscle, increasing the flow of nutrients, eliminating waste products. Massage can relax muscles, improve range of motion in the joints, and increase the production of the body's natural painkillers. It often helps relieve stress and anxiety for those afflicted with the symptoms of pain. See Massage Therapy page.

Naturopathic

Doctors of Naturopathic Medicine are educated with the same general medical curriculum as traditional Allopathic doctors, but also study traditional natural therapeutics emphasizing lifestyle changes, disease prevention, and optimal wellness. They perform physical examinations, laboratory testing, gynecological exams, nutritional and dietary assessments, metabolic analysis, and allergy testing. They may order diagnostic testing, as well as incorporate a wide variety of natural therapeutics for natural fibromyalgia treatment. See Naturopathic page.

Osteopathy

Osteopaths are licensed to perform many of the same therapies and procedures as traditional Allopathic doctors. One area where Osteopathy differs from conventional medicine – but is similar to Chiropractic medicine – is in the use of manipulation to address joint and spinal problems. This is beneficial in the treatment of fibromyalgia symptoms. See Osteopathy page.

Physiatry

Physicians who specialize in Physical Medicine and Rehabilitation are called Physiatrists. Doctors of Physiatry specialize in the diagnosis and treatment of patients in 3 major areas of medical care: musculoskeletal injuries and pain syndromes, Electrodiagnostic Medicine, and rehabilitation of patients with severe physical impairments. See Physiatry page.

Physiotherapy

Physical Therapy is a health care profession that helps the patient restore the use of muscles, bones, and the nervous system. The basics of the physical therapy profession include the use of modalities like ice, heat, ultrasound, and electrical stimulation. Therapeutic exercises, therapeutic massage, manual therapy, and hydrotherapy–aquatic therapy are all used for pain relief and fibromyalgia treatment. See Physical Therapy page.

Self Care

Self Care is critical in the treatment of Fibromyalgia Syndrome. Some important tips for self care: (See self care page)

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- Reduce Stress – Avoid or limit overexertion and emotional stress. Allow time to relax daily practicing stress reduction techniques such as deep–breathing exercises or meditation for FMS treatment. See Stress and Breathing pages.
- Sleep – Fatigue is one of the major symptoms of FM, getting enough sleep is essential. In addition to allotting enough time for sleep, get into a routine of sleeping and waking up at the same hour each day. Take short naps to restore energy in the body. See Sleep page.
- Fibromyalgia Exercise – Regular exercise will help improve chronic pain symptoms. Stretching, optimum posture techniques, and relaxation practices are also helpful. See Exercise page.
- Pacing – Keep a balance on daily activities. If too much is done on a good day, take time off the following day, and rest to avoid bad days.
- Nutrition and Healthy Lifestyle – Eat a balanced diet, limit caffeine and alcohol intake, get plenty of rest, exercise regularly, and do a leisure activity which is enjoyable and fulfilling as a complete FIBRO treatment. See Diet page.

Leela is the chief editor for:

<http://www.back-fibromyalgia-pain.com/>

Treating Fibromyalgia Symptoms Naturally

By Kathryn Whittaker

There is a large movement today to find alternative ways to treat ailments. Avoiding drugs has become a priority for many, and with the success that many are having with herbal treatments, acupuncture and other alternative medicines, it is understandable. Even with something as crippling and painful as fibromyalgia, many are looking to alternative methods of treatment.

In fact, treating fibromyalgia symptoms naturally has become popular. Many of the natural treatments for fibromyalgia, in fact, have been found to be very effective. Here are a few of the ways sufferers are treating fibromyalgia symptoms naturally.

One of the most effective natural treatments of r fibromyalgia is actually exercise. There have been a number of studies done that show the for patience with fibromyalgia, exercise is one of the best natural treatments. Exercise does a couple of things. First of all, it helps the body produce serotonin and adrenalin which are natural pain inhibitors. Secondly, exercise goes a long way in helping sleep patterns at night. Sleep disorders plague many who have fibromyalgia, so anything that can aid in helping sufferers to attain deeper sleep is a big help.

There are a also a number of herbs and alternative medicines treating fibromyalgia symptoms naturally. One such alternative is to adjust the diet. It is suggested that eating more cold water fish or taking fish oil capsules can be effective in treating the symptoms of fibromyalgia.

Another treatment involves using a combination of CoQ10 and Ginko. These two combined have been found to be effective by many and are great natural options for treatment. A study showed that in

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anecdotal interviews, patience described a better quality of life when taking the combination. This is good news for those who are treating fibromyalgia symptoms naturally, especially with the popularity of Ginko in health food stores and vitamin shops alike.

Some use Siberian ginseng as a way to help with the fatigue brought on by fibromyalgia. Since it is a naturally energizing herb, it helps to give sufferers that boost they need when dealing with fibromyalgia. Work your dosage up over the course of two or three weeks, and remember to take a break from the Siberian Ginseng at least once every 6 weeks.

You can also talk to your doctor about the possibility of a vitamin D deficiency, which has been known to cause fibromyalgia. A supplement or change in diet may help the problem and thus alleviate your fibromyalgia over time.

Overally, treating fibromyalgia symptoms naturally is actually fairly common. Since doctors and researchers have found that sleep, diet, and other natural aids can be very effective, they are not as quick to prescribe. Do research so that you understand your options and be sure to talk to your doctor before trying any treatment. With the right natural treatment you can fight the pain and fatigue of fibromyalgia without having the risk of drug side effects with a prescription. That means you can feel healthy in all ways and treat your body with respect at the same time. Look for treatments that help your sleep and alleviate pain as these are the two most crippling fibromyalgia symptoms. on the links.

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

<http://www.rapidsgazette.com/category/health/>

or on

<http://www.rapidsgazette.com/2006/06/07/fibromyalgia4/>

, please click on the links.



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