

Fibromyalgia

by Dr. Steven Silverman

Fibromyalgia is a condition characterized by widespread pain in all four quadrants of the body which is present for at least three months. There are usually many tender points throughout the body upon palpation (frequently 11 points out of 18 specific points) usually accompanied by the following symptoms; weakness and fatigue, jaw pain, post exertion malaise and muscle pain, numbness and tingling, skin sensitivities, morning stiffness, irritable bowel, chronic headaches, memory impairment, menstrual cramping/ PMS, and dizziness or impaired coordination.

The diagnosis of fibromyalgia is really one of exclusion. With the above symptoms blood work will be necessary to rule out any type of arthritis or inflammatory conditions such as lupus, lyme disease, or any other condition that can lead to similar complaints. Typically the blood tests of most fibromyalgia patients are relatively normal and in the absence of an identifiable positive blood finding along with the above symptoms the 'label' of fibromyalgia is given.

Fibromyalgia is nothing more than a body that is extremely toxic and has lost its ability to detoxify. When the liver loses its ability to unload toxins from the body there will be fatigue and brain fog, and literally a poisoning of the body which will affect the muscles and joints. There is much investigation as to the chemistry that takes place with this condition and some indication that the body doesn't break down lactic and pyruvic acid properly which causes the muscle pain. Pyruvic acid and lactic acid both need a form of vitamin B1 to be metabolized properly called thiamin pyrophosphate. This form is relatively difficult to find however there are several forms on the market. Other supplements that you might hear recommended often is malic acid, the entire B complex, oils such as primrose, borage, or flax, fish oils - EPA-DHA, magnesium, calcium, glucosamine sulfate, along with many others.

Many sufferers of this condition despite reading and trying many promising nutritional supplements do not get well. That is because most people are missing the underlying problem - detoxifying their bodies. A toxic body is a very food and chemically sensitive body. Until you are very clear as to which foods your body is reacting to it will be near impossible to get well. One of the first things that must be done is to have food sensitivity testing and to only ingest those foods that do not upset your chemistry and further create liver toxicity. Commonly people with fibromyalgia react poorly with yeast products, dairy, refined and

processed foods - including chocolates, sweets and candies, sodas, artificial sweeteners, and should

absolutely avoid coffee and tea even if it is decaffeinated. Herbal teas are usually well tolerated. Only use good quality bottled water or properly filtered water with a solid carbon block filter or reverse osmosis. Cook your foods with this same water as your cooked foods will hold on to the toxins in tap water.

It is not uncommon in more advanced cases to see a malabsorption syndrome and these people have very limited ability to utilize nutrients. This usually involves small intestine and thymus function and is fairly rapidly restored as proper liver detoxification takes place.

The body of one with fibromyalgia is extremely sensitive and the belief that if a nutrient doesn't help it can't hurt is not necessarily true. I have seen many patients reactive to the very nutrients that they need and make matters worse. The only way to determine what vitamins, minerals, herbs or homeopathic remedies your body will respond to is by having them tested by a health care provider extremely well versed with Applied Kinesiology.

If you are a relatively new sufferer of fibromyalgia it certainly pays to try a strict dietary modification along with nutritional supplements. If after several months you are not doing well you must seek out care from a practitioner well versed and experienced in treating this condition. Most people are suffering needlessly and proper treatment over time will usually result in dramatic improvement and quality of life changes.

Dr. Silverman is a chiropractor/kinesiologist and state certified nutritionist who has been in practice for almost 20 years. He has taught college level courses in holistic health and nutrition and has appeared on many T.V. and radio shows including the Gary Null show and News 12. He has lectured and consulted for several homeopathic and nutritional companies and has two offices, one in Hauppauge(724-6780) and one in Roslyn (484-0776.) Dr. Silverman is offering a free seminar on the musculo-skeletal and neurological affects of Fibromyalgia, Chronic Fatigue, Chronic Lyme disease, Epstein-Barr Virus, Candida, and Multiple Chemical Sensitivities in his Roslyn office on Wednesday, May 3rd and in his Hauppauge office on Thursday May 11th both at 7:30 P.M.. Because seating is limited reservations are required.