

Fibromyalgia Syndrome

Fibromyalgia is a chronic condition, the true cause of which is an accumulation of toxicity within the system, stressing the liver, and causing it to overproduce pro-inflammatory chemicals, leading to chronic inflammation, pain and disability. It comes under the umbrella of autoimmune disorders, where the immune system is attacking its own tissues.

It is thought to affect around 2% of the population in developed countries, with patients experiencing musculoskeletal pain and fatigue, often to a disabling degree, as well as many other distressing symptoms.

The most common symptoms of FMS are widespread muscle and joint pain accompanied by tender points and stiffness. Patients may also experience excessive fatigue, unrestful sleep, tension headaches/migraines, bladder/bowel problems, anxiety or depression. Most patients with FMS say that they ache all over. Their muscles may feel like they have been pulled or overworked. Sometimes the muscles twitch and at other times they burn.

FMS is 5-10 times more common in women than in men and typically occurs between the ages of 30 to 50 years, although anyone can be afflicted. A patient will often experience periods of relief or significant improvement of symptoms.

The cause of FMS remains elusive to Western Medicine, but it is recognised that there are many triggering events thought to precipitate onset, such as infection (viral or bacterial), a car accident or the development of another disorder, such as rheumatoid arthritis, lupus, or hypothyroidism. **These triggering events don't cause FMS, but rather they may awaken an underlying physiological abnormality that's already present in the form of genetic predisposition.**

Theories pertaining to alterations in neurotransmitter regulation (particularly serotonin and noradrenalin, and substance P), immune system function, sleep physiology, and hormonal control (particularly cortisol and growth hormone) are under investigation.

Conventional treatment

As the cause is not understood by Western medicine, symptomatic relief is all that can be offered.

Medicines that boost levels of serotonin and noradrenalin – neurotransmitters that modulate sleep, pain and immune system function – are commonly prescribed. NSAIDs like ibuprofen are also commonly recommended, but are generally found to be unhelpful. Due to a lack of understanding of the condition, a drug-based approach tends to be limited to symptom relief which frequently doesn't work, and therefore many patients seek out alternative treatments to ease their symptoms.

However there is a solution...and hundreds of my clients stand testament to that!

In Integrative Medicine and Nutritional approaches to Fibromyalgia we understand that the root cause of Fibromyalgia is something which causes prolonged stress within our system, leading to prolonged low Ph. (causing an acidic blood). As the internal environment becomes unfriendly to our vital good bacteria which make up 80% of our immune system, our defences

become compromised and things get out of balance and start to go wrong. Inflammation is the body's response to imbalance or injury, so chronic inflammation begins its work to heal us. However if the underlying cause has not been addressed, and inflammatory process gets more intense, and chronic. The two possible causes are Toxicity, and Unresolved Emotional Issues regarding self-devaluation (issues resulting in low self-esteem).

Clinical Kinesiology diagnosis

A skilled CK practitioner can easily reveal to you the toxicity present in your system, and offer a specific detoxification regime for your needs. This will enable your body to regain it's ability to function, and the automatic healing process will be unimpeded.

Physiotherapy carried out by a Chartered Physiotherapist can greatly benefit pain and inflammation symptoms, and skilled guidance and advice can help prevent further damage.

Acupuncture carried out by a TCM acupuncturist can greatly elevate pain, speed up healing, and enhance swift relief.

Nutritional factors

Useful supplements for fibromyalgia include:

Hops & Vitamin D

High-strength magnesium

B vitamins

5HTP

Fish oil

Malic acid

For further information call Linda on _442866328200, or email info@lindaburke