

## **Fibromyalgia – Special Report # 5**

# ***Managing Fibromyalgia and Chronic Fatigue***

***...What Your Doctor Doesn't  
Tell You!***

**The Institute Of Nutritional Science**

**[www.HealthyInformation.com](http://www.HealthyInformation.com)**

**1-888-454-8464**

**[AskTheDoc@HealthyInformation.com](mailto:AskTheDoc@HealthyInformation.com)**

This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

**© Copyright 2013 - K. Steven Whiting, Ph.D.**

# Managing Fibromyalgia and Chronic Fatigue

## *....What Your Doctor Doesn't Tell You*

### **Introduction**

The passage of time brings with it new health challenges to the human race. Diseases and health conditions seem to have lives of their own, rising from relative obscurity to epidemic proportions and then, slowly, tapering off to a fraction of the frequency of their 'heyday'.

When considering infectious disease, one can easily see how this occurs. As a bacteria or virus invades the human population, initially, there is little resistance. As the body begins to better equip itself to this new pathogen, its effects begin to lessen. Over time, medical treatments and the body's own immune response, cause most infectious diseases to diminish.

It's interesting, however, to apply this same process to non-infectious diseases. Commonly called Chronic Degenerative Diseases or disorders, these seem to have a much longer life. Once they begin to appear in the human population, they never really diminish in frequency, but rather continue to steadily climb in percentage of the population affected.

With each passing decade, it seems, we see the rise of a 'new' chronic condition. Since these don't, for the most part, come from a pathogen, what causes them to arrive and then, subsequently, continue to increase to near epidemic proportions?

I can remember in the 1960's the medical fad was Tonsillitis. If you grew up in the 50's and you still have your tonsils, it's a miracle. Everyone was having the little glands removed as if it were the chiquest thing to do.

By the 1970's, it was breast removal. Women were subjecting themselves to routine 'prophylactic breast removal', or the concept of removing healthy breasts *before* they became Cancerous.

The 1980's brought about the awareness of Systemic Yeast Infections or Candida Albicans proliferation. Everyone was dieting and taking various supplements to try and control ravaging yeast infections. This condition, by the way, is still epidemic, especially among women. We just don't seem to talk about it anymore, like we used to.

(For more information on Yeast Infections, refer to Special Report # 9 entitled ***Eliminating Yeast Infections & Systemic Candidiasis*** or take the Self-Test later in this report, to determine if you have a Systemic Candida problem)

The 1990's brought about the rapid and widespread occurrence of another chronic non-infectious condition, which had very little notoriety in past years. It is a condition of varying symptoms. Hence, it is difficult to diagnose. Even today, over a decade later, doctors are still at odds as to what it is, what causes it and even if it 'is' at all. We have come to call this new mysterious condition Fibromyalgia, or more accurately the Fibromyalgia Syndrome.

Like many chronic conditions, Fibromyalgia can be very elusive, evading diagnosis for many months or years. It is not uncommon for people to be treated for a wide variety of other conditions, before they are finally diagnosed as having Fibromyalgia Syndrome.

While no one knows for sure what really causes Fibromyalgia, medical science has made some small headway into the causes and hence, is beginning to offer some treatment modalities to patients suffering from the condition.

What we do know is that the symptoms of the condition, which can be severe, are very real indeed. Theories such as *autoimmune involvement, biochemical disorders, previous trauma* or other *physical injury*, and even a *hormone imbalance*, (9 out of 10 Fibromyalgia sufferers are women) have been suggested as causative factors for Fibromyalgia.

The problem is that none of these, alone or together, can account for all the patients with the condition. There are many people with Fibromyalgia that don't have any of the above at all.

In this Special Report you will read about research conducted here at The Institute of Nutritional Science on the condition known as Fibromyalgia. We will attempt to tell you what we know about what it is, what the symptoms are, and most importantly, why we feel these symptoms and the subsequent discomfort, occurs.

We don't claim to have all the answers about this mysterious disorder, but what we do know, after working with thousands of women and men, suffering from the condition, is that certain factors can be found in ALL those with Fibromyalgia. When those factors are addressed, varying degrees of relief are obtained.

There are still many unanswered questions such as why do many people who follow this program achieve tremendous results, while others seem to receive minimal relief?

Much more research is needed before such questions can be honestly answered. In the meantime however, we would like to present to you a program that has helped thousands of Fibromyalgia patients to live a much more normal life, free of the restrictions and pain that this condition so often presents.

We would love to hear from you regarding your results with our program, should you elect to give it a try. Through your feedback, we continue to refine our work and hopefully, uncover more and more knowledge into this mysterious condition.

## **What We Know About Fibromyalgia**

Fibromyalgia is not a fixed condition. It can vary from patient to patient. Some will have one set of primary symptoms, while others will have a much different cluster of effects. Fibromyalgia can appear to 'come and go' as it were, with symptoms almost completely disappearing for days or even weeks at a time, only to return with a vengeance, almost crippling the sufferer. Once returned, these debilitating symptoms can last for weeks, months or longer.

Let's take a look at the symptoms, as we know them. The majority of people suffering from Fibromyalgia have expressed the following symptoms either pretty much consistently or occurring and then reoccurring with some regularity.

- \* *Muscle stiffness and pain, especially at specific trigger points*
- \* *Overall body aches*
- \* *Depression*
- \* *Flu-like symptoms – often severe in nature*
- \* *Insomnia or other sleep disorders*
- \* *Extreme crippling fatigue (many sufferers also have been diagnosed with Chronic Fatigue)*
- \* *Mental confusion, or foggy thinking*

While these are the primary symptoms of those suffering from Fibromyalgia, the longer the condition persists, the greater the chance for additional factors to develop:

- \* *Irritable bowel syndrome (IBS)*
- \* *Cystitis (chronic)*
- \* *Arthritis*
- \* *Headaches*
- \* *Chronic Fatigue Syndrome*
- \* *Tinnitus (ringing in the ears)*
- \* *Tingling in the extremities*
- \* *Restless leg syndrome (a shaking of legs and feet due to irritability and anxiety)*

Once the sufferer has one or more of these conditions to deal with, their lives often take on a dismal existence.

Another thing we know about Fibromyalgia, although we don't know exactly why, is that it, primarily, strikes women – although not exclusively. Since it is diagnosed in women of all ages, including female children, hormone involvement has been hard to establish as anything but a possible secondary factor.

Later on in this Special Report, we will be discussing some of the factors that *always* appear in all Fibromyalgia sufferers. This makes their involvement a very positive factor in the disorder, since they are always present in every sufferer.

Further, the majority of symptoms that seem to always be a part of the disease profile, are all linked to one common cause, namely *excess Hyper-toxicity* of the living system of the human body.

Once we can effectively detoxify the body and lower the intra and extra cellular toxins, many of the symptoms of Fibromyalgia lessen or disappear altogether.

More about that later, for now, let's find out if you have this condition in the first place. The following is a *Self-Test* to help you narrow down the possibility that Fibromyalgia is at the cause of your discomforting symptoms.

1. Pain. Do you have pain in specific areas of the body? Is it often severe? Do these areas display any physical signs such as redness, bruising or swelling?
2. Do you find yourself sleepy several times during the day?
3. Do you feel an inner exhaustion that doesn't seem to ever go away?
4. Do you have trouble sleeping?
5. Does your physical discomfort cause you to be moody, or depressed?
6. Do your symptoms, and the accompanying pain, come and go, some days being better than others and some days much worse?
7. Have you had these symptoms for three months or longer?
8. Do you find yourself making excuses for not doing things because of the way you feel?

If you can answer 'Yes' to three or more of these questions, you may indeed have Fibromyalgia and you should make an appointment with your doctor and make him/her aware of these specific symptoms.

## **Looking at Possible Causes of Fibromyalgia**

Currently, we have a list of 'causes', which are being considered in the development of Fibromyalgia. The problem is that none of these factors seem to cause the disease with any degree of regularity, nor are the factors at all related to each other. In science, this is suspect because it cannot be duplicated with any degree of regularity.

There are, as you will soon see, however, underlying factors, which do indeed link these factors together and it's my belief that it is these underlying factors that need to be addressed.

### **Physical Trauma**

Sports injuries, automobile accidents and other serious physical injuries to the human body might be a factor in the later development of Fibromyalgia. Many sufferers recall such experiences in their past. Another form of physical trauma can come from infectious disease, which leaves the body vulnerable to Fibromyalgia, sometimes much later in life.

What is dismaying about this thinking is that there are just as many Fibromyalgia patients that have never suffered any kind of physical trauma at all.

### **Viral, Bacterial or Chemical Causes**

Some researchers are convinced there is a link between Fibromyalgia and certain pathogens. There seems to be a link between those who have suffered from such conditions as Mononucleosis, the bacteria that cause ulcers, autoimmune reactions, Hepatitis C, Epstein-Barr virus, Lyme Disease, and those suffering from 'Gulf War Syndrome'.

Again, in each and every instance, there are more people who have had these diseases and conditions and NOT developed Fibromyalgia, than those that have. This once again smacks in the face of good science, which says that in order to establish a premise as fact, it must be repeatable.

## **Environmental Causes**

Some studies with Fibromyalgia patients have revealed a possible connection between chemical sensitivities and/or environmental allergies such as chemicals, smoke, plants, or other irritants.

There are a significant number of Fibromyalgia sufferers that also display allergies or allergic-like symptoms. Once again, not everyone with Fibromyalgia has allergies.

Other chemicals in the environment and those ingested seem to be contributing factors either to the disease itself or certainly to making the symptoms worse. One of the most common chemicals known to increase the severity of symptoms in Fibromyalgia sufferers is found in common Aspirin. More about this later.

## **Genetics and Fibromyalgia**

As we learn more and more about human genetics, we are able to trace many diseases back to specific mutations in the human genome. Even though the entire human genetic code has been mapped, we are still a long way away from being able to use this information to identify all the diseases and disorders possibly linked to this cause.

As of now, there is no hard evidence to show that Fibromyalgia is linked to genetics. What about heredity? Can it run in families? Some people believe that it can, sighting the fact that Fibromyalgia has occurred in several members of the same family. This might be true, but the majority of Fibromyalgia patients claim to be the first and only member of the family to have the condition.

When you look back at all these currently accepted possibilities for Fibromyalgia, you find more patients that don't fit the mould than do. What does this mean? As a researcher and biochemist, I must naturally look to factors that link all of these potential causes together. Once those are found, I am much closer to finding a common denominator in all patients. Once this duplication can be established, we are then on the way to understanding the factors that affect ALL Fibromyalgia patients and just some of them. This is valuable information if a program to address these underlying factors is to be developed.

## **The Common Link**

If we look at the universal symptoms common to most all Fibromyalgia patients such as pain, stiffness, sleep difficulties, fatigue, mental confusion, & depression, and add in the possible causes for the conditions listed above such as chemicals, chemical allergies, infectious pathogens & physical trauma, we can find a common link between them all.

In each instance the causative factor or symptom can be linked back to excessive toxicity of the living system of the human body. It is well known that excess cellular and systemic toxicity produces the very same symptoms as Fibromyalgia such as fatigue, depression, inability to sleep well, stiff & achy joints, and even non-specific pain.

Further, if we look at the many proposed theories as to possible causes of Fibromyalgia, we will also see that these conditions produce excessive amounts of toxic material within the body. Allergy sufferers are always dealing with toxic buildup in the body due to the presence of Histamines in their body and the subsequent chemical wastes that they produce.

Any time we contract an infectious disease of any kind, the simple act of the body's defense system fighting off the invading pathogen produces incredible amounts of toxic material. This is why doctors always recommend consuming extra high amounts of fluids, especially water, during such episodes, in an attempt to aid the body in removing these poisons. Lastly, when we experience a physical trauma of major proportions, the subsequent healing process produces high amounts of internal toxic material.

It can be seen that while each individual symptom and possible cause may be totally unrelated and their presence unrepeatably, there is an underlying factor, which either contributes to virtually every symptom or is the result of every possible cause, which is the build up of excess toxic waste material throughout the body.

Once this universal common link was discovered, I began looking at ways to detoxify the body and lower the threshold of toxins in Fibromyalgia sufferers. The results, in most cases, were astounding. As the toxins were removed from the body, patients felt a steady cessation of their symptoms; many even became symptom free.

Over recent years, I have spent many countless hours working with Fibromyalgia sufferers to develop a protocol that would best address the detoxification concept as well as provide key nutrients, which would take care of the changes in their body chemistry accompanying this condition. The results of that effort are detailed later in this booklet. In the meantime, let's look at some of the other existing remedies and how they may help or hinder your recovery.

## **Current Methods of Managing Fibromyalgia**

### **Over-the-Counter Drugs**

Several over the counter drugs have been promoted as offering possible relief from some of the symptoms of Fibromyalgia. While the results, of using, these substances can vary greatly with each user, we include them for your consideration.

A common cough medication found in many cough syrups and cold and flu preparations called Guaifenesin, has gained considerable popularity in the treatment of Fibromyalgia. In fact, there have been a few books written on the so-called Guaifenesin Program exclusively. The theory behind using this substance, which is an expectorant, is that it helps to remove specific toxins called Phosphates from the body of the sufferer and hence reduces the symptoms.

This may or may not be true, but again, it goes back to the concept of excess toxicity in the body. There are certainly much better ways to detoxify the body than by having to take excessive amounts of a chemical such as Guaifenesin.

Studies show that in order to gain any appreciable amount of result from this medication, you must also follow a strict diet, and avoid many other substances, especially Salicylates, which are found in many other medications, especially Aspirin. There have been extremely mixed results from following this program, with far more patients getting no benefit at all.

Over the counter pain killers are often used to help control the discomfort of Fibromyalgia and to help the sufferer to sleep at night. The drawbacks to these are obvious.

If you use an occasional pain killer or NSAID (Non-Steroidal Anti-Inflammatory Drug) because you made a bit too much merry on a Saturday night, very little is likely to happen to you. However, if you must rely on the maximum dose of these medications, day after day, the picture can be much different.

Over use or abuse of these or any medications can cause side effects not experienced at lower doses. Side effects, at these higher doses, include gastrointestinal upset, ulcers, stomach bleeding, headaches, ringing in the ears, dizziness and a rebound effect.

Many sufferers of Fibromyalgia have tried other cold remedies such as Dextromethorphan, an anti-cough medication. Some research shows that this medication can bring some relief from pain, but again, it must be used at very high doses to get results.

Those patients who discover that they also suffer from one or more allergies, especially to environmental and chemical irritants, may benefit from taking an antihistamine. Many such drugs exist today over the counter. Two of the most popular being Benadryl, which causes severe drowsiness in some people, and the more recent Claritin, which has just been added to the over the counter group of drugs. If you have trouble sleeping, Benedryl may be your best choice as it may help with the insomnia as well.

Prescription medications are often used by doctors, to bring relief to their Fibromyalgia patients. Muscle relaxants such as Baclofen, Norflex, Skelaxin, Soma, and Zanaflex are typical muscle relaxants being used with Fibromyalgia. Used for temporary pain relief, these drugs can have many adverse side effects such as gastrointestinal distress.

Pain killers, a powerful group of narcotic – like drugs are used in more severe cases. The biggest downside to these medications is their addictive properties, often making them difficult if not impossible for the Fibromyalgia patient to do without.

In recent times, doctors have begun using anti-depressants to treat some symptoms of Fibromyalgia. Some of the common drugs for this purpose include Adapin, Effexor, Amitriptyline, Paxil, Prozac, and Zoloft. Many of these drugs are designed to raise Serotonin levels in the blood. Serotonin is a brain chemical, which is found to be consistently low in Fibromyalgia sufferers, especially those who also suffer from Chronic Fatigue.

These medications are powerful and have many side effects. Fortunately, there is an all-natural substance, which raises Serotonin naturally, without any side effects whatsoever. It will be discussed later on and is an integral part of our nutrition program of managing Fibromyalgia.

It is important to remember that while the use of some of these drugs may be necessary in the short term, to achieve some relief from pain, they should not be considered as long-term fixes. The side effects of most of these medications preclude them as viable long-term management tools. What follows, however, is a program that can be used indefinitely as it produces virtually no side effects in those that have used it on a long-term basis.

## **The Role of Stress in Fibromyalgia**

It is well accepted that stress can and does play a role in almost every health condition in the human body. Very little is so potentially destructive to the living system of the body than excess stress.

The symptoms of Fibromyalgia contribute to generating a great deal of physical stress. Lack of sleep, constant pain and the fact that others around you may not understand your condition, lead to high amounts of physical stress. This, coupled with the emotional or mental stress that we all seem to have an ample supply of, can result in overloading our Adrenal Glands, further contributing to chronic fatigue and other adjunct complications of the condition.

There are several studies that indicate that people with Fibromyalgia are much more prone to suffering from the adverse effects of stress than other people. One such study published in the Annals of Behavioral Medicine asked questions of those suffering from Fibromyalgia about their stress.

The researchers discovered that women suffering from Fibromyalgia seemed to have much greater levels of unmanageable stress than those women suffering from other types of disorders, which also produced chronic pain.

For these reasons, it is essential to take steps to manage or control excess stress in your life. It's not the amount of stress that's bad for you, it's the amount *you feel you can't manage* that is dangerous.

Since this amount of level of stress may be different for each person, we have included a list of some of the common events, which occur in life and the corresponding level of stress they induce. Check off those that apply to you.

<b>Event</b>	<b>Stress Points</b>
Death of a family member or close friend	100
Divorce	73
Marital separation	65
Personal injury or illness (you can all check this one!)	63
Marriage	53
Fired from job	50
Marital reconciliation	47
Change in health of family member	45
Pregnancy	44
Sex difficulties	40
Gain of new family member	39
Change in financial state	38
Change to different line of work	36
Change in number of arguments with spouse	35
Mortgage over \$100,000	31
Change in responsibilities at work	30
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse is laid off work	26
Begin or end school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in work hours or conditions	20
Change in residence	20
Change in school	20
Change in recreation	19
Change in social activities	18
Change in sleeping habits	16
Change in eating habits	15
Vacation	13
Christmas	12

Understand, not all stress is perceived by the brain as negative.

Yet it can add up and cumulatively, take its toll on the central nervous system. While this subsequently affects all health conditions negatively, Fibromyalgia sufferers seem to be especially affected as stress levels rise.

In order to score the above test, add up the values for each issue that has occurred during the last six months. If the total is 75 to 100, you are in Moderate Stress; if the total is 150 or more, your stress level is Extreme and you need to address it with lifestyle changes, meditation/relaxation activities and specific nutrients for nourishing the adrenal glands and supporting the stress mechanism.

(For those of you who have identified yourselves as suffering from excess unmanageable stress, I strongly suggest you read my Special Report #10 entitled ***Stress Can Kill You!***)

## **Systemic Candida: A Major Cause of Excess Toxicity**

For some reason, which is not completely clear, many Fibromyalgia sufferers also have a problem with Systemic Yeast or Candida Infections. We know some of the key reasons why this condition develops, one of which is excess antibiotic use. This may be the link as many Fibromyalgia patients also have had other 'opportunistic' infections, likely due to the fact that Fibromyalgia can lower the immune resistance in some cases.

In any event, our experience has shown that much of the toxic buildup in these individuals comes from a co-existing Systemic Yeast or Candida Infection. If this can be determined, eliminating the Candida proliferation in the system can be instrumental in reducing or eliminating the symptoms of Fibromyalgia, which are directly linked with the level of toxins in the body.

Take the following test to determine if you might have a Systemic Yeast problem. If you score high on this test, you may want to follow our Candida Protocol as well.

## **Determining the Presence of Candidiasis**

The following two tests will help you determine if yeast overgrowth is the likely cause of your problems. Further, it will help us determine whether your Candidiasis is localized or has progressed to the much more harmful systemic phase.

This first part lists the most probable factors that can cause Candida to explode out of control. It was developed at a leading alternative hospital. For every 'YES' answer, circle the number of points given and add up the total number of points at the end of both tests, comparing your total with the conclusions given.

### Test One

1. Have you taken a general antibiotic drug, even just once in the last 6 months? 6
2. Have you taken, at any time in your life, antibiotics for respiratory or urinary infections for longer than 2 months, or shorter courses (two weeks) more than three or four times? 35
3. Have you taken specific antibiotics for acne for 1 month or longer? 35
3. Have you ever suffered from vaginitis or prostatitis or suffered from other problems affecting your reproductive organs? 25
5. Have you been pregnant once? 3  
Have you been pregnant more than once? 5
6. Have you ever taken steroid medications such as Prednisone or other cortisone-type drugs? 20
7. Does exposure to strong smelling substances provoke or worsen your symptoms? 6
9. Are your symptoms worse on damp, moldy, muggy days or in damp, moldy places? 20
10. Have you ever had athlete's foot, ring worm, 'jock itch' or any other chronic fungus infections of the skin or nails? 20
11. Does Tobacco smoke *really* bother you? 10

Total of this section \_\_\_\_\_

## Test Two

### Part One

In scoring this section of the test if the symptom is occasional or mild give 3 points, if frequent or moderately severe give 6 points, and if the symptom is severe and/or disabling score 9 points. If the symptom does not apply to you at all score a 0.

1. Fatigue or lethargy
2. Feeling of being 'drained'
3. Poor memory
4. Feeling 'spacey' or 'unreal'
5. Depression
6. Numbness, burning or tingling
7. Muscle aches
8. Muscle weakness
9. Pain and/or swelling in joints
10. Abdominal pain
11. Constipation
12. Diarrhea
13. Alternating constipation and diarrhea
14. Bloating
15. Troublesome vaginal discharge
16. Persistent vaginal burning or itching
17. Prostatitis
18. Impotence
19. Loss of sexual desire
20. Endometriosis
21. Cramps or other menstrual irregularities
22. Premenstrual tension
23. Spots in front of eyes
24. Erratic vision

Total Score for this Section: \_\_\_\_\_

### Part Two

Score these symptoms as follows; give one point if the symptom is mild or occurs occasionally, 2 points if it is frequent and 3 points if it is severe or disabling to your lifestyle. As before, score 0 if it does not apply at all.

1. Drowsiness
2. Irritability or jitteriness
3. Lack of coordination
4. Inability to concentrate
5. Frequent mood swings
6. Headache
7. Dizziness/loss of balance
8. Pressure above ears or tingling sensation
9. Itching
10. Skin rashes
11. Heartburn
12. Indigestion
13. Belching and intestinal gas
14. Mucus in stools
15. Hemorrhoids
16. Dry mouth
17. Rash or blisters in mouth
18. Bad breath
19. Joint swelling or arthritis
20. Nasal congestion or discharge
21. Postnasal drip
22. Nasal itching
23. Sore or dry throat
24. Cough
25. Pain or tightness in chest
26. Wheezing or shortness of breath
27. Urgency or urinary frequency
28. Burning on urination
29. Failing vision
30. Burning or tearing of eyes
31. Recurrent infections or fluid in ears
32. Ear pain or deafness

Score for this section: \_\_\_\_\_

Add up the grand total of all three tests and compare with the results below.

Scores of over 180 in women or 140 in men:

*Yeast-connected health problems, likely Systemic in nature are almost certainly present.*

Scores of over 120 in women or 90 in men:

*Localized Candidiasis is very likely.*

Scores of over 60 in women or 40 in men:

*Yeast related problems are possibly, contributing to your overall problem.*

Scores of less than 60 in women or 40 in men:

*Yeast problems are less likely to be at the cause of your symptoms.*

(If you scored high on this test, consider following our Candida Protocol, which may be found in detail in my Special Report #9, ***Eliminating Yeast Infections & Systemic Candidiasis.***)

## **Protocol for Managing Fibromyalgia**

Now that we have discussed some of the theories behind this mysterious disease, we can see that, at the heart of each concept, is something that can or does cause excess toxicity to buildup in the living system of the human body.

While we don't yet fully understand why this occurs in some individuals and not in the rest of us, we feel that many people can handle higher levels of toxins without reacting, unlike the Fibromyalgia sufferer, who reacts almost in a universal reactor sense to these poisons.

Further, it has been observed that the longer a person suffers from this condition, the more sensitive they become to their environment and substances in it. This factor is similar to an allergy sufferer and may hold keys as to some of the chemical mechanisms, which produce the various phenomena of Fibromyalgia.

In any event until and as new information unfolds about this mysterious condition, we offer the following protocol for the treatment and management of Fibromyalgia. We can tell you that we have tested this on hundreds and hundreds of patients, mostly women, and have had satisfying to amazing results. Again, we don't know why some patients respond better to this program than others. Research into this and further refinement of the protocol continues as of this writing.

Emphasis in this program is upon both detoxification and providing targeted nutrition, supplying nutrients known to be helpful in the management of this condition.

## **Cleansing the Body**

We cleanse the body from two different angles. Firstly, on a systemic level, targeting primarily the organs of elimination such as the kidneys, liver, bowel, bladder and colon. Secondly, we cleanse the body on a cellular level, using liquid oxygen, which detoxifies each cell of metabolic waste.

Systemic Detoxification is accomplished through the use of a select group of herbs combined with fiber from many sources to increase the volume and bulk of the waste material passing through the colon.

The following formula, in capsule form, is our current Systemic Detoxification formula:

Psyllium Husk Powder	400 mg
Aloe Vera Powder	250 mg
Bentonite Powder	250 mg
Celery Powder	150 mg
Cascara Sagrada	125 mg
Irish Moss	100 mg
Peppermint Leaves	100 mg
Senna Leaf	100 mg
Sodium Alginate	100 mg
Bromelain	75 mg
Anise Seed Powder	50 mg
Turkey Rhubarb Root	50 mg
Chlorophyll	0.5 mg

This formula is used twice per day for two weeks to ensure the detoxification of the organs of elimination. It is important to take this formula with plenty of fluid, at least 8 to 10 ounces per serving.

Once the two weeks of Detoxification with the above formula is finished, we recommend re-establishing the natural healthy bacteria of the colon by taking a very high potency multi-sourced acidophilus formula at the rate of 10 capsules per day for 10 days.

The Cellular Detoxification program is accomplished through the use of a stabilized, buffered, liquid oxygen formula originally developed for use in many chronic degenerative disease conditions. Most pathogens that can invade the body and cause harm are anaerobic in nature, meaning that they do not like an environment that is high in oxygen.

In fact, most of these organisms, including yeast, fungus and other parasites, are destroyed when you raise the blood oxygen level above 94 percent. We can safely and conveniently accomplish this through the use of our Buffered Liquid Oxygen. It should be used as follows:

Take 1 ounce of Buffered Oxygen with Aloe Vera three times per day, on an empty stomach, 30 minutes before a meal and or 3 hours after. This should be continued for about 30 days.

Note: It is important to realize that Liquid Oxygen cannot be taken by mouth in its undiluted form. Doing so is very dangerous. In order to safely take in Liquid Oxygen, it must be in a Proprietary Buffered form. Targeted Nutrition to Rebuild the Body

Once we have effectively lowered the levels of cellular and systemic toxins in the body, we can focus our attention on providing both Targeted and Full Spectrum Nutrition to the body for ongoing support.

The first thing everyone should do, regardless of their health challenges, is to rebalance the body with a Full Spectrum Liquid Nutritional Supplement. Liquids provide excellent absorption, which is particularly important after the age of 40, when our digestive abilities begin to decline.

Every day, our bodies need 12 Amino Acids, 3 Fatty acids, 16 Vitamins, 70 Minerals and select antioxidants & phytonutrients from plants. A good Full Spectrum formula will not only provide all of these, but do so in a highly bio-available liquid suspension.

In addition to the baseline of nutrients mentioned above, there are several nutrients, which when provided in higher mega-doses, have proven to be very effective in the management of Fibromyalgia. We call these nutrients Targeted Nutrition and our current formula is as follows:

Vitamin C	800 - 1200 mg
Magnesium	200 - 400 mg
Selenium	100 - 200 mcg
Malic Acid	800 - 1200 mg
Olive Leaf Extract	100 - 200 mg
Co-Enzyme Q10	20 - 40 mg
nn-Dimethylglycine	500 - 100 mg
5-Hydroxy Tryptophan	75 - 100 mg

By combining these key ingredients with a Full Spectrum formula, we can address the multiple nutritional needs of the Fibromyalgia sufferer.

*(For more information on Oxygen Therapy refer to Special Report # 14 entitled **Effective Oxygen Therapy For Chronic Conditions**)*

## **Don't Forget to Exercise!**

While exercise may seem like the farthest thing from your mind when you are in pain everywhere, it is nonetheless very important. Exercise keeps the body limber and flexible and it is also an excellent detoxifying agent.

Perspiration removes a great many toxins, while the movement keeps the lymph system healthy and able to further detoxify the internal environment of the body. The best form of exercise for this condition and in fact, everyone, is a combination of endurance or aerobic activity and anaerobic or strength building exercise.

These can be combined into one workout that need not last more than 30 minutes. Done three to four times per week, this can really make a profound difference.

## **Putting It All Together**

OK, now that you understand the thinking behind our concepts and we have described the individual components to the program, let's put it all together in one program:

Systemic Cleansing - Cellular Cleansing  
Full Spectrum - Targeted  
Nutrition Nutrition

Herbal Detox - Liquid Oxygen  
Liquid Minerals - Key Nutrients

Begin the program by using all the above systems at the same time. This will give you the maximum benefit in the shortest possible time. This is important when you are hurting.

As outlined above, you will start all four formulas at once. After 14 days you will stop the Systemic Cleansing with the Herbal Powder and begin re-implanting good bacteria with the Acidophilus for ten days.

After 30 days you will drop the Cellular Cleansing with the Liquid Oxygen. At this point you will only be taking the Full Spectrum Liquid and the Targeted Nutrition formula. These two you will need to take indefinitely.

## **What If My Pain Comes Back?**

In several instances, we have observed that after the initial cleansing program, some of the discomfort and pain slowly returns to the patient, often after 60 to 90 days or longer.

We attribute this to the buildup of toxins to what we call the 'trigger' level once again. This necessitates undertaking the two cleansing programs once again. Each individual must determine how often, if ever, they must do the cleansing portion of the program. For most it is about every 3 to 4 months, depending on diet and the degree of exercise, as both of these can be definitive factors in either increasing or eliminating toxins from the body.

## **Conclusion**

While no one can honestly claim science knows everything about Fibromyalgia, we do know much more today than even a decade ago, when many physicians thought it was a psychological disorder!

Today we know the symptoms are not only real but are linked to the buildup of excess poisons and other toxic material in the body. While we don't yet understand the reasons why select individuals have such a violent reaction to the presence of these toxins, we better understand how to eliminate them from the body.

When we do so, we can lower the level of discomfort immensely, allowing these individuals to live a much more normal life. In the meantime, that at least is something of great value.

This project has been one of great satisfaction and reward. Through conducting the research and testing of our protocol, I have had the privilege of meeting many courageous individuals who have had to learn to live with pain and other plaguing symptoms, some for many, many years.

One finds strength in their determination to live their life to the best of their ability and it is my privilege to be able to give something back to all those suffering from this misunderstood condition. It is truly my hope that our work will contribute to a better quality of life for all of you.

## **Sources**

Many of our formulations are unique and have no known substitutes. If you wish to follow the program exactly as outlined, it is important to use the right formulas.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact [www.PhoenixNutritionals.com](http://www.PhoenixNutritionals.com) or by telephone at 1-800- 440-2390 or email [Questions@PhoenixNutritionals.com](mailto:Questions@PhoenixNutritionals.com)

## References

1. Abraham GE, Flechas JD. Hypothesis: Management of fibromyalgia: rational for the use of magnesium and malic acid. *J Nutr Med* 3:49-59, 1991
2. Caruso I, et al. Double-blind study of 5-hydroxytryptophan versus placebo in the treatment of primary fibromyalgia syndrome. *J Int Med Res* 18 (3): 201-209.
3. Eisinger J, et al. Donnees actuelles sur les fibromyalgies: traitement des fibromyalgies primitives par la cocarboxylase. *Lyon Med Med* 24: 11585-6, 1988 ( in French)
4. Eisinger J, et al. Glycolysis abnormalities in fibromyalgia *J Am Coll Nutr* 13 (2): 144-148, 1994
5. Eisinger J., et al. Selenium and magnesium status in fibromyalgia. *Magnes Res* 7(3-4):285-288, 1994.
6. Moldofsky H, Warsh JJ. Plasma tryptophan and musculoskeletal pain in non-articular rheumatism. *Pain* 5(1):65-71, 1978.
7. Romano TJ, Stiller JW. Magnesium deficiency in fibromyalgia syndrome. *J Nutr Med* 4:165-167, 1994.
8. Yunus B, et al. Plasma tryptophan and other amino acids in primary fibromyalgia: acontrolled study. *J Rheumatol* 19(1):90-94, 1992.