

Managing Fibromyalgia

7 Plus 2 Important Things To Do For You

1. WATER – because dehydrated muscles are “dry,” stiff and painful. Most Americans are mildly dehydrated to begin with, but those with a chronic illness need even more water than the average bear. To figure out how much water you need, divide your weight by 2, then drink that many ounces of water per day. For example, $160 \text{ lbs} \div 2 = 80$ ounces of water per day.

2. MOVE – because when you don't, you hurt even more—and longer. Shrug your shoulders. Roll your ankles. Shake your hands. Scrunch your toes. Rock in a rocking chair. Walk from the front of the house to the back of the house. Slowly walk up or down the stairs. Walk out to the back yard and enjoy the sunshine. Walk around the block

3. CUT BACK on SUGAR – because sugar interferes with the action of the minerals, magnesium and calcium, which help ease your pain. Sugar suppresses your immune system and messes with your hormones, including insulin and thyroid. Soft Drinks actually “steal” magnesium and calcium molecules from your body rendering them useless. Use [Just Like Sugar®](#) for sweeteners instead because it actually aids the absorption of magnesium and enhances fat metabolism

4. EAT MORE FRUITS AND VEGGIES – because they boost your immune system and provide valuable antioxidants. They add important enzymes, prebiotics, vitamins and minerals that are invaluable to a body's fight against illness.

Before taking any supplements check with your Health Care Practitioner. Always tell your HCP of any medications or supplements you are currently taking.

5. ADD a GOOD MULTI-VITAMIN – because even if you eat the very best organic whole foods, you may still not be getting enough of those important trace minerals like selenium, manganese, copper, etc. A good high quality multi- vitamin provides not only the basic essential vitamins but also these very important trace minerals as well.

6. INCREASE MAGNESIUM – because magnesium helps ease Fibromyalgic muscle pain. Most Americans can be classified as having magnesium insufficiency. Magnesium is involved in over 325 biological functions, including the relaxation of muscles and cells! Calcium contracts; magnesium relaxes. If your muscles contract more than they relax, you are in pain! Recommended dose is 250mg of absorbable magnesium—magnesium citrate, magnesium chloride, magnesium glycinate, magnesium malate, magnesium aspartate— two times a day to start, and work up to three or four times a day. Magnesium oxide is helpful if you need a laxative effect. Also check out Malic Acid. It is a great pain reliever and is often combined with magnesium to make an extremely effective and helpful muscle pain reliever.

7. ADD EPA-DHA OMEGA 3 – because this fatty acid reduces inflammation, helps muscle and joint pain and sooo much more. EPA-DHA helps depression, irritable bowel, arrhythmia, confusion and “fuzzy thinking,” eczema, glaucoma, neuropathy and many more conditions affiliated with Fibromyalgia. You'll find even more listed at The National Institute of Health (NIH). But don't use just any fish oil. The EPA-DHA do the work. Nearly all the tests and studies at NIH use 500 mg to 1500mg of EPA/DHA per day, not the total milligrams of “fish oil,” but actual EPA/DHA. Be sure to check the label for the amount of EPA/DHA per capsule.

PLUS 2

1. ADD VITAMIN D – because vitamin D helps pain. Everyone who lives in the northern part of the United States needs extra vitamin D, especially in the winter. Seniors and those with a dark pigmented skin need extra vitamin D because their body makes an insufficient amount on its own from the sun. According to WebMD recent studies have shown that vitamin D deficiency is linked to osteoporosis, breast cancer, heart disease, depression, autoimmune diseases, high blood pressure and more. Recommended dose is 1000 mg – 3000 mg daily.

2. ALPHA LIPOIC ACID – because it is very effective in helping nerve pain. In Europe Alpha Lipoic Acid (ALA) has been used very successfully for over 30 years for diabetic neuropathy. But it is also a super-antioxidant because it is both water and fat soluble. This means it can work all throughout your body, unlike other antioxidants which are either water or fat soluble and limited where they can work. And, unlike any other antioxidant, ALA actually recycles vitamins C and E. It cleans them up and puts them back to work as antioxidants in their own right!