

FIBROMYALGIA/ CHRONIC FATIGUE



Fibromyalgia (FMS)

- A rheumatic disorder characterized by chronic, achy muscular pain that has no obvious physical cause
- Most common areas involved:
 - Lower back, neck, shoulders, back of head, upper chest and/or thighs

FMS (Continued)

- More common in females than in males, usually between the ages of 34 - 56
- Symptoms can be triggered & worsened by overexertion, stress, lack of exercise, anxiety, lack of sleep, trauma, extreme temperature, humidity & infectious disease

Possibly Causes of FMS

- Some evidence points to problem with the immune system
- Other causes may include:
 - Mercury poisoning from amalgam dental fillings, Candidiasis, parasites, Epstein Barr Virus, hypoglycemia, hypothyroidism

Sleep Patterns Associated with FMS

- 90% of fibromyalgia patients fall asleep without much trouble
- Deep level sleep is constantly interrupted by bursts of awake-like brain activity
- Low Serotonin levels contribute to poor sleep patterns
- Human Growth Hormone (HGH) is not secreted due to poor sleep patterns
- Lack of sleep is strong trigger to pain associated with Fibromyalgia so cycle continues

Heavy Metal Toxicity Associated with FMS

- Problems caused specifically by mercury amalgam fillings are:
 - Chronic fatigue syndrome & lack of energy
 - Chronic inflammatory changes including fibromyalgia, rheumatoid arthritis
 - Lowering of the pain threshold
 - Disturbances of the immune system

The Domino Effect of Mercury Toxicity

- Bruce Shelton, MD reports that 90% of his patients with mercury amalgams have an overgrowth of candida
- Candida overgrowth is a protective measure of the body to eliminate heavy metals from the digestive tract
- The next stage of the domino effect is the Leaky Gut Syndrome

Dysbiosis/Leaky Gut Issue Associated with FMS

- Ultimate progression of dysbiotic condition
- Intestinal wall becomes unprotected → macromolecules & other microorganisms pass through compromised intestinal walls → absorbed in bloodstream → IgG4 defense cell reaction → can lead to:
 - Pain & swelling at fibromyalgia tender points

Fibromyalgia Statistics

- 40 - 70% of fibromyalgia patients show symptoms of **Irritable Bowel Syndrome**
- 50% of fibromyalgia patients experience recurring **migrane or tension-type headaches**
- 90% of fibromyalgia patients have **jaw & facial tenderness**
- 50% of fibromyalgia patients experience **sensitivity** to noise, bright lights, medications, odors & various foods

Chronic Fatigue Syndrome (CFS)

- Chronic Fatigue Syndrome is characterized by:
 - History of extreme exhaustion lasting at least 6 months
 - Biochemical abnormalities
 - Exhaustion can be brought on by the slightest effort
 - Patient feels need to sleep all the time, even in the presence of insomnia
 - Aches, fever, sore throat & inability to concentrate are consistent symptoms
 - Many patients meet requirements for both fibromyalgia & chronic fatigue syndrome

CFS Statistics

- Estimated between 100,000 & 250,000 Americans have seen physician for CFS, but many researchers suspect number is closer to 90 million sufferers worldwide
- People suffering with CFS & FMS are often misdiagnosed with depression
- Majority of cases occur in women between 25 & 45 years of age, but also occurs in men, children, adolescent & the elderly
- As many as 25.3% fo women & 27% of men diagnosed with CFS are on disability & unable to work
- Disability claims relevant to CFS have risen 500% since 1989

CFS

- CFS is considered to be disorder of the immune system
- Many professionals make the assumption that CFS & FMS are the same
- Both appear to be neurotransmitter dysfunctions
- Many people diagnosed with CFS actually have FMS & the alpha delta sleep anomaly is causing the fatigue
- Well managed FMS patients may have little or no fatigue at all

CFS (Continued)

- Many professionals state CFS develops as a result of a combination of:
 - Nutrition deficiency
 - Acquired toxicity (environment, foods, dental, & drugs)
 - Poor stress coping abilities
 - Acquired systemic infections including parasitic overgrowth
 - Food allergies

Common Patterns

- Many practitioners have observed the following common patterns among those who contract CFS:
 - A history of childhood trauma or abuse in a high percentage of cases
 - A tendency to intellectualize & be less in touch with emotions & body
 - A sensitive constitution with codependent traits, putting others' needs before their own
 - A tendency to overwork & ignore the need to rest
 - Prolonged stress or overwork prior to onset of the disease

Diagnostic Criteria

- The CDC has developed the following diagnostic criteria for the disorder of CFS:
 - Fatigue has a new or definite onset; is unexplained & persistent or relapsing; is not the result of ongoing exertion; is not significantly alleviated with rest; has resulted in a significant decrease in prior levels of functioning
 - 4 or more of the following symptoms occur simultaneously: impaired concentration or short-term memory; tender cervical or axillary lymph nodes; muscle pain, multi-joint pain with redness or swelling; sore throat; headaches of a new pattern, type or severity; post-exertional malaise that lasts more than 24 hours; unrefreshing sleep

Associated Disorders

- Depression
- Anemia
- Cardiovascular Disease
- Irritable Bowel Syndrome
- Fibromyalgia
- Narcolepsy
- Arthritis
- Lung Disorders
- Diabetes
- Adrenal Insufficiency
- Allergies
- Obesity
- Stress
- Sleep Disorders or Inadequate Sleep
- Heavy Metal Toxicity
- Nutritional Deficiencies
- Thyroid Problems
- PMS
- Hormonal Disorders
- Many Medications

Diet Recommendations

- Eat 4 - 5 small meals daily to keep a steady supply of protein & carbohydrates available for proper muscle function
- Eat a well-balanced diet of 50% raw foods & fresh “live” juices. Diet should consist mostly of vegetables, fruits, whole grains (primarily millet & brown rice), raw nuts & seeds, skinless turkey or chicken & deep-water fish. These quality foods supply nutrients, renew energy & build immunity.
- Drink a minimum of 8 - 10 oz glasses of quality filtered water daily - this helps flush out toxins
- Limit consumption of green peppers, eggplant, tomatoes - these foods contain solanine, which interferes with enzymes in the muscles & may cause pain & discomfort
- Do not eat meat, dairy products or any other foods high in saturated fats. Saturated fats raise cholesterol levels & interfere with circulation. They also promote inflammatory response & increase pain

Diet Recommendations

- Avoid fried foods, processed foods, shellfish & white flour products such as bread & pasta, lunch meats, smoked foods & processed meats. Avoid trans-fatty acids (animal fats or partially hydrogenated vegetable oils). Eliminate pork.
- Do not consume any caffeine, alcohol or sugar. Eating sugar in any form - including fructose & honey - promotes fatigue, increases pain & disturbs sleep. Use Stevia instead of sugar
- Wash produce in mild soap & water solution or apple cider vinegar to rid of pesticides & fungicides.
- Avoid fast food & microwaveable food. Prepare whole foods
- Avoid foods containing phosphates, dyes & other food additives

Lifestyle Recommendations

- Maintain a regular program of moderate exercise
- If you have been sedentary, start slowly & be careful not to overexert yourself - this can aggravate symptoms. Keep in mind that what you need is some amount of daily exercise. Once your body is accustomed to regular exercise, symptoms are likely to improve
- Take a shower or bath upon rising to stimulate circulation & help relieve morning stiffness. Alternate between hot water & cold water while showering. Recent studies have shown cold showers to be beneficial for relieving pain of fibromyalgia
- Avoid physical & emotional stress.

Avoid Chemical Exposures

- Permanent press & dry-cleaned clothing contain chemicals such as formaldehyde that may further strain the immune system in an already compromised system
- Aerosol sprays (hairsprays, antiperspirants, room deodorizers, shoe polish & paint) may contain methylene chloride, a suspected carcinogen
- Laundry detergents contain chemicals that can damage the liver
- Bleaches can irritate not only the skin, but the lungs as well
- Spot removers may contain toluene, a toxic chemical that can cause muscle weakness, fatigue & confusion
- New carpet releases many chemicals such as formaldehyde into the air
- Old carpet harbors mites, microbes & bacteria
- Personal care products such as cosmetics, shampoo, lotions & soaps contain methylene chloride & other chemicals that are potentially toxic