

Fibromyalgia Fatigue

Chronic ME and Auto immune symptoms

In my 30 years of practice as a holistic therapist, I have discovered that Fibromyalgia fatigue and chronic ME are flip sides of the same coin. In other words, they come from the same root cause. Some people manifest with fibromyalgia pain and dis-function in their body, while others have extreme tiredness which leaves them unable to experience any quality of life. Fibromyalgia fatigue and chronic ME are autoimmune symptoms of a chronic toxic stress load on the immune system.

Medical research is very good at detecting what the body is DOING in disease, but not good at detecting WHY. This may be due to the agenda of the pharmaceutical companies who are the main spongers of medical research, after all, if we know the CAUSE of fibromyalgia fatigue and chronic ME, we can cure it...no need for drugs!

What is meant by autoimmune symptoms?

Auto (self) immune. In other words, reacting against your self. Autoimmune symptoms are brought about by your body attacking itself. Why should your body turn on itself instead of healing you? Because the immune system (our main healing ally) is grossly over loaded and stretched, bombarded by toxins in our body, and it is on high alert to any perceived danger. It begins to misinterpret normal information (joint, tendon, ligament tissue etc) as the enemy.

If you have fibromyalgia, or chronic ME, you are suffering from pain and a number of other symptoms that come with any major debilitating autoimmune symptoms and disease. If it hasn't done so already, fibromyalgia fatigue has the capacity to ruin your life. In this article you are going to learn about some of those autoimmune symptoms you may not realize are part of having fibromyalgia fatigue, and chronic ME.

All symptoms of autoimmune diseases are similar. Learning about what goes on in your body when you have autoimmune symptoms will also help you understand fibromyalgia fatigue. In this article you will learn what causes fibromyalgia fatigue and many other autoimmune symptom diseases, and about natural and effective treatments that will help you fight fibromyalgia fatigue and reduce the pain.

One of the frustrations with fibromyalgia fatigue is it has many symptoms that make you feel lousy that aren't easily diagnosed. So friends, family and doctors don't easily believe that you are truly ill. Of course, the one symptom common in fibromyalgia is pain in the muscles, ligaments, and tendons – the soft fibrous tissues in the body, and in chronic ME...extreme debilitating tiredness.

So that you and your family can better understand the magnitude of symptoms related to fibromyalgia fatigue, here is a list of symptoms that are common to

fibromyalgia fatigue and many other autoimmune symptoms diseases. If you have fibromyalgia fatigue, you may not experience all of these symptoms, but you probably experience most of them.

Pain and Fibromyalgia fatigue: The pain of fibromyalgia fatigue has no boundaries. People describe the pain as deep muscular aching, throbbing, shooting, and stabbing. Intense burning may also be present. Often diagnosed as a separate illness, fibromyalgia fatigue is basically a symptom that can occur with any autoimmune symptoms disease. If you have it, you've got pain. Often in the neck and in shoulder muscles extending down the back. Can be in the joints and muscles also. It is caused by chronic inflammation. Inflammation is our healing mechanism. Yes it causes pain, but it is supposed to complete the healing and turn its self off. In autoimmune symptom disease it is unable to do this because it is YOU the immune system is fighting, not a disease.

Chronic ME Fatigue: It's not a good fatigue, from working hard, but an anxious, uncomfortable fatigue related to lack of sleep. The fatigue has been described as "brain fatigue" in which patients feel totally drained of energy. Or a disruption of the energy production mechanism in cells, either from lack of oxygen, increased toxicity, infections or a malfunction of the mitochondria. Specific toxins from our environment block certain metabolic pathways in the body, causing chronic ME.

Sleep Disturbance: About 80% may wake up three or four times a night, or in some cases you don't wake up, but in the morning you still feel like a truck ran over you. The reason for this is that subliminal seizures kick you out of stage 4, Delta sleep, to stage 1 sleep so you can't sleep deeply and wake up not rested. This is another recognises symptom of toxicity.

Irritable Bowel Syndrome - Constipation, diarrhoea, frequent abdominal pain, abdominal gas, and nausea represent symptoms frequently found in roughly 40 to 70% of fibromyalgia fatigue patients. The cause is usually a combination of toxic residues, and Candida.

Chronic headaches - Recurrent migraine or tension-type headaches are seen in about 50% of fibromyalgia fatigue patients and can pose a major problem in coping for this patient group. Again, a toxicity sign.

Temporomandibular Joint Dysfunction Syndrome - This syndrome, sometimes referred to as TMJ or TMD, causes tremendous jaw-related face and head pain in one quarter of fibromyalgia fatigue patients. However, a 1997 published report indicated that close to 75% of fibromyalgia fatigue patients have a varying degree of jaw discomfort. Typically, the problems are related to the muscles and ligaments surrounding the jaw joint and not necessarily the joint itself. A great number of people grind their teeth in their sleep. This is a sign of stress...either psychological, emotional or physiological stress.(toxicity)

Short Term Memory Loss: Because of the low thyroid and heart complications typical in autoimmune symptoms diseases, there is a decrease in blood flow to the left lobe of the brain causing an oxygen deficiency in the brain. This can lead to the memory loss and forgetfulness that is common in autoimmune symptoms diseases.

Emotional Liability: Someone may cry more easily, be more anxious and fearful. This is caused by the illness, and is not a psychological reaction!

Depression: As with the emotional symptoms, the hypothalamus is involved. This is not clinical depression, but literally has a physical cause that is sometimes experienced as a deep depression right in the heart.

Low Thyroid Function. About 85% have this symptom, but only about 10% of the time does it show up on a typical thyroid test. If you get tested, have both a T3 and T4 done. About 10% have excessive hair loss. For most everyone, a poorly performing thyroid will show up as subnormal temperatures. The Thyroid gland controls metabolism, and the rate at which energy is converted from food into a usable fuel. Low Thyroid function results in poor energy conversion, fatigue, and pain.

Gastrointestinal Problems: About 75% have this symptom. Can be anything from gas, bloating, cramps, diarrhoea or constipation to hiatus hernia, irritable bowel syndrome or Crohn's Disease. Toxins produced by Chronic Systemic Candidiasis Overgrowth is often the culprit.

Swollen Glands, Chemical Sensitivity: Allergies often develop, usually after 3 to 5 years. Eyes can be light sensitive for 6 months or longer. Dry eyes can develop. About 20% experience a very uncomfortable disequilibrium of vertigo, almost an out of body feeling that can be most disconcerting.

Low Blood Sugar: Most people with autoimmune symptoms diseases have low blood sugar.

Candida Yeast Infections: These are very common. Check your tongue. If it has a white coating, you have it. Or take the spit test you will read about later. Women may get vaginal yeast infections caused by Candida overgrowth. A Candida infection on its own can cause a number of autoimmune symptoms. Sinus infections often are caused by Candida.

Tingling hands. Ringing ears. Cold toes. Cold fingers. Metallic taste in mouth. Caused by poor circulation. Interference in blood flow is often the result of heavy metal or chemical toxicity..

Overdoing: You over exercise or overwork when your are feeling good, and then feel worse for days afterward. This can cause serious problems. In healthy people the body shuts down when the anaerobic threshold is reached as a lot of pain is experienced. This warning does not occur if you have an autoimmune disease. Instead, the body continues to exercise and experiences no pain as the lactic acid builds up, and the body ends up recirculating carbon dioxide. This is *not* a healthy thing to have happen to you. It is important not to push too hard when you start recovering, or this will set you back and wipe you out.

Fluttering Heart. Panic Attacks. Rapid Heartbeat. Mitral Valve Prolapse. Usually blood pressure is low, though it can get high later on. The heart under-pumps blood because it is getting incorrect messages from the autonomous nervous system. The body's feedback loop picks this up and over-reacts. And you get these symptoms.

The key to curing Fibromyalgia fatigue and chronic ME is to find the specific cause in each individual. In orthodox medical practice this is not a priority at all. Autoimmune symptoms are simply disguised with various drugs, while the disease continues.

An accurate diagnosis of the underlying cause of your Chronic ME or fibromyalgia fatigue can be undertaken using Clinical Kinesiology. This is a non-invasive diagnostic method which is used in this practice. Once the specific toxin or toxins have been revealed, a specific detoxification regime can be prescribed. Results over the past years have been extremely encouraging, and many clients have returned to a pain free and vibrant quality of life. wellness can return.