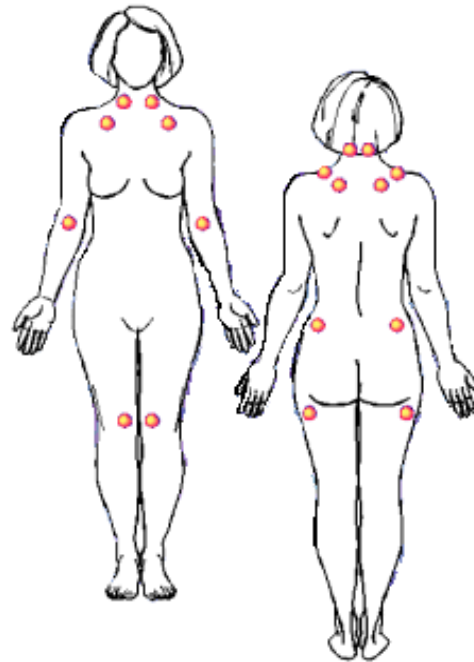


# Fibromyalgia

## What is Fibromyalgia?

Fibromyalgia (FM) is a syndrome which involves chronic and widespread muscle and soft tissue pain, tenderness and fatigue. Fibromyalgia is diagnosed when at least 11 of 18 specific points are tender to the touch and elicit pain. Additional symptoms include: insomnia or unrestful sleep; headaches; depression; irritable bowel syndrome; sensitivities to odors, noise, bright lights, medication, and various foods. Females of child bearing age are most likely to suffer from FM.



Fibromyalgia is thought to be triggered by infections, physical trauma or other illnesses, such as lupus, rheumatoid arthritis or leaky gut syndrome. Leaky gut syndrome is a common condition in which partially digested food matter and other foreign compounds leak from the gut into the bloodstream, triggering immune inflammatory reactions. Often there are low levels of certain hormones, amino acids, and neurotransmitters found in people with FM.

## Treatment

Treatment of fibromyalgia includes chiropractic adjustments, stretching, and soft tissue therapy to balance affected muscles. A rotation or elimination diet can be used to determine and remove any allergenic triggers. Low impact aerobic exercise helps to accelerate the body's detoxification system as well as helps to reduce tension. Nutritional supplementation may be recommended to support physiologic function.