



What is Fibromyalgia?

Fibromyalgia is a mysterious chronic disease that produces **severe pain throughout the body** along with exhaustion, sleep problems, depression and anxiety. Not much is known about **Fibromyalgia** even today. It is estimated 2 to 4 percent of the population suffer from **Fibromyalgia**. For reasons not yet established it **affects women at an alarmingly higher rate than it does men**. It is estimated that between 80 and 90 percent of people diagnosed with **Fibromyalgia** are women.

Fibromyalgia spreads throughout the body causing enormous **pain and exhaustion** and is known to develop alone or along with other debilitating **conditions of the musculoskeletal system** such as arthritis or lupus.

People **suffering from Fibromyalgia** often feel isolated and misunderstood due to the fact that the ability to perform daily tasks varies depending on the severity of symptoms which fluctuate greatly from day to day.

Diagnosing Fibromyalgia

In order for fibromyalgia to be diagnosed, your health care provider will ask you specific questions about your overall health.

Pain and stiffness that spreads throughout the body coupled with **muscle and joint pain** and **tender spots along fibrous tissue** for more than three months are typical signs doctors look for accompanied by **sleep disturbances, headaches, and imbalances in cortisol** and neurotransmitter levels.

Certain muscle areas located in the neck, shoulders, buttocks, knees, and arms are the most affected and pain is typically more intense upon awakening and at night before bed time.

Many times **symptoms of Fibromyalgia** are confused with those of arthritis however arthritis causes severe disfigurement of joints along with swelling which cannot be caused by **Fibromyalgia** alone.

Symptoms of Fibromyalgia

- Muscle pain
- Stiffness
- Headaches
- Irritable Bowel Syndrome
- Sleep Disturbances

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Depression
- Anxiety

What Causes Fibromyalgia?

Exactly what causes [fibromyalgia](#) remains unknown. Those with musculoskeletal conditions such as arthritis or lupus are considered at a higher risk of developing [Fibromyalgia](#).

Some studies suggest that it may have a genetic link. Other studies show a connection between **physical and emotional trauma** and the [development of Fibromyalgia](#). There is also evidence of **abnormal levels of pain transmitters** causing nerve receptors to communicate to the brain that there is pain when there is no apparent reason for it.

Some researches are inclined to believe that [Fibromyalgia](#) is viral in origin such as chronic fatigue and Epstein barr. Others feel that it is directly related to **high levels of toxins in the body's delicate system** which can lead to chemical changes.

Recently a **connection between sleep disorders and [Fibromyalgia](#)** has been established since **people suffering from Fibromyalgia** lack delta wave sleep which is the deepest and most relaxing sleep of all. When deprived from this fundamentally restorative sleep, disturbances in the delicate biological rhythms **severely compromise systemic health**.

Food allergies have also been linked to Fibromyalgia. Specific foods that are known to cause sensitivities that can **aggravate symptoms** include shellfish, milk, citrus fruits, wheat, corn, and tomatoes among others.

Help for Fibromyalgia

strong>Researchers have discovered that certain neurotransmitters such as serotonin, which **controls mood, sleep patterns, and pain**, are very low in [fibromyalgia](#) patients. Apparently **disturbances in brain chemistry** are to blame for the changes that occur in **muscle structure and metabolism** in those suffering from Fibromyalgia.

Currently there are no drugs approved by the U.S Food and Drug Administration to treat Fibromyalgia although there are a few currently being developed.

Doctors mainly aim to **treat [symptoms of Fibromyalgia](#)** with the following types of medications:

- **Analgesics:** Used to relieve pain
- **Antidepressants:** Used to regulate brain chemistry imbalances many times responsible for pain and exhaustion.
- **Benzodiazepines:** Used to help relax tense and painful muscles

More Information on Fibromyalgia

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

A lot can be done to naturally improve the quality of life of those **suffering from Fibromyalgia**. Helpful foods as long as no allergies are present include:

- Barley
- Buckwheat
- Canola oil
- Olive oil
- All types of fish
- Fruit (except citrus)
- Legumes
- Millet
- Oats
- Fresh vegetables

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional,

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mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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MindSoothe: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood, emotional wellness and systemic harmony in the brain and [nervous system](#), without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

Fatigue Fighter: Natural remedy to support healthy energy levels, stamina and vitality

Fatigue Fighter is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely **support healthy energy levels, stamina and endurance**.

Fatigue Fighter contains a selection of herbs for healthy energy - known for their supportive function in **maintaining natural health and energy levels**, as well as balanced metabolism, stamina, endurance and routine, healthy performance without stimulants or caffeine. Fatigue Fighter can make all the difference, without compromising health and without the risk of serious side effects.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

Read the testimonials for these quality products [here!](#)

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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