



Women's Health Library

Fibromyalgia Management



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Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**

These supplements may be purchased on our website:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Fibromyalgia Syndrome (FMS) has recently become recognized as one of the most common musculoskeletal complaints among women between the ages of 30 and 50. The most common symptoms of FMS are generalized aches and pains, fatigue, depression, joint stiffness, disrupted sleeping patterns, reproducible tender points in the muscles and tendons known as “trigger points”, association with irritable bowel syndrome (IBS), tension headaches, primary dysmenorrhea (abnormal menstrual cycle), mitral valve prolapse and Chronic Fatigue Syndrome.

In recent years there have been several suggested contributing factors in the development of *Primary* FMS, meaning it is not associated with or the result of another disorder. However, the most recent biochemical studies indicate a strong link between FMS and magnesium deficiency resulting in the inability of the body to synthesize ATP (a substance used by the body for energy) caused by chronic hypoxia (oxygen deficiency) seen most predominantly during aerobic exercise. Malate, has been found to be an important substrate in the production of ATP, thereby assisting the effects of magnesium.¹

The most common symptoms of Fibromyalgia:

- Musculoskeletal aches and pains – often described as “general and deep aching” usually worse upon waking in the morning or after mild aerobic exercise.
- Fatigue and depression – although the symptom varies, most patients report feeling totally exhausted drained of energy, sad and with a feeling of “brain fog or fatigue”.
- Joint stiffness – often appears worse in the morning or after sitting for a period of time.
- Sleeping disorders – patients may suffer with several different sleeping difficulties such as sleep Apnea, Restless Leg Syndrome, heightened brain activity which disrupts sleep patterns and prevents a deep sleep, snoring and teeth grinding.
- Trigger points – 18 common trigger point areas have been identified with a majority of them producing pain upon palpation which is used as a diagnostic marker.
- Irritable Bowel Syndrome – as high as 70% of FMS patients report symptoms of constipation, diarrhea, gas, bloating and abdominal pain on a regular basis.
- Tension headaches – 70% of FMS patients report frequent debilitating headaches.
- Premenstrual Syndrome (PMS) – there are over 150 documented symptoms associated with PMS.

Recommended Supplements:

- Liquid Cal-Mag-Zinc with Vit D -Our formula makes taking several different supplements convenient and offers a superior route for absorption. Excellent support for FMS sufferers.
- Phytoestrogens (Menopause Formula) – FMS is most commonly diagnosed during peri-menopause when estrogen levels begin to decline.
- 5-HTP –Our pure pharmaceutical grade 5-HTP is a natural derivative from an amino acid, is a precursor to serotonin, and is a safe, natural and inexpensive.
- HGH Spray - HGH does not contain any hormones, is a safe, sensible, cost-effective approach to supporting improved *oxygen uptake*, helps prevent osteoporosis, & is a powerful anti-obesity aid.
- Progesterone Cream – Our high quality USP progesterone supports all symptoms of PMS.
- Inflatrol – a natural alternative to pharmaceutical pain and inflammation reducers that won't place a burden on your liver and kidneys.
- Digestive Complete – Support for gas and bloating and aid in nutrient absorption.
- Probiotic Quattro – Support for Irritable Bowel Syndrome (IBS) and the immune system.
- Brain Support Softgels – Nutritional support for brain function and circulation with Ginkgo Biloba.
- Ultimate One Multiple Vitamin/Mineral – Provides the nutritional factors necessary to build and maintain good health upon. One per day is all you need.
- Acetyl-L-Carnitine – Improves energy and mental performance.
- Supreme Stress B - Stress in an aggravating factor in FMS. Our product supports the stress reaction.

*Do not take all of these supplements at once, but rather try a variety to see which work best for you.

¹ Management of Fibromyalgia: Rationale for the use of Magnesium and Malic Acid; G. Abraham, J. Flechas JNM 1992