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Relief From Fibromyalgia

By Matt Ream

Aching bones, stiff shoulders, fatigue and difficulty sleeping may all be indications of fibromyalgia.

There is no known cure, so it is important to find as much relief from fibromyalgia as possible.

Many sufferers have found relief from fibromyalgia by making changes to their lifestyle. Simple changes like eating better and exercising more, have helped others feel less pain and stiffness, have more energy, and generally feel better overall. Conventional medicine can only treat the symptoms of fibromyalgia, as there is no known cure. Of the changes one could make to their lifestyle, getting more physical exercise is usually the best way. A regular plan of exercise will help stretch the muscles, and improve the health of the individual, which in turn helps to alleviate the pain and stiffness associated with fibromyalgia. Occasional relaxation treatments may also be helpful, if one is not getting the appropriate amount of rest.

One of the most common ways that individuals seek relief from Fibromyalgia is through the use of over the counter medications, which include ibuprofen, which may aid in pain relief. In some cases, a physician may prescribe certain other medications to help aid in relief from Fibromyalgia. In this case, patients must familiarize themselves with the medication and ask any concerning questions regarding potential side effects that may arise from it's use.

Relief from Fibromyalgia may also be obtained through proper sleeping habits. This includes going to bed and getting up at the same time each day, making sure that the sleep area is free from distractions and is a comfortable temperature. In addition, avoiding caffeine will also help individuals to fall asleep better, as will doing light exercise throughout the day and practicing relaxation techniques. In extreme cases, sleep medications may be prescribed. Patients are urged to carefully consider the use of any medication that is addictive, which is often the case with sleep inducing medication.

In addition to the aforementioned options for finding relief from Fibromyalgia, many individuals find that physical therapy, massages, light aerobics, the application of heat or cold, yoga, relaxation exercises, aromatherapy, breathing techniques and nutritional supplements may help some sufferers.

Relief From Fibromyalgia

The information in this article is to be used for informational purposes only. It should not be used in place of, or in conjunction with, professional medical advice. Anyone with questions regarding relief from Fibromyalgia must consult their physician for further information.

Matt Ream is the content editor at FibromyalgiaNoMore. Learn more about finding relief from this debilitating condition at

<http://fibromyalgia-no-more.com>

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

Relief From Fibromyalgia

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/>

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