

March 2011

# HomeCures

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## Fibromyalgia Syndrome

Dr...I hurt all over

A complex problem with multiple causes and few cures. Seek answers with this list of possibilities and natural treatments.

Getting a Good Night's Sleep

Can God Heal Fibromyalgia Or, Is it Indeed Incurable?

The Eating Plan for Managing Fibromyalgia

Fibromyalgia Syndrome Simplified

GRANDMA'S CURE CORNER  
END FATIGUE WITH CHOCOLATE



# Home Cures That Work Fibromyalgia Syndrome March 2011

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# **Fibromyalgia Syndrome:** **“Doctor, I hurt all over!”**

**By Dr. Scott Saunders**

**F**ibromyalgia is not a disease; it’s a “syndrome” which means that is just a collection of symptoms. The problem is that there may be many different causes of the same symptoms so it is very difficult to diagnose and treat, but when the cause of the fibromyalgia symptoms is known, then the treatment can be very effective.

Marilyn is in her 50’s, an interior decorator and very active in her community. Over a year before she came to see me, she suddenly “got sick.” She had been to many doctors trying to get her health back. She was in pain all the time and felt such a profound fatigue that she could no longer function in any of her activities. Her hormone, liver, kidney, and metabolic tests were all normal so her doctors told her it was all in her head. However, when we did further testing she was found to have a significant amount of mercury and lead on a provoked urine test. She started a chelation protocol and gradually improved. Though her heavy metal tests are now normal, she is still not. However, she is on no medications and is able to continue most of her activities.



In this case, a fibromyalgia cause was found. Heavy metals can prevent the production of energy in cells to create the symptoms of fibromyalgia. Nerve cells are especially sensitive. Moreover, it has been found that certain combinations of heavy metals, like mercury and lead, may have ten times the effects of either one alone. The symptoms don’t all resolve immediately upon removing the metals because damage has been done that need to be repaired, which can take years in the nervous system.

There are many other potential causes of fibromyalgia syndrome besides heavy metals. This is by no means a complete list, only a sampling of possibilities:

## **Environmental toxins**

- Pesticides
- Mycotoxins (fungi)
- Bacterial toxins (i.e. Clostridium in the bowel)

## **Infectious diseases**

- Lyme
- Babesiosis
- Epstein-Barr Virus
- Many other bacterial, viral and fungal infections in the blood

## **Deficiency diseases**

- Amino acids or protein malnutrition
- Neurotransmitters
- Mineral imbalances
- Vitamin deficiencies (especially B-vitamins)

## **Other**

1. Hormone imbalances including thyroid, adrenal hormones, glucocorticoids, or the sex hormones
2. There is also a large group of people who have autonomic nervous system dysfunction, where their arteries constrict causing restricted blood flow to an entire area and producing the same symptoms as fibromyalgia.

## **Stress**

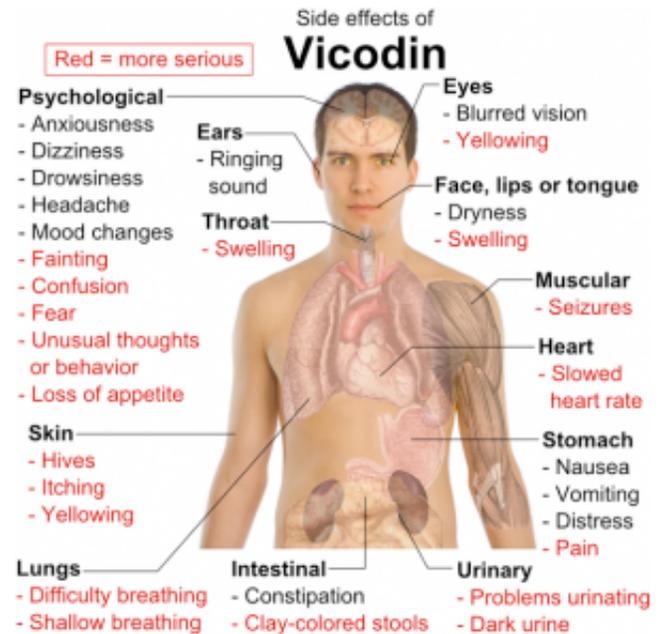
A word about stress is in order. Many people with fibromyalgia syndrome are told they are under “too much stress.” Stress actually causes NO ILLNESSES at all! However, if you have a weakness, stress will bring it out. Decreasing stress is also a “Catch-22” because what could be more stressful than to be in pain and non-functioning all the time? Be assured that though stress may worsen fibromyalgia symptoms, it is NOT the cause of your problem.

Anything that disturbs energy production in the nervous system can produce the symptoms of fibromyalgia. The disturbance is a metabolic (energy) one, so it can cause problems anywhere in the body. For this reason, severe pain can come to one area suddenly, and then disappear after a day or a month, only to show up in another place. There are many related disorders that people with fibromyalgia are told they have, such as migraine headaches and irritable bowel syndrome. Also, the laboratory testing is not sensitive enough to detect these changes so people are told they have nothing wrong with them.

## Patent Medicines

There are three drugs currently available for the treatment of fibromyalgia symptoms. None of them address the cause of the disease.

Amitriptyline has been around for many years for the treatment of depression and is the most effective and safe. I rarely use it for those who need a little relief while we search for the fibromyalgia cause. The other two are new antidepressants with unknown long-term effects and generally not as effective. None of them produce pain-free, normal functioning.



One of the important things to know about drugs is that narcotics, including morphine, Vicodin and others as well as benzodiazepines and various sleeping pills, can easily become a merry-go-round of pain and sedation. They don't relieve pain, nor do they produce good sleep. Most end up in the same pain, and still don't sleep well, even on the medications, but have a lot of trouble stopping them.

## Home Cures – What YOU Can Do: Start With the Bowel

If you have “leaky gut” due to food allergies, then you may not be absorbing your nutrients well and, therefore, rendering all of your supplementation useless. The way to start is with the “elimination diet” which has multiple variations. The easiest is to go off all gluten (wheat, rye, barley, oats) and dairy for four weeks. During this time, use a glutamine supplement to repair the lining of the bowel. If you notice improvement, you may need to continue for at least three months, maybe indefinitely.

## Dietary Measures



Changing the diet is often very useful. First of all, remember that it is not inflammation, but rather a nerve dysfunction so the diets to decrease inflammation generally don't help. Most people find that getting off all processed sugar, including "natural" sugars like honey and agave nectar, plus especially avoiding all artificial sweeteners including stevia, decrease pain dramatically.

There is an old diet that has been used for many years to treat epilepsy in children that is surprisingly useful called the "ketogenic diet." We know it today as the Atkins Diet.

The problem with the present day Atkins people is that they are selling prepared foods. If you just do the original diet that consists of non-starchy vegetables and fresh (not processed) meats, it can work very well. Use the Keto-sticks from the pharmacy to make sure you are burning fat. If it doesn't turn red, you're eating too much starch or sugar.

Also, I would note that one patient of mine is on an organic vegan diet. If she strays just a little, she constantly complains that the pain comes back.

## Bowel Bacteria

Each of us has a "fingerprint" of bacteria, fungi, and parasites in our intestines. No two people are exactly alike in kind and amount of organisms. Some are "good" because they aid in digestion or make vitamins, while others are "bad" because they make toxins or block absorption of essential nutrients.

You should start on a program of supplementing "probiotics" or the most common "good" organisms to improve bowel function. Don't use the same probiotic supplement all the time, but rather change around. There are differences and you may find one that works better than another. One man told me that the "cheap" one his wife bought seemed to work better than the "expensive" refrigerated one he had purchased.

# Exercise

It is interesting to note that exercise is the only fibromyalgia treatment that consistently improves pain and functioning in those with fibromyalgia. This makes sense because most of the fibromyalgia symptoms are due to a lack of circulation and exercise increases circulation. Moreover, exercise helps to increase endorphins that are so helpful for controlling pain and improving the function of the autonomic nervous system. However, those with profound fatigue can feel worse after exercise so they must start slowly and increase very gradually. Many find that Yoga, Tai Chi, or Pilates are more beneficial.

# Liver Detox

I don't put a lot of faith in the detox programs sold in the stores because people use them instead of making the dietary and lifestyle changes that really help the liver to detox. The best start to an ongoing program for detox is a high fiber diet. Fiber binds many toxins, allowing them to be eliminated. Moreover, most of the high-fiber foods contain vitamins and nutrients that help the liver to detoxify. For example, cilantro (coriander) has been found to be the best way to remove mercury from the body.

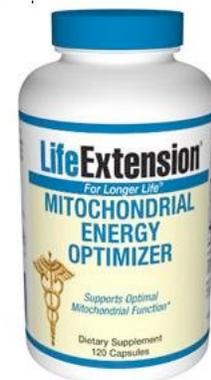
Aside from this, there are several supplements that help the liver:

- N-Acetyl Cysteine (NAC) - 1 gram per day
- Selenium - 1mg per week (I often have to give the 200mcg dose – 5 pills once a week)
- Milk Thistle (silymarin)
- Alpha Lipoic Acid (ALA) - 100mg per day

# Nutrients

It seems that most try high doses of anti-oxidant vitamins, but this is a disease of energy production so it is better to use those nutrients that are needed for energy. These are:

- B-vitamins (these may need to be injected)
- Magnesium - 400mg per day
- CoQ-10 - 100mg per day
- Zinc (with copper) - 40mg per day
- Ribose - 1 tsp twice per day
- L-carnitine - 2 grams per day



There are several “mitochondrial energy” supplements that contain most or all of these. I use Standard Process or Life Extension. [Click Here to Order Your Energy Supplement Now; http://ow.ly/457En](http://ow.ly/457En)

There are many doctors who have successfully used the “Meyer’s Cocktail” intravenous vitamin treatment. I have also found this helpful.

Sometimes B-12 works better as an intramuscular injection, rather than oral, sublingual, or IV. I have one patient who owned a tile store and was unable to function because of the constant pain and fatigue. We had tried testing and several treatments without benefit. I wanted to try a B-vitamin injection, but only had B-12 on hand at the time so we decided to use just 1mg IM to see if it would give her more energy. She came back so happy because she was significantly better. She was sleeping better and was able to work all day. For over three years she gave herself weekly injections of B-12 and was finally able to stop and continues to feel generally well (but not “normal”).

## A Word of Encouragement



**Grandma's Tips**



**Meyer's Cocktail contains multi-minerals, magnesium, calcium, vitamin C, vitamin B5, vitamin B6, vitamin B12 and vitamin B complex diluted in sterile water. The solution is slowly injected over a 10-20 minute period. When nutrients are given intravenously, your digestive system is bypassed and a much higher level of nutrition can be delivered directly to your cells via the bloodstream. If you tend to have fatigue and feel run down, it can help boost your energy.**

If these remedies don’t produce results, then it may be necessary to find a doctor who is skilled in fibromyalgia syndrome for advice and further testing. Remember, you are the only one who knows how you feel so you are the only one who can determine if a fibromyalgia treatment is working. You must guide your treatment.

Fibromyalgia Syndrome is a complex problem with multiple causes and few “cures.” However, those who continue to seek answers generally do find improvement. It has been shown that people generally get better over time, and those who are trying new things get better faster. Don’t give up. We often don’t find a fibromyalgia “cause,” but sometimes can still find a treatment that brings relief of suffering. It isn’t a quick fix, but a process over time.



**Dr. Scott D. Saunders, MD is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.**



# The Eating Plan for Managing Fibromyalgia

By David Randall

## What is Fibromyalgia?

Fibromyalgia is a common syndrome, not a disease, in which people experience long-term, body-wide pain and tender points in joints, muscles, tendons and other soft tissues. Fibromyalgia has also been linked to fatigue, sleep problems, headaches, depression, anxiety and other symptoms.

Since it is not necessarily caused by any one problem, fibromyalgia sufferers will benefit most from an overall healthy and balanced diet.

## Eating Plan for Fibromyalgia

While there may not be a single set of dietary guidelines that are right for all fibromyalgia sufferers, there are certain foods, or food groups, that appear to make a difference for a significant number of people.

As important as sticking to a balanced diet and choosing foods wisely is, when dealing with fibromyalgia it is even more important to not choose the wrong foods. Certain foods and drinks could be causing you more pain than you can make up for by eating right.

It will take some trial and error to find what helps and what hurts, but with a little planning and diet management you can be on the road to managing your fibromyalgia.



## **Foods and Beverages to Avoid:**

- Alcoholic beverages
- Artificial Sweeteners such as aspartame (NutraSweet) and saccharine
- Carbonated beverages such as colas and soda pop
- Coffee and caffeinated teas
- Dairy
- Food Additives such as preservatives, salt and MSG (monosodium glutamate)
- Fried foods
- Fructose
- Gluten
- High fat dairy foods
- Nightshade Plants such as tomatoes, chili and bell peppers, potatoes, and eggplant
- Red meats (especially salt cured, cured bacon, smoked, or nitrate cured)
- Simple carbohydrates
- Some acidic foods
- White flour
- White sugar
- Yeast



## **Control Inflammation**

In many cases, inflammation is the leading cause of the underlying symptoms that lead to your pain. Like any inflammatory diet, people who suffer from Fibromyalgia Syndrome should limit intake of foods that are associated with typical allergies (gluten, milk, peanuts, shellfish and wheat). It is also important to add omega 3's, antioxidants, lean proteins, fiber and water. These foods will help restore your immune system and help reverse chronic inflammation.

The Fibromyalgia Diet should be very similar to one used for any standard heart healthy diet. This balanced diet should consist of foods that are low in saturated fat, sodium and nitrates, and full of lean meats, fresh fruits and vegetables. Since there is no direct cause of fibromyalgia pain, a heart healthy diet will provide benefits to your overall health by aiding in lessening some of the underlying issues that cause your fibromyalgia pain.

# Magnesium Deficiency

Magnesium is an often forgotten mineral that can cause ailments when the mineral is lacking or deficient, including fibromyalgia. Magnesium is known to regulate or inhibit many nerve receptors, which have been considered as sources of certain types of fibromyalgia pain. Magnesium may also help Myofascial Pain Syndrome.

Another commonly found condition in fibromyalgia has nervous related symptoms is reactive hypoglycemia. Anxiety related symptoms occur after carbohydrate intake, and this is believed to be due to either an excess release of adrenaline, or a higher sensitivity to adrenaline. In either case, a deficiency of magnesium could be a factor, as magnesium deficiency appears to be associated with anxiety and high levels of adrenaline.

Not only that, but magnesium also affects carbohydrate metabolism in a different manner, as a magnesium deficiency appears to create resistance to insulin. Additionally, insulin resistance by itself can disrupt intracellular magnesium levels.

Sleep deprivation can also lead to low magnesium levels, which also decreases exercise tolerance. But, magnesium supplementation may be able to raise that tolerance.

## Magnesium Absorption

Diet and digestion play a major role in magnesium absorption. Oftentimes, people with fibromyalgia have other conditions such as Irritable Bowel Syndrome or gluten intolerance, which limit nutrient absorption.

You can, for one, decrease the antagonists that inhibit magnesium absorption, such as:

- Excess dairy
- Coffee
- Tea
- Alcohol

Also, avoid multivitamin pills that do not contain any magnesium. Magnesium is often not included in multivitamin pills due to a lack of space - so the manufacturers often just leave it out. If you feel the need for supplements, usually powders or fortified snack bars are more likely to have appreciable amounts of magnesium, but you still have to check the labels to make sure. You can also avoid eating too many fortified cereals as they often have an

unbalanced mix of artificial vitamins and minerals and seldom contain any appreciable magnesium.



While too much fat in the diet can be unhealthy, eating at least some fat along with your meals may help improve magnesium absorption. Many major magnesium deficiency symptoms (twitches, fibromyalgia, muscle cramps, etc.) develop on a low fat diet to lose weight.

Dietary sources of magnesium include whole grains, certain nuts and seeds, cocoa, green vegetables, seafood, brown rice, and kidney and lima beans.

Natural sources of magnesium can be found in almonds, cashews, Brazil nuts, baked beans, molasses, and dark green leafy vegetables. Vegetables are especially good if you are watching your weight because you can ingest a lot of magnesium for a relatively small number of calories.

The Recommended Daily Allowance (RDA) of magnesium is 400mg, but if this level relieves any symptoms for you, you may benefit from more ... and of course you get some from food.

## Conclusion

Different foods affect each individual fibromyalgia sufferer differently. You can discover your own food sensitivity by eliminating foods that trigger pain and anxiety. Keeping a food journal will be one of your golden keys to keeping the pain and fatigue away. In your journal write down everything that you eat, do and anytime you have fibromyalgia pain. By comparing the two you may discover that certain foods are causing you your pain.

The muscle weakness, fatigue and pain that is experienced could definitely be, in part, due to such severe magnesium deficiency that the muscles are in a constant state of spasm. Every study that has used magnesium has shown across the board improvements in the pain and fatigue associated with fibromyalgia. Monitor your magnesium levels to avoid the antagonists that drain your bones of this necessary nutrient.

While this mineral is no cure-all by any means, magnesium has been shown to relieve muscle pain and fatigue in individuals with fibromyalgia. This fact alone makes giving magnesium worth a try.

# Recipe: Edamame-Ginger Dip

*Edamame (green soybeans) are a perfect fibromyalgia food because they are a lean protein source and a great source of magnesium.*

## Ingredients

- 8 ounces frozen shelled edamame
- 1/4 cup water
- 2 tbsp low-sodium soy sauce
- 1 tbsp minced fresh ginger
- 1 tbsp rice vinegar
- 1 tbsp tahini (sesame seed paste)
- 1 clove garlic
- 1/8 teaspoon salt
- Hot pepper sauce to taste – optional



## Preparation

1. Cook edamame according to package directions.
2. De-shell edemame.
3. Purée the cooked edamame, and rest of ingredients in food processor until smooth.
4. Chill for 1 hour before serving.

Serve with rice crackers or vegetables.



**David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.**



# **Grandma's Cure Corner: End Fibromyalgia Fatigue with Chocolate**

**By Grandma Barton**

Chocolate can help fibromyalgia sufferers by reducing inflammation, increasing energy and promoting alertness.

Let the rejoicing begin! Eating a small chocolate bar every day helps fight exhaustion! What?! You mean chocolate is good for your health!? Absolutely!

Many people who have fibromyalgia crave chocolate. The reason for this is because chocolate has high magnesium content. Something that most fibromyalgia patients lack.

Studies show that fibromyalgia sufferers are deficient in nutrients, such as calcium and magnesium. Raw cacao contains both of these, and thus can help you to restore those nutrients back to your body.

Calcium and magnesium both can help to regulate your muscles so that you can overcome muscle spasms once and for all.

Scientists have discovered eating DARK chocolate (60-85% cocoa) for 8 weeks helps to prevent chronic illness such as fibromyalgia. Fibromyalgia leaves sufferers exhausted with neurological problems, but they can feel better after eating dark chocolate. Imagine, benefit healing health from a candy bar!

Did you say chocolate?

Chocolate cravings are nothing new, but we've always been told chocolate is bad for you because it contains too much sugar. The truth is too much refined sugar can worsen pain in



fibromyalgia sufferers. However, dark chocolate with less milk and sugar than milk chocolate can make some improvements to your health.

Here is why:

- Cocoa helps your body produce nitric oxide, which is important for blood flow and blood pressure, promoting a healthy blood flow.
- Cocoa also contains many flavanoids, which are high antioxidant properties. These prevent wear-and-tear damage on your cells. Also, the flavonols in cocoa prevent fat-like substances in the bloodstream from clogging arteries.
- Tryptophan and cannabinoids found in dark chocolate can also reduce anxiety and promote relaxation.
- The stimulants theobromine, caffeine, tyramine and phenylethylamine (PEA) in cocoa provide a individual with a much-needed lift.
- Dark cocoa may help this situation by stabilizing the nerve roots and repairing the nerves, resulting in improved neuropathy and a decrease in pain. It might take a while, but it may help.
- Cocoa is a natural anti-inflammatory. The cocoa is an antihistamine, which stops acid production in the stomach. It also works on COX2 pathways, which does not affect the stomach.
- Cocoa may also trigger the brain's natural opiates, which can relieve pain and promote a feeling of well-being.

This doesn't mean that we should all binge on chocolate regularly -- we do still have to worry about the fat and calories! However, we only need about 3.5 ounces of dark chocolate a day to get the benefits. Dark chocolate therapy works best in the morning.

One woman claimed that by eating an ounce of cacao-rich chocolate every morning she was able to cure her fibromyalgia. She said it helped her with muscle pains, migraine headaches etc. and she was able to go off all her "fibro meds." In fact, she was so convinced that natural cocoa is very healthy she opened a chocolate shop dedicated to pure dark chocolate and their creative feasts. After all, the Incans considered it the food of



the Gods. She recommends eating a servings package of 85% cocoa dark chocolate, slowly, savoring the taste and making the most out of benefiting in the morning.

These days, there are dozens of choices, and you can spend hours poring over the cacao percentages and exotic provenances on the labels. You can pay a lot more, too. But does any of it really matter and how do you choose a good dark chocolate?

Darker chocolates, with higher cacao percentages are less sweet, but still probably located in the candy aisle. The cacao percentage on the label of a dark chocolate bar is a total that includes both cocoa solids and cocoa butter—meaning that different chocolates can have different proportions of each and still share the 60 percent dark cacao designation.

Does the chocolate with the most cocoa butter make the best tasting chocolate? Not always. Sometimes, the lowest fat chocolate bars are the richest, creamy dark chocolate to savor. Here are some recommended brands for fibromyalgia sufferers (or anyone!) that are the best balance of cocoa butter, cocoa solids and sugar:

- ***Callebaut Intense Dark Chocolate, L-60-40NV (60%):***

Intense rich chocolate with an espresso flavor and caramel aftertaste, nice balance of sweetness and bitterness, complex favor, creamy and thick

- ***Ghirardelli's Bittersweet Chocolate Baking Bar (60%):***

Balanced chocolate flavor with smoky and fruity undertones, glossy and creamy

- ***Michel Cluizel Noir de Cacao Dark Chocolate (60%):***

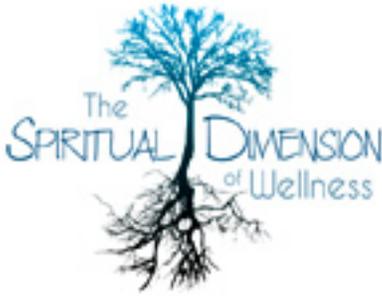
Nice eating chocolate that is creamy and not bitter, earthy



For some there is therapy, but for the rest of us there is chocolate.



**Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.**



# Can God Heal Fibromyalgia Or.... Is It Indeed Incurable?

**By Steven Hickey**

The answer to the question, “*Can God heal Fibromyalgia?*” — is YES! The Bible says, “*He forgives all our sins and heals ALL our diseases!*” (Psalm 103:3). There isn’t one disease or diagnosis that is beyond his ability or desire to heal today. I hope that is a hopeful truth for somebody who is hurting right now.

I’m led to write today because people very close to me whom I love dearly, are getting pummeled by Fibromyalgia. We have seen God physically heal people here at Church at the Gate in numbers into the hundreds. However, so far, we have only seen what I’d call temporary relief as we pray for healing from Fibromyalgia. Also, I’m hearing Fibromyalgia being regularly called out through the



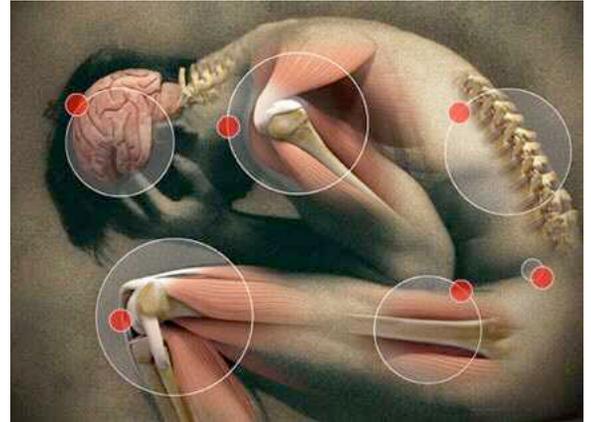
Word of Knowledge in healing and revival meetings throughout America. I do believe the Great Physician is giving great and full victory to many people from this devastating infirmity. I have more many more questions than answers – so pardon my ignorance – is this only an American malady? I’ve seen/heard nothing of it in the healing meetings I’ve attended overseas. I want to hear from those of you who have been freed of Fibromyalgia wherever you are.

If you, or anyone you know, have been healed by God from Fibromyalgia, then please share your story here in the comment section of this post. The Bible says we *overcome by the blood of the Lamb and the WORD OF OUR TESTIMONY*. If you have been healed of Fibromyalgia, please share your testimony for the benefit of others here. If you have experienced any victory

from Fibromyalgia through Christian healing prayer, please share that here. If you know of someone who has been supernaturally healed of Fibromyalgia, encourage them to share their testimony here.

Our local newspaper did a brief story on “Mysterious Fibromyalgia” (and recently removed from post). The subheading is “*Chronic pain brings on insomnia, depression, loss of brain activity and IS INCURABLE.*” The last two words paint a hopeless picture. Here’s the opening paragraph of the article...

“Imagine hurting all over, every day, with a physical exhaustion that never completely subsides, not even with adequate sleep and rest. Add insomnia, brain fog, and depression. The worst part – there’s no cure. Sufferers of fibromyalgia don’t have to imagine that nightmare. They live it. Daily.”



The article gives these facts, that according to the National Fibromyalgia Association, 3-6% of the population suffers from it. Women are most affected by it. And, there are physicians that don’t believe the disease even exists.

I’ve spoken recently with some of our doctors and it’s a mixed bag. Some think it’s a “catch all” diagnosis for something that no one can really explain. One said she never saw these symptoms twenty years ago and now she sees them every day in her office. Others say “its real” and relief can be found in various treatments – acupuncture, chiropractic care, osteopathy, pain meds, etc. but that there is no cure or any real understanding of root causes. I’ve spoken to some of our counselors and mental health people about it. Some say they have found it relates to previous trauma or (sexual) abuse. Some of my friends in healing and deliverance ministry also say this is the case, and this is how a demonic spirit of infirmity first gains access – through some trauma or abuse. I was given a Gulf War Vet newsletter minutes ago that says the United States military now lists Fibromyalgia at the top of the list of Post-traumatic Stress Disorder manifestations.

I am no expert, nor am I a doctor. Those of you reading this who suffer from Fibromyalgia know light years more about this than I. If you are struggling with Fibromyalgia, I hope you’ll join the conversation here and dialog with others who comment here about their victory. I do welcome you to comment about your journey into supernatural healing and even mentioning how people have prayed for you in not-very-helpful-ways (as long as you stay positive about

it). I think there is something to learn from unsuccessful well-intentioned attempts at divine healing.

I seek no controversial debate or attack here, nor do I want to lay a lack-of-faith guilt-trip on those who honestly and desperately desire a touch from God. I have a pastoral heart and desire to see God touch people's lives. I've seen him do amazing things and I know he loves people. I'm throwing this post out there to solicit comments from people who've seen God heal Fibromyalgia. The most valuable thing about this post is not in what I have to say; it will be in what these folks share. In fact, I probably won't offer much in the comments section because again, I'm not an expert and have little more to say. I would welcome comments from people in healing and deliverance ministries who have insights into how to pray for healing for people suffering from Fibromyalgia and more importantly, *what are the spiritual dynamics behind this infirmity*. The article I quoted above said there is some thought that this is genetic. But, even there, I don't want this to be a medical discussion. I'm asking for testimonies of how God healed people of Fibromyalgia and graceful dialog about the spiritual realities here. I'm hoping hope comes forth.

Here are just a couple "rules" for this post and commenting. I don't want to hear anything about turning to Buddhism for relief or anything like TM, Oprah, or anything other than Jesus and Biblical Christianity. If you suggest anything else is our hope, I'll delete that comment immediately. Jesus is our only hope. If you are among those who've given up hope concluding Fibromyalgia is your "lot in life," then I'd rather you not share that here either. If you think it's God's Will that you are sick, I'd rather that get discussed elsewhere also. Not here. Really, if we are unsure it's God's Will we have relief from Fibromyalgia we better sort that out before we even go to a doctor seeking relief. With that thinking, taking meds would go against what God wants for you. I don't like to debate if healing is God's will and don't want to open that can of worms here. I just want to pray for healing for the sick and let God be God. I want to hear testimonies of the grace of God. I do know God uses suffering and that there are redemptive purposes for pain but I also know one of the reasons God allows sickness is to reveal himself as Healer.



My sole purpose and hope in bringing this up is to provide a place where one beggar can share with another beggar where they found bread. I'm not the baker. But I know the answer is in the one who multiplies the loaves.

**To Add Your Own Fibromyalgia Healing Experience or Journey, Visit This Link and Share Your Story. Read What Others Are Saying to Stay Encouraged:**

<http://www.homecuresthatwork.com/?p=5325>



Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* (<http://www.MomentumHandbook.com>). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: [www.ChurchAtTheGate.com/prayer.php](http://www.ChurchAtTheGate.com/prayer.php)

# Fibromyalgia Syndrome Simplified

By Martin Jacobse

Fibromyalgia has been “trash can” labeled, just as another syndrome, simply because no one is sure what causes fibromyalgia.

It's not any easy task; fibromyalgia represents a whole barrage of symptoms with groups or clusters of symptoms, which makes it hard to properly diagnose, treat or cure.

Fibromyalgia has been generally thought of as a type of “rheumatic” or inflammatory pain disorder, but instead of involving the joints it's characterized by a painful tenderness around tendons, surrounding tissue and muscles.

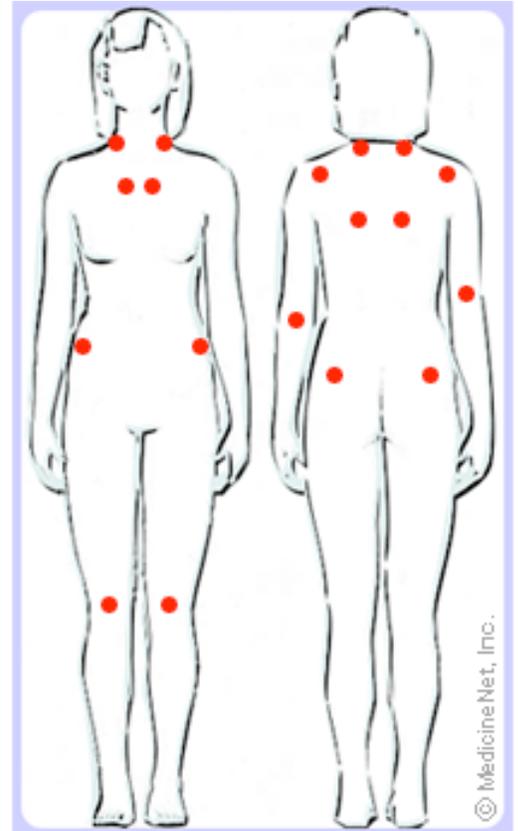
Later in this article I will reveal how some leading researchers now suspect fibromyalgia may be more of a neurological disorder than inflammatory.

## **How Is Fibromyalgia Classified?**

First, let's look at the diagnostic criteria established more than two decades ago by the American College of Rheumatology (ACR) in 1990.

According to ACR guidelines, fibromyalgia symptoms must represent wide spread chronic pain in at least 11 of 18 defined “tender points” of the body.

Currently, these “tender points” are being reconsidered because after all these years of misdiagnosing people. Doctors have finally accepted the possibility that there is more to fibromyalgia than just inflammatory pain.



## **Tender Points of Fibromyalgia**

Other symptoms may include:

- Chronic fatigue
- Sleep disorders
- Mental issues

Fibromyalgia is like electricity: we can say we know a lot about it, but we still can't explain exactly what it is.

## The Adrenal Connection

Fibromyalgia can also be related to a decreased adrenal function or adrenal fatigue. There are a few other diseases that also have an adrenal system component, such as: chronic fatigue syndrome, alcoholism, ischemic heart disease, hypoglycemia, rheumatoid arthritis and recurrent respiratory infections.

I am mentioning this because it's important to identify where fibromyalgia and other disease patterns overlap in the hope of finding better solutions than what are typically offered.

It's also interesting to note that researchers have found circulatory abnormalities in as many as 30% of fibromyalgia patients in preliminary studies <sup>3</sup>.

Here's another interesting piece of research from the Journal of the American Medical Association (JAMA): they found a significant number of fibromyalgia patients had infectious microorganisms, many which are not detected by ordinary laboratory tests <sup>4</sup>. According to current peer-review studies, recovery from fibromyalgia will not take place until these invaders are eliminated.

### Grandma's Tips

**Common Adrenal Fatigue symptoms are:** \*Cravings for sugar, \*Cravings for salt on food when you eat, \*Feel dehydrated and thirsty and require plenty of water, \*Difficulty falling asleep at night, sleep lightly or wake early or often, \*Difficulty relaxing, nervous, anxious or hyperactive, \*Often spacey, or foggy thinking, even memory loss, \*Lack willpower to accomplish, \*General exhaustion, \*Hormone imbalances, \*Low libido, \*Weight gain, especially in abdomen and waist area, \*Losing muscle tone, \*Sagging skin, dry, yellow or pale in color, \*Hair starting to gray, thin out and become dry, \*Lips losing their color, \*Loss of appetite, \*Anorexia, \*Weight loss, \*High blood sugar





These invading microorganisms overburden metabolic systems, draining adrenal system resources. By supporting adrenal health while also cleansing the body of these infectious microorganisms, severe cases of fibromyalgia have recovered relatively quickly.

Sometimes, fibromyalgia symptoms will follow a weakened immune system triggered by an overburdened adrenal system, but sometimes the adrenal fatigue is triggered from the fibromyalgia.

NOTE: You can test for adrenal fatigue by taking a simple adrenal hormones saliva test for to help determine if it is indeed a factor.

Again, my goal here is to simplify the fibromyalgia science. The best way to do that is to cover all the bases, to give you a well-rounded picture, so you can then put the pieces of your health back together.

## **When The Drug Solution Is The Problem**

As it stands, the FDA hasn't sanctioned a cure for fibromyalgia, but there is some progress being made with drugs and especially with alternative therapies.

There's been some experimentation using calcium blockers, NSAIDs (pain killers) and opioids to deaden the electrical fibromyalgia pain signals, but due to adverse side effects such as an increased hypersensitivity, research has moved on to other things.

One thing should be self-evident here: fibromyalgia is NOT a drug deficiency.

So, if you desire a cure you must go beyond just treating symptoms. Nothing will ever change if you're only treating the symptoms — nothing ever changes at that level. To cure fibromyalgia you have to treat the "cause" of it; that's the ONLY place you will be able to change anything.

Other studies have revealed promising results from using regular exercise, positive thinking and nutritional education to treat fibromyalgia <sup>5,6,7,8,9,10,11</sup>.

As you can see, we do need to promote more of these kinds of “natural healing cure results” instead of wasting time and money inventing more designer drugs to experiment on mice and men with.

Fibromyalgia affects more than 11,000,000 people just in the United States and carries an annual direct health care cost of more than \$20 BILLION.

Never mind that fibromyalgia is one of the leading causes of disability in the world and ignoring the inarguable evidence of several natural healing cures, neither the FDA nor European Medicines Agency (EMA) will consider approving anything, unless it’s produced by the “drug industry” . . . which is tragic.

That’s why few people know about the natural remedies for fibromyalgia.

It could take decades to finish testing all the competitive drug trials fighting for shelf space, which is a classic example of how the solution is often the problem.

The longer people keep squandering precious time and money looking for the next “magic pill,” the more they’ll delay discovering the amazing benefits of using more natural healing cure approaches.

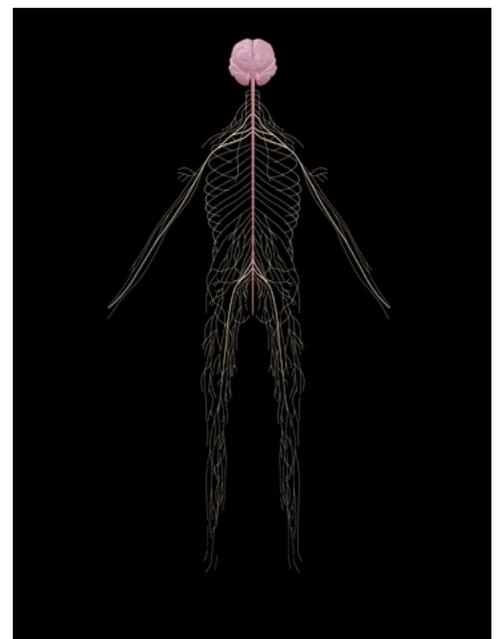
A good health practitioner will help you find a “personalized approach” to help you heal yourself of fibromyalgia naturally.

## **A Medical Paradigm Shift**

Ever since Dr. Graham first coined fibromyalgia as “fibrositis syndrome” in the 1950’s, it’s been assumed to be a rheumatological disorder <sup>12</sup>.

Recently, after studying biopsies of the 18 “tender points” some researchers have concluded there’s no reason to classify it as “rheumatic” fibromyalgia, because they didn’t find any physical abnormalities in the surrounding tissues.

This evidence, or lack of it, is convincing some doctors to re-classify fibromyalgia as a neurological disorder now. All this really means is, now fibromyalgia isn’t being treated as an inflammatory (rheumatoid) disease at all.



This may explain why nonsteroidal anti-inflammatory drugs (NSAIDs), calcium blockers and opioids have failed to affectively stop fibromyalgia symptoms.

This emerging technology has led researchers to take a closer look at how the sensory stimulation is processed through the Central Nervous System (CNS). Hopefully, this will help explain why the CNS is amplifying what should be non-painful stimulation into painful “tender points.”

As you already know, people suffering from fibromyalgia have lower pain thresh holds than normal <sup>1,2</sup>.

Due to this new “180 degree shift” in thinking, the FDA has finally given approval for the first drug (Pregabalin/Lyrica) to treat centralized fibromyalgia pain. Pregabalin is a dual receptor uptake inhibitor effecting both serotonin and norepinephrine <sup>13</sup>.

Pregabalin/Lyrica is from a class of drugs called Serotonin–norepinephrine reuptake inhibitors (SNRIs), which were originally designed for treating major depression, mood disorders and other neurological disorders.

SNRIs act upon and increase the levels of both neurotransmitters (serotonin and norepinephrine) in the brain. These neurotransmitters play a vital role in mood and cognitive function.

Some of the known adverse drug affects of taking SNRIs are:

- Loss of appetite
- Weight gain
- Insomnia
- Drowsiness
- Dizziness
- Fatigue
- Headache
- Blown pupil
- Vomiting
- Loss of libido
- Inability to climax
- Urinary retention
- Elevated blood pressure
- Anxiety

- Low blood pressure
- Mental fog
- Fever
- Blurry vision
- Swollen hands, legs and feet
- Blood vessel tumors (in mice)



Other adverse effects of Pregabalin/Lyrica are life threatening allergic reactions such as swelling of your face, mouth, lips, tongue, throat or neck, as well as trouble breathing, rash, hives and blisters.

Pregabalin/Lyrica has also been used to treat seizures and has been found to increase the risk of suicidal thoughts or behavior in about 1 in 500 people.

Please note: Some side effects for Pregabalin may not be reported. Always consult your doctor or healthcare specialist for medical advice. You may also report side effects to the FDA at <http://www.fda.gov/medwatch/> or 1-800-FDA-1088 (1-800-332-1088). Once you start taking Pregabalin you are warned NOT to try and stop without medical supervision.

Hard to believe this is FDA approved for people suffering from fibromyalgia, but considering pain killers (NSAIDs), opioids and calcium blockers are only effective in covering up pain 30% of the time, I guess they had to try something else.

## **The Natural Pathway To Healing Fibromyalgia Pain**

Now that you've seen a few studies supporting natural healing therapies, which can help restore adrenal system function, increase circulation and improve cognitive function, let's go a little further down the rabbit hole to see what other "drug free" approaches we can find to help cure fibromyalgia pain.

### **Yoga**

A new study from the Oregon Health and Science University shows practicing mind/body

techniques like Yoga can reduce fibromyalgia symptoms.

Oregon researchers published their results in the November journal of the International Association for the Study of Pain <sup>14</sup>.

The best way to restore function, improve mood and reduce fibromyalgia pain integrated an entire potpourri of ancient yoga techniques including:

- Postures
- Meditation
- Mindfulness
- Group discourse
- Breathing exercises
- Yogic pain-coping principles

To participate in the study, the volunteers had all been diagnosed with fibromyalgia using “the American College of Rheumatology criteria” for at least one year, plus all of them had already tried a stable regimen of some kind of drug therapy for at least three months.

The researchers also used physical tests to identify changes in “tender points” to measure the effectiveness of any Yogic pain-coping principles used.

## **Tai Chi**

Since we know Yoga helps fibromyalgia sufferers recover better than drugs, it should be no surprise that Tai Chi would also show promise as a helpful therapy too <sup>15</sup>.

For people who are not physically fit, Yoga and Tai Chi offer gentle and effective alternative to general exercise therapies.

After a particular single-blind, randomized, control trial comparing Tai Chi with an exercise intervention class, researchers found the tai Chi group had a significantly greater improvement than the control group.

## **Addressing The Cause Of Fibromyalgia Safely**

One of the most important things you can do you to conquer your fibromyalgia is to eliminate energy suckers from your life. Based on the “Health and Wellness Ladder” model, the first cause of dis-ease is loss of cellular energy.

Once your cells lose their life energy, they fail to absorb nutrients and eliminate wastes properly, which leads to stress, inflammation and a host of other degenerative symptoms.

There's plenty of science blaming the loss of muscle cell energy production (adenosine nucleotide metabolism/ATP) as the main cause of fibromyalgia symptoms <sup>16</sup>.

In order to address the root cause of this “loss of cellular energy,” leading researchers have found success using a natural molecule already produced by the body called D-Ribose.

D-Ribose is a powerful energizing glyconutrient (cellular sugar), which helps in overcoming adrenal fatigue and cellular exhaustion.

D-Ribose plays a vital role in the production of cellular energy from carbohydrates, proteins, carbon dioxide, fats and water, also making it a key building block of Ribonucleic Acid (RNA). All glyconutrients like D-Ribose are renowned for helping to nurture optimal cell membrane health.

Further in-depth studies have confirmed supplementation with D-Ribose improves heart cell function and quality of life in people with congestive heart failure <sup>17</sup>.

Understanding that your heart is pure muscle, you can easily imagine how using super sugars like D-Ribose may be the missing link to another natural healing cure for fibromyalgia and more <sup>18,19</sup>.

**CONCLUSION:** The good news is you don't need to ruin your health with toxic pain killers or dangerous prescription mood enhancers for neurological disorders, when all you really need is to start using simple exercise techniques, meditate, breathe deeply, eat wisely and supplement with trace amounts of D-Ribose to safely and easily start rising back up the “Health and Wellness Ladder.”



Recovering from your fibromyalgia is as simple as learning how to produce, store and optimize life energy at the cellular level. Mild exercise, lifestyle changes and food support supplementation is fastest road to recovering from many so-called “incurable” health issues.

Remember, there is always hope.

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**Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.**

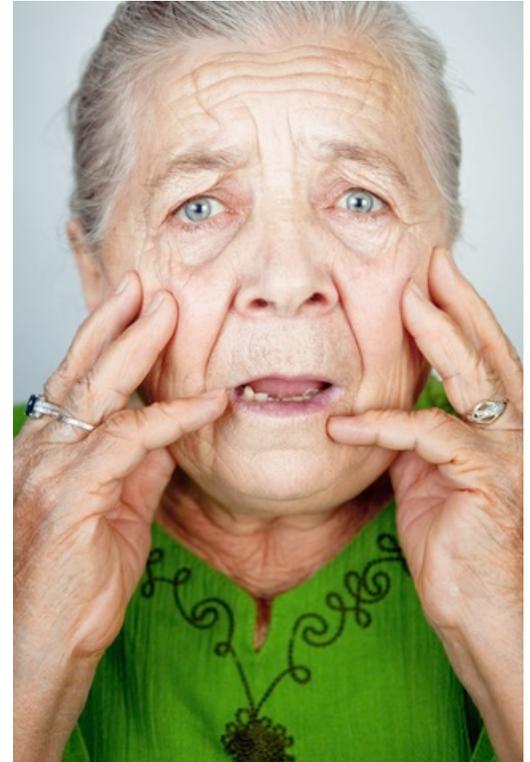
## Anti-Aging Care



## Fibromyalgia Patients Age Faster But Relaxin May Help

Fibromyalgia patients appear to age significantly faster than the general population. The basic characteristics of fibromyalgia patients are described in Yue, U.S. Pat. No. 5,612,051, METHOD OF TREATING INVOLUNTARY MUSCLE DYSFUNCTION WITH RELAXIN HORMONE.

Fibromyalgia patients often times have memory loss, sleep disturbance and cognitive dysfunction and affective dysfunction. These fibromyalgia patients frequently mimic symptoms shown by the elderly population of the ages of late 70s through age 90 and beyond. This type of central nervous system dysfunction occurs much earlier in fibromyalgia patients (who are in their 30s and 40s), together with pain, muscle tightness and weakness, fatigue and various problems associated with this disease.



These problems frequently include irritable or spasm bowel, osteodegenerative and osteoporotic changes of the spine, dysautonomia (dysfunction and poor control of internal organs), and others. Many late manifestations of the dysautonomia and other age-related changes in one's body, e.g., bladder control, swallowing difficulty, circulation, bony changes, etc. in the elderly population also occur rather early in the fibromyalgia population. Osteodegenerative and osteoporotic changes of the spine are extremely prevalent in the fibromyalgia population.

Fibromyalgia patients appear to age much earlier and faster than the general population. Degradation of the connective tissue occurs prematurely. Growth of the skin, hair and nails is retarded, while wound-healing and immuno-response to infections, stress and injuries are blunted. Other premature aging symptoms include dyspepsia or GI tract problems, control of

hollow organs and its sphincters, chemical sensitivities, hypoglycemia, and others. All of these findings reflect premature aging of the body parts and functions resulting in premature derangement of the internal and external environments or milieu of the fibromyalgia patient.

As supported by the inventor's current clinical observations, relaxin supplements given to the fibromyalgia patients restores most of these premature-aging symptoms and problems. Accordingly, relaxin functions as an essential hormone within a normal person's body to prevent premature aging of his/her body parts and functions. If a deficit of relaxin leads to fibromyalgia and premature aging, then age-related decline of relaxin likely explains the normal aging of one's body parts and functions. Since many of the aging symptoms and problems are similar in the fibromyalgia and elderly populations, a deficit of relaxin early in one's life leads to fibromyalgia and its related premature aging difficulties, and age-related decline of relaxin leads to normal aging difficulties in the elderly population.



Genetically-blessed individuals with healthy genes who live a long, healthy life may be related to abundant production of relaxin throughout their life. Taking a relaxin supplement will be an artificial way of improving a person's health status and mimicking these genetically-blessed individuals.

Therefore, relaxin supplements given to the elderly can prevent premature aging of internal organs, skin, joints and other body parts and functions. The elderly can be kept healthy with relaxin supplements until some organs break down according to their internal clock or predetermined life span. Slow, degenerative, and vegetative death may be avoided.

## **Michael James Hastings: Fibromyalgia Activist**

You may know him as the Navy “Captain Mike” from the popular series “The West Wing,” but Michael James Hastings creates more popularity by being a spokesman for fibromyalgia.

As an energetic twenty-something, Hastings was athletic, dedicated to his workouts and career as a school teacher. However, around 30 years of age, his energy started to drop and his muscles after workouts made it hard to stand or even walk because they were so tight.

After many doctor visits, large sums of money out the door and record number of tests, Hasting was finally diagnosed with fibromyalgia (FM).

Early treatment included thyroid medication, which immediately helped in loosening the tight muscles, now even tense without any workout.

Supplements of various forms became the standard part of Michael James Hastings' FM program to help restore systems back to their natural balance. With the assistant of Dr. Teitelbaum's book, *From Fatigue to Fantastic*, these supplements are recommended:

- NADH, glutathione
- L-carnitine
- Acetyl l-carnitine
- Revitalizing sleep formula
- Daily infusion powder
- Calcium d-glucarate
- IODORAL, which is a high iodine and potassium supplement

Forced to retire from his teaching position, Hastings moved to LA to pursue an acting career.



However, there was still the need to pace himself and not push the limits too far. Staying healthy and maintaining energy is a priority, so he's learned not to over-extend himself and learned to say no to some projects and activities, releasing any guilt about not over doing it.

One of the strongest forces to keep him functioning, thriving and strong has been Hastings spiritual commitment to living and healing. His faith in God and the support of his spiritual network, as well as family and friends, have helped him with those dark days and FM complications. Prayer with dedicated neighbors saw improved health and open doors for work, including his West Wing career as Captain Mike.

For more information about vitamin supplements and how to reduce the symptoms of fibromyalgia, as well as chronic pain, Michael James Hastings has a website dedicated to bringing awareness on how to live and thrive with fibromyalgia, including faith stories, chiropractor help, how to have a fibro friendly kitchen, bedroom and much, much more!

<http://www.CaptainHastings.com>

# Product Reviews



## Getting a Good Night's Sleep – Melatonin Review

**Overcoming insomnia or sleep disturbances greatly improves fibromyalgia symptoms.**

Try melatonin for restorative sleep at night for a no “hangover” morning the next day. Melatonin might require a few days to start working, but remember natural products are simply nutritional support for sleep – not knock out pills. But, with consistency, restorative sleep may help you feel refreshed the next day with time. With the right nutrition and melatonin supplement, you can get deeper sleep, resulting in more energy and feeling of well-being the next day. Furthermore, a good night's sleep strengthens and repairs the immune system. Plus, it simply feels good!

Melatonin is a hormone secreted by the pineal gland (part of the endocrine system) and has been widely studied for its ability to produce sleep. In the body, melatonin is secreted in response to darkness, causing sleepiness, to help regulate the body's natural wake-sleep cycle. When exposure to light decreases melatonin increases, but decreases when light exposure increased. For those with disturbances in their sleep cycle (not work or travel related), melatonin used is for treatment. It has also shown promise for people with withdrawing from sleeping medications, and for improving sleep in people with diabetes, schizophrenia, Alzheimer's disease, or Parkinson's disease, or who are hospitalized



Studies have found that people with fibromyalgia have low melatonin levels. Supplementation with melatonin resulted in improved sleep and lowered requirements for prescription drugs.

A Swedish study determined that patients with fibromyalgia produce less melatonin during hours of darkness than do healthy control subjects, making melatonin therapy potentially helpful as a sleep aid.

Researchers in Argentina conducted a pilot study in which they found that sleep patterns, sleep quality, and pain measures markedly improve in patients with fibromyalgia after 4 weeks of treatment with melatonin.

In the United States, a double blind, placebo-controlled study showed that 20 percent of the patients with fibromyalgia significantly improved their sleep patterns and quality when they took 6 mg of melatonin each night before bed.

To aid in falling asleep: Typically a dose of 2-3 mg of melatonin is taken one half-hour to one hour before bedtime, although recommendations vary from 0.5 to 5 mg

For irritable bowel syndrome, often associated with fibromyalgia, take 3 mg at bedtime daily.

The melatonin supplements selected for testing all passed in relation to their claimed amounts of melatonin, properly broke apart in digestion and were found lead-free.

The following 18 melatonin supplements are safe for consumption and treating sleep disturbances in fibromyalgia sufferers, in alphabetical order:

- CVS ® Pharmacy Melatonin (3,000 mcg per tablet, 1 per day)
- Dr. Ronald Hoffman/Vitamin Shoppe M.D. Select, Advanced Sleep Formula (750 mcg per capsule, 2 per day)
- Formula 605™ Dietary Melatonin Supplement (3,000 mcg per capsule, 1-2 per day)
- Futurebiotics Melatonin (3,000 mcg per tablet, 1 per day)
- GNC Melatonin 3 (3,000 mcg per tablet, 1 per day)
- Life Extension® Melatonin (3,000 mcg per lozenge, 1 per day)
- Melatonin Solution™ (1,000 mcg per full dropper (1 dropper = 1 c.c.), 1-3 per day)
- MidNite® (1,500 mcg per chewable tablet, 1 per day)
- Nature Made® Melatonin (3,000 mcg per tablet, 1 per day)
- [Nature's Bounty® Melatonin](#) 5 mg (5,000 mcg per tablet, 1 per day)
- Olympian Labs Incorporated Melatonin (3,000 mcg per capsule, 1 per day)
- Pure Encapsulations® Melatonin (3,000 mcg per capsule, 1 per day)
- Schiff® Melatonin Plus (3,000 mcg per tablet, 1 per day)
- Sunsource® Melatonex® (3,000 mcg per time-release tablet, 1 per day)
- Unicity™ Melatonin (2,500 mcg per sublingual tablet, 1 per day)
- Vitaline® Melatonin Forte™ with L-Theanine (3,000 mcg per tablet, 1 per day)
- Vitamin Shoppe™ Melatonin (3,000 mcg per capsule, 1 per day)
- Vitamin World® Melatonin 3 mg (3,000 mcg per tablet, 1 per day)

Sleep disturbances and the disruption of circadian rhythms frequently occur in fibromyalgia. Melatonin has often been shown to synchronize circadian rhythms and improve the quality of sleep. Consider melatonin as an option, either alone or in conjunction with other treatments, when treating fibromyalgia associated sleep disturbances.

**Try Nature's Bounty Melatonin Supplement as Part of Your Wellness Plan for Fibromyalgia by Clicking HERE:**

**<http://ow.ly/457Oo>**

# Weight **LOSS** Corner

## Maximize Your Chances for Weight Loss Success

Everything you see around you was first an idea in the mind of one individual who got his mind, body and spirit involved in the process of giving life to his idea. There are universal laws we must abide to in order to manifest whatever it is we want to do, have or be. Here are two things you must start doing to trigger the law of attraction. It's a matter of Mind Over Body.



### **Visualize Your Victory: If you can see it, you can have it!**

Visualizing the way you want to look and feel is important for your success in shedding weight and building muscle tone.

Close your eyes and visualize yourself achieving your desired goals. You may not feel completely comfortable doing this at first and the images may not be entirely clear. That's okay, because the more you practice the clearer they will become. Try to picture the same images every day, adding more detail as you become more familiar with the process. Think of yourself as the lead actor in a movie you are projecting on the screen of your mind. Make sure that when you are doing this, you give an Oscar-winning performance!

### **Positive Affirmations: The more you say it, the more you see it!**

Positive affirmations are simple and effective. They are you being in conscious control of your

thoughts. They are short, powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. They help you move closer to your goals.

Here are a few simple rules to remember when you're creating positive affirmations for yourself.

- Always use the present tense. You want your mind to know that what you affirm has already happened.
- Be absolutely positive. Use as many positive verbs as you can.
- Be emotionally involved with your affirmations.
- Write them down so that you will remember them. Keep them short and specific.
- Personalize them by using your name.
- Repeat them as often as possible in order to imprint what you are affirming on your subconscious mind.
- Create a habit by setting aside a specific time for doing your affirmations each day.
- Believe that what you say is actually happening. The more you are able to believe, the stronger your affirmation will be.

Repeat each affirmation you choose three times with feeling, and trust that with practice everything in your life will gently fall into place for your highest good. Take a moment to let go of all your limitations and allow your heart's desires to be created.

## **Here are some examples of Powerful Affirmations:**

- I have the power to control my health.
- I deserve to be fit now.
- I am ready, willing and deserving to be fit.
- I adopt healthy behaviors.
- I focus on my form while I exercise.
- I respect and appreciate others who are fit.
- I am guided by my true core desire.
- I am strong, lean, and beautiful.
- I am losing the unwanted weight surely and smoothly.
- I am strong, intelligent, and handsome.
- I am in control of my health and wellness.
- I have abundant energy, vitality, and well-being.
- Health and vitality flows into my veins.

- I am healthy in all aspects of my being.
- I am maintaining my ideal weight.
- I am burning fat easily.
- I am fit, healthy, and happy.



**Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book Mind Over Body: The Key to Lasting Weight Loss is All in Your Head! He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: [www.NordineZ.com](http://www.NordineZ.com)**



## **Product Recommendation:**

### **FibroFree Complex For Relief Of Fibromyalgia Fatigue And Muscle Pain**

Everybody handles pain differently. But for fibromyalgia sufferers, body aches, sore muscles, cramps and tender spots scream a “10” at all hours of the day. Because the neurotransmitters in the brain that regulate the pain highway are sensitive and heightened, nerve stimulation respond to pressure with painful sensations.

Thankfully, FibroFree Complex is a combination of homeopathic ingredients to relieve fatigue, promote energy, clarify mood and brain fog – without side effects! You can sooth body aches; alleviate facial pains and headaches with a few daily drops of FibroFree Complex!

Go natural and you’ll find that you don’t have to quit your beloved activities and still go strong.

#### **FibroFree Complex Benefits:**

- Soothes body aches, cramps and pains
- Alleviates facial pain and headaches
- Reduces localized pain and tenderness in muscles, ligaments and tendons
- Relieves fatigue and promotes energy levels
- Reduces hypersensitivity to pressure on tender spots
- Helps improve overall mood & mental clarity
- Safe for all ages, also during pregnancy and nursing

FibroFree Complex is manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).



There are many things that you can do to naturally soothe aching muscles and tendons and support the body's pain threshold. Muscles and tendons in the body need a steady flow of calcium inside their cells to help recover after exercise or energy expenditure in everyday activity. FibroFree Complex contains the natural homeopathic ingredients that will address fibromyalgia inflammation, body aches, exhaustion, bone pain, burning and nerves in a 10-15 drops daily in the mouth.

Order 1 bottle or buy 2 bottles and get 1 free. This rapid absorption strives to create a holistic environment to support your system health, relieve ailments and help prevent future disease. Unlike pharmaceutical drugs, the natural ingredients support overall health and functioning - guaranteed. For some, it may take 3-6 weeks to see results, but optimum results can be seen immediately.

Don't wait to address the fibromyalgia pain and tenderness in your muscles, ligaments and tendons. The FibroFree Complex rapidly absorbs into the system, just when you need it.

**Order Your Natural Homeopathic Treatment to Help Reduce Fatigue and Relieve Muscle Pains and Soreness HERE:**

**<http://ow.ly/4585U>**



## **Free Remedy Report:** **Ladybug Removal**

*The World's Leading Report for Safe, Natural and Effective Ladybug (Multicolored Asian Lady Beetle) Removal*

On a bright sunny day, as the rays glisten and shine through the windows, warming the walls inside your home – and heart – an Old Testament-like plague starts. Asian Lady Beetles, or ladybugs, crawl out of the windowpanes, down from the rafters, up from the cracks and invade your home. They are a nuisance and extremely hard to get rid, especially without dangerous fumigations or chemically evasive techniques. The good news is this Ladybug Removal Report is an easy, safe, natural, and low-cost solution for you.

Before these ladybugs get EVERYWHERE, before they bombard you when you walk in the door, bite you or nest in your clothes, you can get rid of them once and for all. Vacuuming them up just won't do it. But, we'll let you know what does work! There are sure-fire ways to keep them from ever returning that are proven and tested safe. You don't have to work about pesticides and their dangers; you can use a few items from the grocery store to trap these ladybugs, diffuse their invasion and prevent this from every happening again.

Download the preventive measure for pest proofing tactics and removal management for ladybugs here! You can start as soon as spring and before late autumn – but start NOW!

[www.homecuresthatwork.com/members/access/free-reports/ladybugremoval.pdf](http://www.homecuresthatwork.com/members/access/free-reports/ladybugremoval.pdf)