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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

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or on

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

, please click on the links

### **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

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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 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 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.

Overall, 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.

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