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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 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.

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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.

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.

Getting Diagnosed With Fibromyalgia

By Jane Thompson

The first step in getting suspected fibromyalgia diagnosed is to find a physician, nurse practitioner or other health care provider who is knowledgeable and compassionate. Maybe it should be the other way around: compassionate and knowledgeable.

The only sure way to find the right health care provider is by trial and error. You can narrow the field by talking to other people, especially people with fibromyalgia or who suffer some kind of chronic pain, and asking for recommendations. Rheumatologists are specialists in treating fibromyalgia, but many times an internist or family doctor is just as knowledgeable and helpful as a specialist.

Make an appointment with your chosen health care provider and tell him or her your story. Describe your pain and other symptoms and tell her how long you have had them. Answer their questions, and get a sense for how you are being treated. If you feel disrespected, or that you are not being taken seriously, make an appointment with a different health care provider. Keep going until you find a professional that you can relate to. Diagnosing and treating fibromyalgia is a partnership between you and your healthcare provider, and you need to be able to work together on this.

You can expect that a health care provider who is knowledgeable about fibromyalgia will take a health history, perform a physical examination, do some blood work and perform a point tenderness test.

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That's the minimum.

The blood work will usually be to make sure there aren't other problems, like rheumatoid arthritis, causing your symptoms. The real "test" for fibromyalgia is trigger point tenderness. The doctor will press on 18 specific areas of your body to test for tenderness. If you have achiness all over and are unusually tender over 11 or more of these trigger points, they will usually conclude that you have fibromyalgia.

Even this is a bit tenuous, though, because, as you know, the pain of fibromyalgia comes and goes. There are many other trigger points over your body that may be tender. The ones that are used for diagnosis were chosen by researchers as the ones most commonly affected.

Until recently, there have been no diagnostic tests for fibromyalgia, other than trigger point tenderness. A few tests are beginning to be used now, though. Your doctor may or may not order these tests; they are not widely used yet and their usefulness hasn't been proven. The tests are:

- * Cytokine levels, which are often abnormal in people with fibromyalgia.
- * APA assay (antipolymer antibody). APA levels are thought to be elevated in people with fibromyalgia.
- * Sleep study. This may be done both because most FMS patients have sleep abnormalities, so an abnormal sleep test makes the diagnosis clearer, and to identify and treat specific sleep problems.
- * MRI or PET scan. People with fibromyalgia have abnormalities in both MRI and PET scan.
- * EEG. Some researchers have discovered EEG abnormalities in people with fibromyalgia.

As more research is done, better, more definitive tests for fibromyalgia may become available. That would be a huge benefit for both patients and health care providers, because diagnosing fibromyalgia would be easier and more certain.

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

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

or

<http://www.eliminatefibromyalgia.com/blog/2006/09/13/getting-diagnosed-with-fibromyalgia/>

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