

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 433rd Newsletter, I want to give us a chance to consider the world of Fibromyalgia and the effects it has on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

FIBROMYALGIA is on the rise and it DOES NOT need to be – you can PREVENT it and HEAL from it NATURALLY!!!

Very likely someone you know and love or care for, or You have already been directly affected by fibromyalgia or at least you have heard of this disease. It is becoming more common each day and the statistics are moving up yearly. So it would be a BRILLIANT GIFT to GIVE YOURSELF to learn about it, learn to prevent it and/or Heal it naturally through our Newsletter.

Here we will provide you with information on fibromyalgia, some of it's known associated causes and natural solutions to prevent, regress and heal the symptoms of this painful disease. We will also share with you what is MOSTLY UNKNOWN and would make a

tremendous difference to know and apply.

CONSIDER that many people even start having this disease and DON'T RECOGNIZE IT (and this may be happening to you or one of your loved ones soon) and keep taking medical treatments for the wrong illnesses and keep making it worse, versus recognizing it early and HEALING IT NATURALLY.

If you have fibromyalgia or have someone in your life with fibromyalgia and feel like you have studied it deeply and know all there is to know about it, please read this Newsletter all the way through. There is surprising information here that is inside of common BLIND SPOTS that people have about this illness and may make the difference between suffering for a lifetime or healing and once again living a healthy life.

According to the most recent statistics from the National Fibromyalgia and Chronic Pain Association: "The disorder affects an estimated 10 million people in the U.S. and an estimated 3-6% of the world population. While it is most prevalent in women - 75-90 percent of the people who have FM are women - it also occurs in men and children of all ethnic groups."

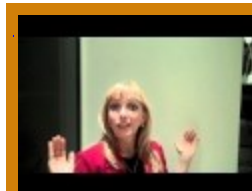
As per the CDC, "Fibromyalgia (otherwise referred to as FM or FMS) is a disorder of unknown etiology characterized by wide-spread pain, abnormal pain processing, sleep disturbance, fatigue and often psychological distress." It is currently treated with antidepressants, anticonvulsants and painkillers – all of which have their own set of toxic chemicals and side effects, which in turn weaken the health of anyone taking them.



CAROLINA ARAMBURO

Fibromyalgia is not a disease. It's a syndrome, which is a collection of symptoms that occur together. Although many people think of it as an arthritic condition due to the symptoms, it's not a type of arthritis. FM is a disorder that means pain in the muscles, ligaments, and tendons - the soft fibrous tissues in the body. People with fibromyalgia have pain and tenderness throughout their whole body. Most patients say that they ache all over, like a chronic case of a bad flu. Their muscles may feel like they were pulled or overworked. Sometimes the muscles twitch and other times they burn.

It is a very challenging condition to both diagnose and live with. Fibromyalgia is considered to be a functional illness, so the symptoms are real and not imagined, and the medical tests are often normal. There are no laboratory tests to confirm its presence. A physician can review the history of (Cont. on next page)



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FIBROMYALGIA is on the rise and it DOES NOT need to be – you can PREVENT it and HEAL from it NATURALLY!!! (Cont.)

symptoms and run tests to rule out other conditions in order to make an accurate diagnosis. Fibromyalgia affects each person differently and can cause a wide range of mild to severe symptoms that can be either physical or mental.

Most importantly remember that with the help of the Hippocrates Health Institute many people that used to suffer with this disease have HEALED themselves COMPLETELY and have done so due to taking on: a) Only eating the Living Foods Raw Vegan Diet that HHI teaches about, b) Drinking enough alive, purified, activated water c) Sleeping enough and the RIGHT WAY (as we explained on our Sleep Newsletter), Exercising correctly as per their needs and possibilities, d) Leading a Low Stress Life Style (not unrealistic but managing that the Stress-Body Impact remains at its minimum and that stress is channeled in healthy ways), e) Obviously no Drugs, no Smoking, no Alcohol, f) Daily practices of Yoga and Meditation.

The official definition of fibromyalgia syndrome (FMS) that is most commonly referred to is that published in 1990 by the American College of Rheumatology (ACR). According to this definition fibromyalgia patients must have:

- Widespread pain in all four quadrants of their body for a minimum of three months.
- At least 11 of the 18 specific tender points.

Although this definition hasn't been revised and still stands today, 35 FMS experts recently came to a consensus that a person does not need to have the required 11 tender points to be diagnosed and treated for FMS. This now means that people who

may not previously have been diagnosed and received treatment for Fibromyalgia will now do so.

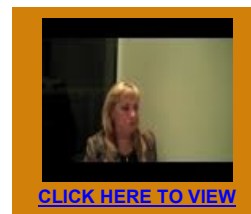
Although the above definition is mainly concerned with pain and tender points, there are a lot more symptoms that may be present in Fibromyalgia. Below is a list of common FMS symptoms:

- **Fatigue** - This can be both physical and mental fatigue. It is a pronounced fatigue that leads to a significant reduction in ability to carry out normal tasks and live your usual lifestyle. The fatigue is usually ever present to some degree and is not relieved by sleep; in fact it may be a lot worse upon waking, especially after a lot of activity the previous day.

Fatigue and sleep disturbances are almost universal in patients with fibromyalgia. Restless legs syndrome (RLS) and periodic limb movement disorder (PLMD) are also common. Some report that their fatigue is more distressing than their pain, because it interferes with their ability to enjoy life.

- **Post Exertional Malaise** - A general feeling of being ill. It can be described as a 'flu-like' or 'hangover' feeling.
- **Muscle and Joint Aches** - These can occur anywhere in the body but the most common sites are the lower back and legs. The aching can be severe and is aggravated substantially by any exertion, physical or mental.
- **Cognitive Dysfunction** - Symptoms of cognitive dysfunction are a common problem in fibromyalgia patients. They include poor concentration, memory loss (constantly forgetting simple information like names and numbers), inability to take in information (having to read the same thing over and over) and a general reduction in cognitive ability and IQ. This is sometimes called "fibro fog"

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To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

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- **Jaw Pain** - Pain in the jaw and facial muscles that can be severe. There is significant crossover here with myofascial pain syndrome, and temporomandibular joint syndrome (TMJ).
- **Morning Stiffness** - Stiffness in any of the major joints just as is experienced in other types of arthritis. The stiffness can also occur throughout the day i.e after sitting for an amount of time.
- **Chronic Headache** - As would be expected in someone who feels "ill all over" and achy in general, headaches are a common complaint in fibromyalgia. They are different to headaches experienced before the onset of the illness and their severity usually varies inline with other aches and symptoms.
- **Balance Disturbance** - An unusual but common symptom is a loss of balance or sensation of dizziness. This most often occurs upon standing up and the sufferer may feel faint and even black out. This is often referred to as 'neurally mediated hypotension' (NMH) or 'orthostatic intolerance' and is most likely due to low blood pressure or abnormal blood flow to the brain.
- **Mood and Sleep Disturbances** - Depression, anxiety and irritability are often present which frequently leads to misdiagnosis by doctors. Sleep disturbances are common and may present as hypersomnolence (sleeping more than normal), sleep reversal (i.e. sleeping all-day and awake at night), or insomnia (inability to sleep). Sleep apnea and restless leg syndrome (RLS) are also common.
- **Abdominal Pain/Digestive Disturbances** - These are symptoms similar to irritable bowel syndrome and fibromyalgia sufferers are often diagnosed with IBS.
- **Nausea** - Particularly apparent when other symptoms leave the person feeling particularly ill in general.
- **Skin Sensitivity** - This is another unusual symptom. Some CFS

sufferers experience a sensation where patches of skin become very sensitive to touch and may feel like they are burning. Some people describe this as a "crawling sensation". There are many different skin care products available that may or may not alleviate some of this ailment. The effectiveness of certain products vary from person-to-person.

- **PMS type symptoms** - Painful menstrual periods (dysmenorrhea) and painful sexual intercourse (dyspareunia)

The only symptoms required for diagnosis are those relating to pain. As you can see from this list however, there is much more to the illness. Symptoms vary greatly in severity with factors such as stress, physical activity and time of day playing a part amongst others. Pain IS the main symptom however, specifically, pain and tenderness in certain areas of the body when pressure is applied to them. These are what are termed 'tender points'.

Areas where pain may be present include:

- Back of the head
- Elbows
- Hips
- Knees
- Neck
- Upper Back
- Upper Chest

The pain is often worse in the morning, improves throughout the day, and worsens at night. It can be experienced as aching, throbbing, burning or migratory (moving around the body). It is common for patients to also experience muscle tightness, soreness and spasms.

The presence of tender points is currently used to diagnose FM. In addition, researchers use a questionnaire known as the **Fibromyalgia Impact Questionnaire** (FIQ)

to determine the severity of a particular patient's condition and how it affects their ability to live their life. People with FM may also have other symptoms, such as:

- **Trouble sleeping** - Insomnia or waking up feeling just as tired as when you went to sleep
 - Tingling or numbness in hands and feet
 - Abdominal pain, bloating, nausea, and constipation alternating with diarrhea (irritable bowel syndrome)
 - Sensitivity to one or more of the following: odors, noise, bright lights, medications, certain foods, and cold
 - Feeling anxious, panicked or depressed. Up to a third of fibromyalgia patients have depression.
 - PTSD and ADD Numbness or tingling in the face, arms, hands, legs, or feet
 - Increase in urinary urgency or frequency (irritable bladder)
 - Reduced tolerance for exercise and muscle pain after exercise
 - A feeling of swelling (without actual swelling) in the hands and feet
 - Heart palpitations
 - Dry mouth
 - Tight muscles
 - Muscle weakness in the arms or legs
 - Complete lack of energy, feeling "wiped out" most of the time
 - Hypoglycemia, or low blood sugar levels
 - Adrenal gland dysfunction
- (Cont. on next page)

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That will make a major difference for me/us. We are not selling you anything. The commitment is giving and receiving of information and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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- Pituitary gland dysfunction
- Thyroid gland dysfunction
- **Low insulin levels**
- Growth hormone dysfunction in some cases
- Decreased activity in opioid receptors in parts of the brain that **affect mood** and the emotional aspect of pain.
- Stress on the central nervous system that lead to changes in the brain and brain chemicals such as serotonin.
- Low levels of the brain chemicals serotonin, norepinephrine, and dopamine, and high levels of endorphins and enkephalins.
- Changes in the **hormone system** known as the hypothalamus-pituitary-adrenal gland (HPA) axis which controls important functions, including sleep, the stress response, and depression and impacts the stress hormones norepinephrine and cortisol
- **Low IGF-1 Levels.** IGF-1 is a hormone that promotes bone and muscle growth.
- Up to three times the normal level of **substance P** (a chemical messenger associated with increased pain perception)
- Generalized hyper-vigilance which is an oversensitive to external stimulation, and overly anxious about the sensation of pain.
- FM patients may have lower levels of the **muscle-cell chemicals** phosphocreatine and adenosine triphosphate (ATP). These chemicals regulate the level of calcium in muscle cells, which is an important component in the muscles' ability to contract and relax.
- **Thickened capillaries** (tiny blood vessels) in the muscles of fibromyalgia patients. The abnormal capillaries could produce lower levels of compounds essential for muscle function, as well as reduce the flow of oxygen-rich blood to the muscles.
- Immune system dysfunction

(e.g., abnormally elevated levels of cytokines that form the communications link between your immunologic and neurologic systems)

- The **autonomic nervous system** of patients with fibromyalgia shows abnormalities including decreased microcirculatory vasoconstriction, increased hypotension, variations in heart rate, and sleep disturbance
- Patients with fibromyalgia show enhanced sensitivity to a wide array of **pain stimuli**
- Brain images of patients with FM have shown decreased blood flow to the brain, abnormal responses to pain, abnormal levels of neurotransmitters, and an acceleration and progression of brain atrophy. The **brain** in a person with fibromyalgia ages faster and grows smaller at ten times the rate of a healthy individual.

A person may have two or more **coexisting chronic pain conditions**. Such conditions can include chronic fatigue syndrome, endometriosis, fibromyalgia, inflammatory bowel disease, interstitial cystitis, temporomandibular joint dysfunction, and vulvodynia. It is not known whether these disorders share a common cause.

What Causes Fibromyalgia?

There are 2 different Views about the **real CAUSES** of Fibromyalgia; The view of Western Medicine and the Approach of the Holistic Health Professionals. Western Doctors say basically that it is caused by many factors (and they are not totally sure), that we will mention next, and they say it is possible to get it **managed** so well that you can live an almost normal life. The Holistic Professionals say that you can help your body **heal completely** and go back to being absolutely healthy. That is why I am INVITING YOU to read the 2nd and 3rd articles very well, so you can **discover** how is possible to help your body HEAL FULLY and NATURALLY.

Western Doctors also say that the

pathophysiology of fibromyalgia involves **family and genetic** factors, environmental triggers, and abnormalities in the neuroendocrine and autonomic nervous systems. Many of these **risk factors** are similar to those for other illnesses characterized by recurrent or persistent pain and affective distress that are **frequently comorbid** with FM, such as irritable bowel syndrome, chronic fatigue syndrome, tension or migraine headaches, temporomandibular disorder, and major depressive disorder (MDD).

They consider that Fibromyalgia may also be comorbid with hypothyroidism and chronic **autoimmune diseases** such as rheumatoid arthritis and systemic lupus erythematosus. But they acknowledge, that in their view, the complete causes of FM are still said to be **unknown** to the conventional medical community. There may be a number of factors involved. Here is a list of root causes uncovered by holistic and functional medicine doctors that a conventional medicine does not normally acknowledge **let alone treat**:

- **Gluten intolerance** – The majority of Gluten intolerance symptoms are neurological, such as pain, cognitive impairment, sleep disturbances, behavioral issues, fatigue and depression
 - **Candida Overgrowth** – Candida is a fungus or yeast which, when overproduced, breaks down the wall of the intestines and penetrates the bloodstream, releasing toxic byproducts into your body and causing a host of unpleasant symptoms such as brain fog, fatigue, digestive issues and pain
 - **Thyroid imbalance** – This creates fatigue, brain fog, sleep disturbances and depression.
 - **Vitamin deficiencies** - including: magnesium, ferritin, B12, folic acid (blood), 25-hydroxy vitamin D and Vitamins C, B1, and B2
- (Cont. on next page)

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- **Small Intestine Bacterial Overgrowth (SIBO) and Leaky gut** - When the bacteria in our gut gets out of balance through use of antibiotics or nutritional dangers such as a sugar-rich diet, we can lose our ability to digest and absorb nutrients, particularly B12. Gluten can also cause SIBO and leaky gut. A 2004 study found a 100% correlation between Fibromyalgia and gut health.
- **Mycotoxins** – These are very toxic substances produced by molds.
- **Mercury Toxicity** – Mercury is extremely toxic to our bodies and is often a source of fibromyalgia
- **Adrenal Fatigue** - The initial stress to the adrenal glands is usually something such as food intolerances, Candida, mercury toxicity, vitamin deficiencies or mycotoxins.
- **MTHFR mutations** – These make you the less able you are to methylate and detoxify toxins, such as mercury and lead which creates higher requirements for methyl-B6, methyl-B12 and folic acid in order to keep your detoxification pathways working properly.
- **Glutathione deficiency** - Glutathione is the most critical part of our body's detoxification system.

Fibromyalgia has also been linked to:

- **Chronic Stress** (Mental, Emotional or Physical) and stressful or traumatic events, such as car accidents or stressful life events
- Hormonal changes (such as an underactive thyroid gland)
- Medications including **Statin**

Drugs, which are linked to over 300 adverse health effects in the biomedical literature, this class of chemical, cholesterol-lowering drugs can devastate human health. Muscle pain and damage, of course, is one of the most well-known side effects of statin drugs. It is no surprise, therefore, that research points to their link with fibromyalgia as well.

- **Vaccine Adjuvants**: It has been hypothesized that the use of aluminum-based adjuvants such as aluminum hydroxide in vaccines to stimulate the TH2 pole of immunity may result in musculoskeletal pain consistent with conditions such as fibromyalgia.
- Infections (i.e. Epstein-Barr virus, Lyme disease)
- Other toxic issues including: Heavy metals, **Pesticides**, toxic chemicals, Jet fuel, etc.
- Poor nutrition or food that is chemically based including but not limited to GMO and processed food, sugar, sugar substitutes such as **Aspartame**, food additives such as MSG, meat and dairy products.
- **Breast Implants**: Fibromyalgia and chronic pain has been discussed as a possible adverse consequence of certain type of breast implants.
- Excessive manual work and repetitive injuries, such as heavy lifting, repetitive motions, or squatting for extended periods of time

The disorder usually occurs in people **ages 20 - 60**, though it can start at any time. Some studies have noted peaks at around age 35. Others note that fibromyalgia is most common in middle-aged women. In one study, cases of FM **increased with age** and

reached a frequency of more than 7% among people in their 60s and 70s.

Juvenile Primary Fibromyalgia. This type of FM appears in adolescents, more commonly in girls. It typically starts after age 13 and peaks at age 14. Juvenile primary fibromyalgia is uncommon, but studies indicate that its incidence may be increasing. Symptoms are similar to those of adult FM, but **outcomes** may be better in young people.

It is important to diagnose fibromyalgia as soon as possible, so treatment can be started. But because there is no **clear method** (such as laboratory or imaging tests) to diagnose the condition, as many as three out of every four people with FM remain undiagnosed. It can take an average of **5 years** to finally get a diagnosis. Fibromyalgia should be suspected in any person who has muscle and joint pain with no identifiable cause.

Because many patients do not meet the current fibromyalgia criteria, established in 1990, the American College of Rheumatology (ACR) has proposed introducing a **new set** of diagnostic criteria that take into consideration symptoms such as fatigue, sleep disturbances, and cognitive problems, in **addition** to pain.

Between **10% and 30%** of all doctor's office visits are due to symptoms that resemble those of FM, including fatigue, malaise, and widespread muscle pain. Because no laboratory test can confirm fibromyalgia, doctors will (Cont. on next page)

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usually first test for similar conditions. Disorders that may overlap with FM include **Chronic Fatigue Syndrome** and Myofascial Pain Syndrome and Major Depression, Chronic Headaches, Multiple Chemical Sensitivity, Restless Legs Syndrome, Lyme Disease, Drug and Alcohol, Polymyalgia Rheumatica, Disorders Affected by the Sympathetic (also called Autonomic) **Nervous System**.

Although fibromyalgia can be lifelong, it does not get worse and **is not fatal**. Some studies show that FM symptoms remain stable over the long term, while others report that more than a quarter of patients see **improvement** in their pain symptoms over time. Many patients with fibromyalgia are treated first with medication combined with cognitive-behavioral therapy, education, and exercise.

The medications often utilized include **antidepressants**, anti-seizure and anti-convulsants, sleeping aids, pain relievers, and muscle relaxants to treat the condition. ALL of these medications have tremendous long-term and health-hindering impacts on the body. The side effects range from dizziness, sexual-dysfunction, **cardiovascular risks**, gastro-intestinal risks all the way to cancer.

Studies have proven that a combination of non-drug therapies appears to work **just as well** as drug therapy for improving pain, depression, and disability. This combination includes exercise, stress management, massage, and diet. Many people have proven to

reduce and even totally regress the symptoms of fibromyalgia with complete holistic NATURAL solutions. Some treatment methods include: physical therapy, occupational therapy, acupuncture, acupressure, relaxation/biofeedback techniques, osteopathic manipulation, chiropractic care, therapeutic massage, or a **gentle** exercise program.

Doctors cannot “see” and may not understand the sources of your pain or fatigue. However, what they do observe is your **anxiety and frustration** with having to deal with these symptoms around-the-clock, which may wrongfully lead them to conclude that your symptoms are of a **psychological** nature. Also, the old school of thought regarding pain is that it is produced by tissue injury, and there is no obvious source of tissue injury in patients with fibromyalgia. Regardless, if your doctor does not believe that your **symptoms are real**, you owe it to yourself to find a functional or holistic doctor who believes in you and will work with you to help reduce your symptoms naturally.

Fibromyalgia, like most modern day ‘syndromes’, is considered ‘idiopathic’ – a fancy word for **“we don’t know”**, and often times used as an excuse for not looking deeper into the root causes of the patient’s suffering. Conventional treatment is **palliative** at best, and harmful at worst — all the more reason why natural approaches are so greatly needed.

Thankfully, a significant body of research has accumulated on **natural approaches** to fibromyalgia that focus on dietary modi-

fication, avoidance of chemical exposures and the use of orthomolecular nutrition, i.e. vitamins, biological co-factors, minerals, etc.

Studying the symptoms of these so-called illnesses can **never reveal why** the body develops them in the first place. Correcting the basic imbalances that exist in the afflicted person’s body, mind, and **lifestyle**, and seeing the symptoms disappear in the same way as they emerged, is a much more realistic and benign approach to understanding the principles of disease-manifestation and its reversal than to look at each symptom **separately** and try to suppress or relieve it through whatever means.

It is of no real benefit to take symptoms away without removing the **original cause(s)**. On the contrary, such an approach robs the body of its ability to fight its own problems and may lead to permanent health damage and **dependency** on drugs and treatments that often have devastating side-effects.

A Raw VEGAN Living Foods DIET including plenty of **Leafy** GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, “The RIGHT Sleep”, Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to healthy, long lasting, shiny thick hair. I invite you to TRY IT ON and In-JOY it with me. You will (Cont. on next page)

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forever thank your-
self and feel better than you
EVER did your ENTIRE
LIFE!!!

The research links below will allow you to do expand your knowledge more through the research done on Fibromyalgia:

<http://www.healthcentral.com/chronic-pain/c/5949/151398/fibromyalgia/> - 10 Causes of Fibromyalgia Flares

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC416451/> - Fibromyalgia Conclusions

<http://www.myalgia.com/Scientific%20basis.htm> - Scientific Basis of Fibromyalgia

http://www.niams.nih.gov/Health_Info/Fibromyalgia/fibromyalgia_ff.asp - What Is Fibromyalgia?

<http://www.healthline.com/health/fibromyalgia> - What Do You Want to Know About Fibromyalgia?
<http://www.ei-rhttps://umm.edu/health/medical/reports/articles/fibromyalgiaesource.org/illness-information/environmental-illnesses/fibromyalgia/> - Fibromyalgia - Tension & Pain, Neuro-Tests

<http://www.fmnetnews.com/fibro-basics/symptoms/aggravating> - Factors That Aggravate Fibromyalgia

<http://www.ener-chi.com/articles/>

[root-cause-of-fibromyalgia-syndrome-and-chronic-fatigue-syndrome/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2292439/) - Root Cause of Fibromyalgia Syndrome and Chronic Fatigue Syndrome

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2292439/> - Understanding Fibromyalgia and Its Related Disorders

<http://www.webmd.com/fibromyalgia/guide/fibromyalgia-causes> - Fibromyalgia Causes
<http://www.webmd.com/fibromyalgia/guide/fibromyalgia-symptoms-types> - Fibromyalgia Symptoms & Types

<http://www.nytimes.com/health/guides/disease/fibromyalgia/print.html> - Fibromyalgia In-Depth Report

There ARE NATURAL SOLUTIONS that many HOLISTIC Doctors and people with FIBROMYALGIA have discovered that WORK!!!

First and foremost, please remember that **knowledge is power**. As with most health conditions, FM can be prevented and the symptoms regressed and healed with the proper diet, exercise and a **mindful lifestyle**. We have provided this whole section of the Newsletter so that you can educate yourself about natural solutions to preventing and healing from fibromyalgia.

Diet

Although there may be a number of causes involved, all of them lead to one common underlying factor — **acidification of the body's connective tissues**. Among the reasons responsible for causing poor respiration, diet and digestion assert the greatest influence. Regular consumption of sugar, animal proteins, dairy food, refined and hardened oils and fats, as well as most processed foods are notorious for causing such **acidity-related** problems as FMS. Most factory-made food

products are deprived of all living substance, and are considered “non-physiological”, that is disease-generating.

Eating **whole, fresh, organic foods** (fruits, vegetables, and high-quality fats and protein) is the best way to support your body. If you want to prevent fibromyalgia or heal yourself from FM this is the key!

The bottom line is that the best science to date suggests a **plant-based diet** in its many forms, may help people with fibromyalgia. Dietary surveys show that people with chronic widespread **pain syndromes** tend towards nutrient lacking and chemical filled diets, which helps explain their higher rates of other chronic diseases such as cancer and cardiovascular disease.

Why do plant-based diets help with chronic **pain** conditions? There may be a number of reasons why many vegetarians, and to an even greater extent vegans, only have about half

the odds of being on **painkiller** drugs. Potentially **inflammatory** compounds in animal products include Neu5Gc, endotoxins, and animal proteins all damaging to our health and contributors to a body environment that allows for fibromyalgia.

Plant foods also have an abundance of **potassium** that modulates adrenal (Cont. on next page)

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function and the anti-inflammatory benefits of antioxidants and tons of other micronutrients. A German study found that anti-inflammatory antioxidants like Quercetin (found in vegetables and herbs including black and green teas, red onions, broccoli and tomatoes) can naturally reduce inflammation that can help fibromyalgia. Also, omega-3 fats such as those found in nuts and seeds can naturally reduce inflammation. Wheat and gluten products, on the other hand, are very inflammatory and should be avoided.

In addition to eating a diet rich in plants, abstaining from meat or other animal products helps people with fibromyalgia maximize wellness, increase energy, reduce pain and improve sleep. Several studies, such as those published in the Scandinavian Journal of Rheumatology and in BMC Complementary and Alternative Medicine, on raw vegan diets have confirmed this. A 2001 study found that 19 out of 30 FM patients experienced significant improvement in their condition after the implementation of a mostly raw food diet.

Many of the trials that have been completed have focused specifically on the raw vegan diet and have proved that patients with fibromyalgia who ate vegan diets experienced less pain and joint stiffness, and a better night's sleep. The raw vegan diet requires you to give up processed and cooked foods and to focus on fresh vegetables, fruits, nuts, seeds, grains, sprouts, herbs and spices. Using a juicer to create raw organic juices is a great way to constantly fill your body with complete nutrients with very little preparation.

Some key nutrients that are helpful for fibromyalgia:

- B-complex vitamins for ener-

gy, immunity, nerve, and brain function

- Magnesium for muscle energy - Increase the amount of leafy green vegetables, seeds (sunflower and sesame for example) and nuts (almonds and Brazil nuts for example), which contain a lot of magnesium.
- Selenium for the best immune function
- Vitamin C for oxidative stress
- Fatty acids, such as omega-3 to help promote cell membranes and mood
- Vitamin D for mood, immunity, and the musculoskeletal system
- Zinc for cell health
- Iodine for thyroid health
- Lecithin
- Malic acid combined with Magnesium
- Manganese
- Proteolytic enzymes
- Grape seed extract
- Essential fatty acids (black currant seed oil, flaxseed oil, and primrose oil are good sources)
- Gamma-aminobutyric acid (GABA)
- L-Leucine plus L-isoleucine and L-valine
- L-Tyrosine
- Coenzyme Q10 - A 2007 study found that levels of the antioxidant and mitochondrial cofactor coenzyme Q10 are about 40% lower in fibromyalgia patients versus healthy controls, indicating a possible therapeutic role in its use to address this deficiency.
- D-Ribose - A 1985 study found that D-ribose significantly reduced clinical symptoms in 66% of patients suffering from fibromyalgia and chronic fatigue syndrome.
- S-adenosylmethionine (SAME) - This amino acid derivative may boost levels of serotonin and dopamine. Some studies show that taking SAME may reduce fibromyalgia symptoms of pain, fatigue, and stiffness.
- 5-HTP (5-Hydroxytryptophan) - 5-HTP is a natural amino acid. It helps make serotonin, the feel-

good neurotransmitter in the brain and eases anxiety, insomnia, fibromyalgia pain, and morning stiffness.

- Melatonin - This hormone is often used in supplements to improve sleep. It may also ease fibromyalgia pain
- Acetyl L-Carnitine- Helps ease the pain and fatiguing symptoms of this condition
- Anti-oxidants (Vitamins A, E and C) - These three vitamins work as anti-oxidants to protect your cells and studies in fibromyalgia patients showed that this combination reduced the symptoms.
- Alfalfa can be used for pain control. It contains saponins, sterols, flavonoids, coumarins, alkaloids, vitamins, amino acids, minerals and trace elements.
- Tryptophan is an amino acid (a type of nutrient that is a building block for protein) that has been used for years to treat depression. It is a precursor to serotonin, a neurotransmitter that has potent effects on mood.
- DHEA has been used successfully in the treatment of many autoimmune disorders including multiple sclerosis, lupus and fibromyalgia. DHEA regulates the immune system and maintains the metabolic and structural integrity of the nervous system. DHEA has been shown to be antiviral and has benefited conditions as serious as HIV infection and AIDS.
- Thymus glandular supports the immune system with grape seed extract and quercetin. Green foods should be added for optimal nutrition. Creatine monohydrate supports the musculoskeletal system in its repair process.
- Bromelain helps reduce inflammation. Take 400 milligrams three times daily, between meals.
- Coenzyme Q10 is also an antioxidant and helps deliver oxygen to cells.

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- **Lipoic acid** is very useful for enhancing the body's utilization of carbohydrates and enhancing energy.
- Nicotinamide adenine dinucleotide hydrogen (NADH) is an antioxidant enzyme that occurs in all living cells. It facilitates the production of neurotransmitters such as dopamine and norepinephrine. Low levels of neurotransmitters are often associated with fibromyalgia. Taking it also improves concentration, stamina, and energy.
- Phosphatidylserine, a type of lipid, can be helpful if memory problems accompany fibromyalgia. It often yields rapid and impressive improvement in memory and mental alertness. Unfortunately, it is relatively expensive. (Ginkgo Biloba is a cheaper alternative).

Herbs can be used to help alleviate fibromyalgia by reducing inflammation, stimulating hormones, providing immune system support and eliminating pain. The following herbs have been proven to produce results for FM patients:

- **St. John's Wort** is a natural antidepressant and influences the adrenal gland hormones to help relieve stress. St. John's Wort affects nerves and is effective for sharp, shooting nerve pains. It also has antiviral properties.
- Siberian ginseng is an energizing herb that can help resolve the fatigue associated with fibromyalgia.
- Turmeric helps to reduce pain and inflammation.
- Cayenne, Echinacea, Golden Seal, Astragalus, myrrh and chaparral boost the immune system and improve circulation. Combine them as a tea or tincture, it may be helpful to mix it with juice for better taste.
- **Calendula** taken orally in high doses has a positive effect in reversing symptoms of fibromyalgia.

- A combination of burdock, slippery elm, sheep sorrel and Turkish rhubarb was shown good results in improving fibromyalgia.
- Corydalis (Chinese poppy) contains DHCB, which block pain signals in the brain.
- Evening primrose oil is an excellent source of essential fatty acids, which act as natural anti-inflammatories in the body.
- **Garlic** is useful for detoxification and to enhance immune system function. Kyolic, aged garlic is preferred.
- Ginkgo biloba improves circulation and brain function.
- Devil's claw root is a natural anti-inflammatory used to treat rheumatic disorders.
- Willow bark has anti-inflammatory properties and works as a painkiller.
- **Passion flower**, valerian and hops teas have sedating and muscle-relaxant properties.
- Dong Quai is good for fleeting muscle and joint pains, especially if they are worse in damp conditions. For women only.
- Licorice root acts in the body like cortisone, but without the harmful side-effects.
- Milk thistle extract, artichoke, turmeric and dandelion supports liver function.
- Dandelion reduces frequency and intensity of pain and strengthens the connective tissue.
- **Black walnut** aids in removing parasites.
- Paud'arco, taken in tea or tablet form, is good for treating Candida infection.
- Skullcap and valerian root improve sleep.
- Teas brewed from burdock root, dandelion, and red clover promotes healing by cleansing the bloodstream and enhancing immune function.
- Topical applications of **cayenne (capsicum) powder** mixed with wintergreen oil can help relieve muscle pain. Cayenne contains

capsaicin, a substance that appears to inhibit the release of neurotransmitters responsible for communicating pain sensations. Use 1 part cayenne powder to 3 parts wintergreen oil.

- **Licorice root** supports the glandular system. Caution: If overused, licorice can elevate blood pressure. Do not use this herb on a daily basis for more than seven days in a row. Avoid it if you have high blood pressure.
- Pine-bark and grape-seed extracts are natural anti-inflammatories that help to ease pain. Take 50 milligrams of either two to three times daily.
- **Ginger Tea**- Ginger is a good alternative to aspirin to relieve minor aches and pains.

It is recommended that you eat **four to five small meals daily** rather than three larger ones. This will ensure that you have a steady supply of nutrients available for proper muscle function. Here are some other recommendations:

- **Avoid processed foods** and foods that are high in saturated or hydrogenated fats, such as dairy products, meat, and margarine. Saturated fats interfere with circulation, increasing inflammation and pain.
- **Avoid caffeine, alcohol, and** (Cont. on next page)

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sugar. These substances enhance fatigue, increase muscle pain, and can interfere with normal sleep patterns.

- **Drink eight glasses** of pure filtered living water daily. Fresh juices and herbal teas are also good choices. A plentiful intake of liquids is important for flushing out toxins.

Investigate the possibility that **food allergies** and/or sensitivities may be at the source of some of the symptoms from fibromyalgia. Food allergies are a common condition in which the immune system reacts to certain foods in the same way that it reacts to **bacteria and viruses**, namely by producing antibodies. Food allergies can be immediate and life threatening, as in the case of someone who eats a strawberry and can't breathe, or they can be delayed and much less severe but nevertheless cause significant problems.

Blood sugar imbalances, caused by eating too much sugar and flour, are very important to address in natural fibromyalgia treatment. Sugar and flour are high glycemic foods, which mean they cause your blood sugar and insulin levels to **spike** after you eat them. A blood sugar drop, known as reactive hypoglycemia, often follows this.

Over time the cells in your body get used to the higher levels of insulin and develop **insulin resistance**. The insulin resistance prevents the sugar in the blood from getting into the cell where the mitochondria turn them into energy. Fatigue is therefore a very common effect of eating too many of these high glycemic foods, as is **depression**, weight gain, and hypoglycemia.

Adequate **thyroid hormone** is crucial for the proper function of the body's mitochondria. Mitochondria are the power plants in our

cells that produce our energy. Mitochondrial dysfunction is thought to play a central role in fibromyalgia.

Low thyroid function also tends to cause fatigue, depression, weight gain plus constipation, and coldness. It can also cause muscle pain. Most of these symptoms also occur in FM, at least in part because low thyroid function and mitochondrial dysfunction typically play a role in fibromyalgia.

In addition, **low adrenal gland function** is a common contributor to fibromyalgia. This can occur as a result of chronic stress, excessive caffeine intake, toxic exposure, and other factors. Fatigue is usually the most **significant symptom** from low adrenal function. Treatment usually includes taking an adrenal glandular supplement that replaces the missing **adrenal hormones** in combination with herbal medicines such as licorice, ashwaganda, ginseng, rhodiola, and others that help to protect and restore adrenal function.

The digestion of animal proteins produces **acid wastes**. Other acid forming foods are wheat, sugar, tea, coffee, alcohol, vinegar, pickles, processed and tinned foods, tomatoes, rhubarb, gooseberries, red and black currants, cooked spinach, margarine and all processed fats, eggs, chocolate, cod liver oil, and peanuts. Keeping an **alkaline pH level** is critical in the prevention and treatment of fibromyalgia. You can see our Newsletter on Alkalinity for details on alkaline nutrition.

Maintaining a **healthy intestinal tract** reduces total body inflammation and is very important in the treatment of FMS. This aspect in the treatment of FMS is not emphasized enough. The microflora of the intestinal tract plays such an important role in the modulation of the **immune system**.

Altered gut flora can play a major role in your ability to absorb nutrients, and it can contribute to fungal overgrowth. Making sure you have

adequate amounts of **natural probiotics** (such as can be found in organic sauerkraut), digestive enzymes and fiber is important. See our Newsletter on antibiotics, probiotics and prebiotics for very detailed information about gut health.

Exercise

Exercise has been shown to be an **effective intervention** in FM. Physical activity prevents muscle wasting, increases emotional well-being, and, over time, reduces fatigue and pain. Patient's demonstrated improvement not only in walking distances but also in Fibromyalgia Impact Questionnaire scores, **anxiety and depression scale** scores, and self-efficacy following an exercise regimen of three 30-minute exercise classes per week for 23 weeks, while patients who did not participate in the exercise regiment declined.

Exercise programs for fibromyalgia often combine **aerobic, strength training, and flexibility exercises** with self-education. Some studies have shown that improvements can last for up to 9 months after the exercise program ends.

Graded Exercise. The basic approach used for fibromyalgia is called graded exercise. Graded exercise means slowly increasing the amount of physical activity. A general goal is to achieve moderate exercise levels, such as 60% to 75% of their age-adjusted maximum heart rate at least 3 times weekly for at least **30 to 40 minutes**.

In general, graded exercise involves:

- A **very gradual program** of activity, beginning with mild exercise and building in intensity over time.
- Stretching exercises before work (Cont. on next page)

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ing out. A daily stretching routine can help relax tense muscles and prevent soreness.

- Walking, swimming, and using equipment such as treadmills or stationary bikes. Swimming and water therapy are good because they don't require **putting weight on the joints**.

It is important to start an exercise program **slowly**. Patients who try difficult exercises too early actually experience an increase in pain, and are likely to become discouraged and quit. Every patient must be prepared for **relapses and setbacks**, and should not get discouraged. Patients who do not respond to one type of exercise might consider experimenting with another form. Exercise, if done in warm water, it can also improve circulation.

Bursts of Exercise: Exercise can help relieve fibromyalgia, but many people with the condition find it hard to exercise for long periods of time. Research finds that adding small amounts of everyday physical activity like taking the stairs, gardening, and walking helps people with fibromyalgia increase their daily exercise amount, and **improves** their pain and fatigue. As people improve, they can increase their activity level gradually.

Physical Therapy: Physical therapy can also be very helpful. Studies suggest that physical therapy may reduce muscle overload and fatigue, and strengthen weak muscles.

Aerobics: Consider starting with a warm water therapy program, especially if your pain levels are really high. It's easier on the muscles and joints to be **in the water**, and the warmth

is usually soothing. Once you have made progress, you might move to land-based activities two to three times a week. **Walk** at a pace that you can still carry on a conversation. Explore aerobic activities that you enjoy and go at a comfortable self-pace.

Isometric Strengthening: Keeping up your strength is important, but not if it drains you of energy. Isometrics involve pressing against a stationary object (or you can use both arms or legs as resistance) for six seconds while breathing to make sure your muscles have oxygen. It does not consume lots of energy, but a **10-minute-a-day** program can keep your muscles toned.

Some other specific types of activities that have been studied and proven to assist in the healing of fibromyalgia symptoms are Yoga and Tai Chi.

Yoga: A 2007 study found that yoga practice has therapeutic effects in fibromyalgia patients, as did a similar 2010 study which resulted in **improvement** in "standardized measures of FM symptoms and functioning, including pain, fatigue, and mood, and in pain catastrophizing, acceptance, and other coping strategies." A 2011 study found an **eight-week yoga intervention** resulted in improvement in pain, psychological functioning and mindfulness, and changes in cortisol levels in women with fibromyalgia.

Many **mindfulness based stress reduction** (MBSR) programs include yoga as a physical form of meditation. Patients practice poses that increase flexibility and strength, while focusing on the breath and bringing the mind to the **present moment**. Some re-

search has found that yoga exercises may help reduce fibromyalgia pain. Women who participated in an eight-week yoga program experienced the following results:

- Reduced levels of cortisol (the stress hormone)
- Reduced pain by an average of 24 percent
- Reduced fatigue by 30 percent
- Reduced depression by 42 percent
- Improved sleep
- Improved energy
- Lessened stiffness and anxiety

Tai Chi: The ancient Chinese exercise program that combines slow movement, breathing, and meditation may also help people with fibromyalgia. Tai chi **improves** pain, fatigue, physical functioning, sleeplessness, and depression, and it does not have any side effects. A 2010 study proved that a 12-week class done 2x a week showed improvements in pain, sleep quality, depression, and quality of life. The benefits were still noticeable **24 weeks later**.

Cognitive-behavioral therapy (CBT)

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Studies show that FM patients feel better when they deal with the **consequences** of the disorder on their lives. Cognitive-behavioral therapy (CBT) is an effective way to help patients deal with chronic pain and stressful situations. Evidence suggests that CBT can help some patients with fibromyalgia.

Cognitive-behavioral therapy has been shown to be **effective** in the management of fibromyalgia. Cognitive-behavioral therapy not only improves mood and function but also decreases pain and fatigue. Group or individual CBT sessions may be used. CBT can address bad habits that patients may have developed to **manage their illness** that actually worsen it, such as trying to do too much on a day they feel well and then paying the consequences for their over activity the next day. **Balancing** their daily activity level can have a salutary effect on patients' overall symptomatology.

CBT may be also be particularly useful for **addressing** insomnia, one of the hallmark symptoms of fibromyalgia. In studies, patients who received CBT for insomnia woke up less often at night, had fewer symptoms of insomnia, and had an improved mood.

Establishing Regular Sleep Routines

Sleep is essential, particularly because sleep disruptions worsen pain. Many patients with fibromyalgia have trouble getting a restful and healing night's sleep. Several studies have demonstrated that many people with FM have a sleep

disorder known as alpha wave intrusion. Sleep is necessary to heal your muscles and your nervous system. Those who are consistently unable to sleep have little improvement in symptoms. Poor sleep habits can add to sleep problems.

We included above, with the nutrients and herbs, **natural ways** to assist with sleep like valerian root, 5-HTP and melatonin. See out Newsletter for sleep, which includes a lot of really valuable information about naturally induced sleep, sleep etiquette and establishing proper sleep patterns.

Hormonal balance. You can naturally balance your thyroid, adrenal, and ovarian hormones to make a difference in your symptoms of fibromyalgia. Gentle **phytotherapy** will work with your metabolic pathways. For the best results, you should look for products that contain botanical nervines and/or adaptogens.

Immune health. Infectious agents such as bacteria, enteroviruses, yeasts, or parasites can cause Fibromyalgia symptoms. It's a good idea to be sure that an **infection is not present**. Epstein-Barr virus, cytomegalovirus and Lyme disease are often associated with FM and chronic fatigue syndrome. Ask your healthcare provider if you can be tested for these diseases and treated, if you have them.

Detoxification. There are toxins everywhere, and your body is constantly trying to filter them out. Fibromyalgia patients can help stimulate their **natural** detoxification systems with saunas, steam baths, mineral baths, and low-intensity exercise to induce sweat. In addition, you can try to

be "green" at home, by **reducing the toxins** that are in your food and household.

The most thorough and fundamental treatment program for fibromyalgia and many other health problems consists of **cleansing the major organs** and systems of elimination and detoxification, including the liver, kidneys, large intestine, small intestine, lymphatic system, lungs and skin.

Unless they are cleared of any obstructions such as gallstones in the gallbladder and bile ducts of the liver, stones or grease in the kidneys, hardened deposits of **undigested foods** in the intestinal tract, layers of accumulated protein in the walls of blood vessels, etc., the body will continue to **absorb toxic wastes** in the connective tissues. Once the absorption capacity is exceeded, the waste spills over into the body's orifices, e.g., eyes, ears, nose, mouth, skin pores, causing major congestion there and impairing **sensory functions**.

Whenever these organs and systems are cleansed and begin to function more **efficiently** again, the body systematically retrieves and **neutralizes** the deposits of toxic wastes in the connective tissues. As a result, the symptoms of pain begin to disappear. This is easy to understand since pain arises only when ducts, pathways, vessels, etc. become obstructed.

Fibromyalgia cannot be considered to be a disease, it is but a **signal the body generates** in order to warn its owner of the imminent danger and to deal with the existing toxicity crisis in the best possible way. A body that is (Cont. on next page)

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cleansed and free of **congestion** has no need to generate pain signals of any kind; instead it is a constant source of happiness, freedom, and rejuvenation.

Stress Reduction Techniques

Relaxation and stress-reduction techniques are proving helpful for managing chronic pain. Evidence shows that people with fibromyalgia have a more **stressful response** to daily conflicts and encounters than those without the disorder. Several relaxation and stress-reduction techniques may be helpful for managing chronic pain, including:

- Biofeedback
- Deep breathing exercises
- Hypnosis
- Massage therapy
- Meditation
- Muscle relaxation techniques

Biofeedback. During a biofeedback session, electric leads are taped to a person's head. The person is encouraged to relax using any method that works. Brain waves are measured and an audio signal sounds when alpha waves are **detected**. Alpha waves are brain waves that occur with a state of deep relaxation. By repeating the process, people using biofeedback connects the sounds with the **relaxed** state, and learns to relax on their own.

Meditation. Meditation, which has been used for many years in Eastern cultures, is now widely accepted in this country as an **effective** relaxation technique. A number of studies are reporting its benefits for fibromyalgia patients who practice on a regular basis.

Various studies have proven it as a way to change the way the brain functions, improving symptoms. A 2012 analysis of studies reported that meditation provided pain relief. Researchers also believe it helps **calm the mind and ease the body**, promoting deep rest and relaxation, which help the body heal itself.

Meditation can provide the following physical benefits:

- Reduced heart rate, blood pressure, adrenaline levels, and skin temperature
- Improved well-being
- Better sleep -- melatonin helps regulate the sleep-wake cycle
- Less pain, possibly from reductions in levels of cortisol, a stress hormone

Hypnosis. In one small study, hypnosis was more effective than physical therapy at improving function and reducing pain.

Massage Therapy. Massage therapy is thought to slow the heart and relax the body. In one study, patients who were given 30-minute massage sessions twice a week had lower stress and anxiety and less pain after **5 weeks** compared to a group receiving an alternative therapy called transcutaneous electrical stimulation (TENS).

Daily herbal oil massage provides a **deeply soothing and balancing** effect to the entire nervous system. The motion of massage creates heat and friction, which enhances circulation and help cleanse the areas of chemical impurities that could be **aggravating** and hyper-sensitizing nerve tissues.

A type of massage called **manual lymph drainage** therapy

(MLDT) helps move lymph fluid through the body. The lymph system helps rid the body of waste and toxins, but relies on muscle movement to remain efficient. **Rhythmic** movements can help stimulate blood flow, potentially loosening up lymph blockages that may be causing pain.

Acupuncture. Acupuncture is an ancient Chinese treatment that uses very thin needles to ease pain and treat various conditions. A 2006 and a 2010 study showed that acupuncture helped with the pain, stiffness, fatigue and anxiety from fibromyalgia.

Chiropractic or Osteopathic Manipulation. Chiropractic or osteopathic manipulation may also help some patients. Osteopathic techniques may include manipulation of the **spine or muscle tissue release**. **Chiropractic** medicine is an alternative form of treatment that uses spinal manipulation and realignment to relieve pain, improve function, and promote natural healing. Chiropractic has been studied in many **chronic pain** conditions. Most studies suggest it may be effective for relief of back, neck, or headache pain.
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Trigger Point Therapies. In addition to the many hands-on therapies listed above, you may benefit from several other approaches designed to treat trigger points, ease muscle pain, and restore function. These may include **low level laser therapy**, stretching with heat/coolants and manual therapies.

Mind-body work. There are body-awareness practices (Qi Gong and Yoga) that help to improve "movement harmony," in addition to breathing exercises and mindfulness meditation that help to decrease fibromyalgia symptoms. They work by calming the "noise" in your central nervous system.

Mindfulness Training: A 2007 study found that mindfulness training improved depression in fibromyalgia patients. A 2009 study found it reduced their psychological distress.

Guided Imagery: A 2006 study found that guided-imagery improved functional status and sense of self-efficacy for managing pain and other symptoms of fibromyalgia. A 2008 study showed relaxation in combination with guided-imagery improved the condition of FM patients.

The research links below will allow you to do a more extensive research on the natural solutions for Fibromyalgia:

<http://www.ei-rhttps://umm.edu/health/medical/reports/articles/fibromyalgiaesource.org/illness-information/environmental-illnesses/fibromyalgia/> - Fibromyalgia

<http://wakeup-world.com/2015/03/10/20->

natural-fibromyalgia-solutions-including-the-gluten-free-diet/ - 20+ Natural Fibromyalgia Solutions

<http://nutritionfacts.org/video/fibromyalgia-vs-vegetarian-raw-vegan-diets/> - Fibromyalgia vs Vegetarian Raw Vegan Diets

<http://www.everydayhealth.com/fibromyalgia-pictures/8-natural-fibromyalgia-treatments.aspx> - Easing the Pain of Fibromyalgia Naturally

<https://www.womentowomen.com/general-womens-health-articles/a-natural-treatment-for-fibromyalgia-the-shine-approach/> - A Natural Treatment For Fibromyalgia – The SHINE Approach

<http://www.drweil.com/drw/u/ART02975/Treatment-of-Fibromyalgia.html> - Treatment of Fibromyalgia

<http://www.healthline.com/health-slideshow/fibromyalgia-natural-remedies> - Standard Treatments Hit and Miss with Fibromyalgia

<http://www.webmd.com/fibromyalgia/fibromyalgia-pain-10/alternative-treatments-for-fibromyalgia> - Treating Fibromyalgia Pain

<http://www.britishhomeopathic.org/bha-charity/how-we-can-help/conditions-a-z/fibromyalgia/> - Fibromyalgia

<http://www.greenmountainhealth.com/fibromyalgia> - Fibromyalgia & Natural Treatment in Vermont
http://www.huffingtonpost.com/maura-henninger-nd/fibromyalgia_b_4030111.html - Treating Fibromyalgia, Naturally

<http://draxe.com/natural-remedies-for-fibromyalgia/> - 5 Natural Remedies for Fibromyalgia

<http://altmedicine.about.com/cs/conditionsetoh/a/Fibromyalgia.htm> - Herbs and Supplements for Fibromyalgia

<http://www.fmnetnews.com/fibro-basics/treatment/non-drug-therapies> - Nondrug and Alternative Fibromyalgia Treatments

<https://www.taooferbs.com/articles/93/fibromyalgiaherb.htm> - Herbal Remedies and Fibromyalgia

http://www.holistic-online.com/Remedies/cfs/fib_nutrition.htm - Treatment of Fibromyalgia - Alternative Medicine

<https://www.wholesomeone.com/condition/fibromyalgia-natural-treatments> - Fibromyalgia Natural Treatments

<http://theraj.com/fibromyalgia/> - The Maharishi Ayurveda Approach to Fibromyalgia

http://holisticonline.com/Remedies/cfs/fib_herbal.htm - Herbal Remedies

<http://bodyecology.com/articles/the-hidden-cause-of-fibromyalgia-a-natural-treatment-for-pain> - The Hidden Causes of Fibromyalgia and a Natural Treatment for Pain

<http://abcnews.go.com/Health/CommonPainProblems/story?id=4047971> - Ways To Treat Fibromyalgia Pain With Alternative Medicine?

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<http://nutritionfacts.org/2013/06/27/>

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plant-based-diets-for-fibromyalgia/ - Plant-Based Diets for Fibromyalgia

<http://arizonapain.com/eating-vegetarian-help-fibromyalgia-symptoms/> - Does Eating Vegetarian Help Fibromyalgia Symptoms?

<https://www.drmcDougall.com/health/education/health-science/stars/stars-written/cheryl-m-lambert/> - Cheryl M. Lambert: Cures Fibromyalgia and Chronic Fatigue Syndrome

<http://www.ncbi.nlm.nih.gov/pubmed/11093597> - Vegan diet alleviates fibromyalgia symptoms.

<http://www.ncbi.nlm.nih.gov/pubmed/11508070> - Vegetarian diet in the treatment of fibromyalgia.

<http://www.ncbi.nlm.nih.gov/pubmed/11602026> - Fibromyalgia syndrome improved using a mostly raw vegetarian diet: an observational study.

<http://www.emaxhealth.com/12410/can-vegan-diet-help-fibromyalgia-patients> - Can a vegan diet help fibromyalgia patients?

<http://www.vegan-nutritionista.com/veganism-helps-my-fibromyalgia.html> - Veganism

Helps My Fibromyalgia

<http://www.care2.com/greenliving/plant-based-diets-for-fibromyalgia.html> - Plant-Based Diets for Fibromyalgia

<http://www.cure-fibromyalgia.com/id5.html> - Eat a vegetarian diet to cure fibromyalgia?

<http://www.healthline.com/health-news/women-tms-may-ease-mental-symptoms-fibromyalgia-032614> - Magnetic Stimulation May Relieve Mental Symptoms of Fibromyalgia

<http://www.healthynewage.com/196515.html> - Natural Therapy for Fibromyalgia - Part One

Helping your Body HEAL it SELF, through considering the PHYSICAL, Mental, EMOTIONAL and Spiritual aspects of Fibromyalgia !!

An important aspect of healing with fibromyalgia is recognizing the **connection** between mind, body and spirit. One of the most important elements for people and patients with FM is knowledge and understanding that it is **important** to accept the mind-body-spirit connection.

The **mental and emotional aspects** of fibromyalgia cannot be ignored. There have been many conversations in the conventional medical communities about whether FM is solely a psychological problem or solely as an organic problem. It is not one or the other ... **it is both** and in the holistic medicine arena it is treated that way.

Stress contributes to fibromyalgia and fibromyalgia contributes to stress. It is, by now, a well-known and proven fact that chronic stress impacts the whole body. Study after study has proven stress as a factor in a **multitude** of illnesses, health conditions and disorders and diseases. FM is one of those that have been studied.

Studies have proven that chronic stress can lead to changes in various hormones and **neurotransmitters**, resulting in various manifestations of fibromyalgia such as pain and fatigue. They have also found that the chronic pain present in fibromyalgia can give rise to psychological stress, and thereby cause changes in **neuroendocrine** axes.

One of the things that are seen frequently is the impact of stress on **fibromyalgia flares**. A fibromyalgia flare (or flare-up) is a temporary increase in the number and/or intensity of symptoms. Worsening pain and fatigue are generally the **first two symptoms** noticed in a fibro-flare. But other symptoms like poor sleep, increased cognitive dysfunction and digestive disturbances are often experienced as well.

Stress may be one of the biggest factors of **fibro-flare triggers**. Stress can be a particularly insidious factor when it comes to fibro-flare triggers because it often sneaks up on people. One thing

leads to another and then without consciously thinking about it the stress levels have **elevated**.

For a person with fibromyalgia this often ends up in a fibro-flare. Many people with FM and people in healthcare that deal with fibromyalgia will tell you that **stress-related flares** often last the longest because they are probably the most difficult to identify and then find (Cont. on next page)

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Helping your Body HEAL it SELF, through considering the PHYSICAL, Mental, EMOTIONAL and Spiritual aspects of Fibromyalgia !! (Cont.)

ways by which we can manage the stress.

So dealing with stress is important in preventing FM, fibro-flares if someone already had fibromyalgia and in healing the **overall symptoms** of FM. This is a double problem once someone has fibromyalgia since FM with all of the associated pain, sleep difficulties, etc. can increase the amount of stress in most people's lives and make people more **vulnerable** to the effects of stress.

People with FM can become very **stress sensitive** and then the effects of a given level of stress become greater than they would be for a healthy person. Vulnerability to stress makes managing stress a high priority. There are two main approaches to **controlling stress**: stress reduction and stress avoidance.

In addition FM often makes emotional reactions **stronger** than they were before and harder to control. The technical term is *labile*. The intensification of feeling occurs even with positive emotions. Any experience that triggers **adrenaline** seems to intensify emotions. This may show up in intense sadness, anger, crankiness, etc.

Three strategies for dealing with emotional sensitivity are: 1) **distraction**: turn your attention to something other than the trigger of your emotions; 2) **rest**: see your reaction as a sign that you're outside your limits and take a time out; and 3) **communication**: tell your family and close friends about the effects of your condition on your emotions, so they will better understand your reactions.

For those who have FM, the **cognitive problems** associated with the disorder are often times the thing that concerns them the most. It is only a further frustration that their doctors may be in

denial about that since normal testing does not necessarily show the **whole picture**. Otherwise known as "fibro fog," **dyscognition** is the new medical term researchers are using to describe symptoms related to difficulty concentrating, disorganized thinking, memory problems, and inability to stay focused or alert.

Research also shows that there really is cognitive dysfunction in FM patients. FM patients perform more poorly than age- and education-matched controls on tests of **several different types** of cognitive function. FM patients also performed more poorly on a test of working memory. Working memory refers to your ability to hold something in mind briefly while you use that information for some other **mental process**. It is your mental desktop. In addition, FM patients had lower scores on vocabulary tests, and had lower scores on a verbal fluency test.

In fact, the **cognitive performance** of FM patients was equivalent to that of adults who were twenty years older than the FM patients on several of tests. Moreover, the FM performance and that of the older adults was worse when compared to control subjects the same age, gender, and education level as the FM patients. Interestingly, results showed that fibromyalgia patients **performed worse** than their healthy counterparts but had intact speed of information processing.

An important part of studies done tested whether the cognitive dysfunction seen in FM patients can be **related to other symptoms** of FM. For example, FM patients are often also depressed, and cognitive dysfunction occurs in people who are depressed. However, studies do not prove this since, depressed patients are often slow and FM patients **were as fast** as the age-matched controls in their ability to process information rapidly.

FM patients, even though they were

not clinically depressed, reported more **depressive symptoms** than the control groups. This isn't surprising since the other symptoms of FM are themselves depressing and discouraging. Even though the patients reported more depression symptoms, those symptoms were **not related** to cognitive problems.

Yet another symptom that might be related to cognitive function is **sleep disturbance**. They researchers thought that perhaps the patients who have the most disrupted sleep have the lowest **cognitive scores**. They found that FM patients had lower percentages of time asleep during the night; yet, this measure of sleep was not related to cognitive performance.

Actually, the only symptom found to be related to cognitive performance was pain, particularly the **impact of pain** on a patient. Managing chronic pain may take some cognitive effort and this may interfere with performance on cognitive tasks. Several functional brain imaging studies conducted while subjects are given painful stimulus show **increased activation** in the pain processing areas of the brain in FM patients compared to healthy controls.

Studies have shown that over **50% of patients** with fibromyalgia suffer from mental confusion and decline of memory and mental faculties. The common manifestations of cognitive dysfunction are:

- Forgetfulness and **memory problems** - tests reveal that the memory components affected include impaired working memory, episodic memory and semantic memory -they have a poorer free recall
 - **Concentration** difficulties and attention problems
- (Cont. on next page)

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- Poorer verbal fluency and verbal knowledge
- Difficulty in focusing
- **Impaired judgment**
- Impaired ability to perform simple cognitive tasks
- Slowed or altered speech and other speech problems

One of the most interesting things about emotions is that for each emotion we feel (both the positive and the negative) there is a **bio-chemical signature** that occurs in our bodies. To put this in clearer terms, it means that if we hide our emotions and don't adequately express them, then eventually the emotional issues display in physical ways. This really is an arena where a **healthy mind** can assist a healthy body in moving towards a better recovery.

Louise Hay, one of the founders of the self-help movement, believes that "*Fibromyalgia is **fear showing up as extreme tension** due to stress.*" She states that the probable metaphysical cause of FM is that it: "Represents rigid and stiff thinking. Tension, fear, and **holding on to the past**. When a person is under stress, the body reacts and tenses up. Stiffness and pain is felt in the fibrous tissues, usually deep within the muscles, yet there's nothing wrong with the muscles themselves. Stiffness is a result of **rigid, stiff thinking**. Tension, fear, and holding on result in the body cramping and gripping." The following list is a list of recommendations from various holistic doctors, healthcare professionals and psychologists that could be considered as **preventative** measures for FM and certainly things to utilize to help heal from FM if you are already dealing with it:

- Engage in **mindfulness** practices such as Daily meditation and/or prayer, Yoga, Journaling and Deep breathing exercises - Mindfulness is vital to calm the

mind and body.

- FM is often associated with trauma, especially emotional trauma. Recovering from emotional trauma is essential to optimal health. Talking with a trained counselor or advisor can be very helpful.
- The role of family and friend **support** cannot be emphasized enough, however, they may have a hard time understanding what is happening to you or how much you are suffering. If that is true then accept this and accept their love and support in whatever way they can provide it.
- Allow yourself to explore any and release any **old emotions** and any new emotions you experience as sources you can look into for healing such as: fear, anger, insecurity, guilt, lack of forgiveness (for yourself or others), resistance to life's circumstances, loss of purpose or direction, a lack of boundaries and a lack of trust. Dig deep, Journal, scream, laugh, cry, sing. Let it out.
- Take **responsibility for and own your life** – now and in the future - consider that you really do get to say how it goes.
- Be a yes and stay positive even if you need to fake it 'til you make it at first.
- Learn to love yourself – it is not selfish to do so – it will open up your ability to love others even more deeply and is ultimately at the core of being optimally healthy.
- Ask for help. If you already have FM – you do not have to go this alone – **seek out others** that understand. Find a support group and/or counseling/health coach who is familiar and has specific knowledge about FM
- Look for inspiration in everything and anywhere you can.
- **Accept where you are now** – this is not the same as being resigned about it – it is just acknowledging your current situation as a process to move forward from.
- Take actions to make the neces-

sary changes in your life to move forward.

- Please do not blindly accept prescription drugs without understanding the full side effects and without exploring natural means to deal with your symptoms first.

Mindfulness has a number of different definitions, but they all focus on the same idea - living in the present moment. One who practices mindfulness observes thoughts and feelings without reacting to them. They simply let them float in and out of the mind **without judgment**. Mindfulness practices allow you to increase your ability to be calm throughout the day, to think clearly, and to **manage stress**. This is a very potent way to prevent illness and disease. For a fibromyalgia patient, that could mean being able to heal your symptoms, control flare-ups and reduce pain.

Mindfulness may also lead to **changes in the brain** that provide benefits for fibromyalgia patients. Several studies examining the connection between the two have discovered positive results. Mindfulness therapy combines meditation, yoga, and daily mindfulness exercises. In this way, it targets mind, body, and behavior to create results. **Daily practice** of all three techniques is likely to create (Cont. on next page)

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ate improvements in your fibromyalgia symptoms.

One study assigned patients to an eight-week program of mindfulness based stress reduction (MBSR). The results showed the MSBR program to be **very effective**. It helped patients to experience less pain and to better cope with pain, anxiety, and depression. Patients were still experiencing improvements in wellbeing **three years later**. In one report, doctors suggest mindfulness meditation may calm the sympathetic nervous system, reducing stress and creating a more relaxed body.

Mindfulness meditation may be able to:

- Help patients learn to direct their attention **away from pain**
- Inhibit the central nervous system's ability to perceive pain, reducing the sensations the patient actually feels
- **Reduce distressing thoughts** and feelings that come with pain, keeping them from actually making the pain worse
- Enhance body awareness, which may lead to improved self-care
- Promote deep muscle relaxation, lessening tension and irritability
- **Create a buffer** against stress-related symptoms
- Create improvements in pain, fatigue, sleep, and overall wellbeing.

Remember that the symptoms of FM **are not terminal** and if you are willing to do the work physically, emotionally and mentally to heal yourself it will be temporary – many many people have regressed their symptoms through the concept talked

about in this Newsletter and live **completely normal lives** again.

Also, finally and **most importantly** remember that with the help of the Hippocrates Health Institute many people that used to suffer with this disease have HEALED themselves COMPLETELY and have done so due to taking on: a) Only eating **the Living Foods Raw Vegan Diet** that HHI teaches about, b) Drinking enough alive, purified, activated water c) Sleeping enough and the RIGHT WAY (as we explained on our Sleep Newsletter), Exercising correctly as per their needs and possibilities, d) Leading a **Low Stress Life Style** (not unrealistic but managing that the Stress-Body Impact remains at its minimum and that stress is channeled in healthy ways), e) Obviously no Drugs, no Smoking, no Alcohol, f) Daily practices of Yoga and Meditation.

The research links below will allow you to do a more in depth study of the mental, emotional and spiritual effects, causes and solutions for Fibromyalgia:

<http://www.cfidsselfhelp.org/library/surprising-symptoms> - Brain Fog (Cognitive Problems)

<http://www.fmcpaware.org/fibrofog/cognitive-function-a-fibromyalgia> - Cognitive Function & Fibromyalgia

<http://www.news-medical.net/health/What-is-Fibro-Fog-Fibromyalgia-and-Cognitive-Dysfunction.aspx> -Fibromyalgia and cognitive dysfunction

<http://www.fmcpaware.org/a-c/cognitive-dysfunction> - Cognitive Dysfunction

[http://www.fmnetnews.com/free-](http://www.fmnetnews.com/free-articles/enews-alert-samples/fibro-fog)

[articles/enews-alert-samples/fibro-fog](http://www.fmnetnews.com/free-articles/enews-alert-samples/fibro-fog) - Fibro Fog and Dyscognition

<https://www.psychologytoday.com/blog/paintracking/201209/chronic-physical-and-emotional-pain-disorders> - Chronic Physical and Emotional Pain Disorders

<http://fibromyalgia.newlifeoutlook.com/fibromyalgia-and-emotional-sensitivity/> -Fibromyalgia and Emotional Sensitivity

<http://www.livestrong.com/article/166607-mental-effects-of-fibromyalgia/> - The Mental Effects of Fibromyalgia

<http://www.fibromyalgia-chronic-fatigue-syndrome.com/fibropsych.html> - The Psychological Impact of Fibromyalgia

<http://www.cfidsselfhelp.org/library/surprising-symptoms> - Surprising Symptoms

<http://youwerebornthatway.com/tag/spiritual-causes-of-disease/> - Spiritual Causes of Disease

<http://www.fmnetnews.com/fibro-basics/fibromyalgia-faqs> - Fibromyalgia FAQ

<http://www.angelfire.com/tn/moonlodge/fibro.html> - Emotional issues and FIBRO

<http://www.prohealth.com/library/showarticle.cfm?libid=10058> - Treating Fibromyalgia and the Mind-Body-Spirit Connection

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<https://www.sharecare.com/health/fibromyalgia-mental-effects> - Fibromyalgia Mental Effects

<http://www.healthline.com/health/slideshow/fibromyalgia-mindfulness> - Mind, Body, and Behavior: Mindfulness for Fibromyalgia

<http://www.practicalpainmanagement.com/patient/conditions/fibromyalgia/mental-emotional-therapy-fibromyalgia> - Mental and Emotional Therapy for Fibromyalgia

<http://psychcentral.com/news/2010/08/20/bipolar-disorder-common-in-fibromyalgia/17083.html> - Bipolar Disorder Common in Fibromyalgia

<http://www.fmcpaware.org/fibrofog/cognitive-function-a-fibromyalgia> - Cognitive Function & Fibromyalgia

<http://nationalpainreport.com/could-fibromyalgia-be-labeled-as-a-psychiatric-illness-8819773.html> - Could Fibromyalgia Be Labeled as a Psychiatric Illness?

<http://www.healpastlives.com/pastlf/karmdict/kdfibro.htm> - KARMIC DICTIONARY: Past Life Causes of Present Life Disorders

<http://www.angelfire.com/tn/moonlodge/fibro.html> - Emotional Issues as a factor in fibro

<http://spiritualityhealth.com/articles/writing-oneself-out-fibromyalgia> - Writing Oneself Out of Fibromyalgia

<http://www.hindawi.com/journals/ecam/2013/178547/> -Spiritual Needs in Patients Suffering from Fibromyalgia

<http://www.healthynewage.com/fibro.html> - Fibromyalgia From a Spiritual Perspective

<https://wen-dyblease.wordpress.com/2009/12/04/emotional-causes-of-fibromyalgia/> - EMOTIONAL CAUSES OF FIBROMYALGIA

<http://youwerebornthatway.com/tag/spiritual-causes-of-disease/> - Emotional Causes of Disease

<http://consciouslifeneeds.com/pain-all-healing-journey-fibromyalgia-2/1184467/> - Pain Healing Journey - Fibromyalgia

<http://conqueringfearspiritually.com/CFS/louise-hay-affirmations-for-chronic-fatigue/> -Louise Hay Affirmations for Chronic Fatigue

<http://returnlove.org/louise-hay-on-fibromyalgia/> -Louise Hay on Fibromyalgia

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED**

transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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