

# Healthy Habits Wellness Clinic Has Partnered Up With Fibromyalgia Centers of America

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Health Is Your Birthright  
Restoration Is the Key  
(Find Out How)

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## What is Fibromyalgia?

Fibromyalgia is widespread muscle and skeletal pain. Widespread is defined as pain occurring on the right and left sides of the body, above and below the waist, and along the spine. Localized pain also must occur in a majority of identified “tender points” all over the surface of the body.

## Fibromyalgia Statistics

The best place to start is at the beginning. So just read the stats below and get a feel for how many people are suffering with FM.

### **American College of Rheumatology, 2004,**

- ❖ Fibromyalgia affects 3 to 6 million– or as many as one in 50 Americans
- ❖ It occurs seven times more frequently in women than in men.
- ❖ Between 80 to 90 percent of those diagnosed with Fibromyalgia are women.
- ❖ Women who have a family member with Fibromyalgia are more likely to have Fibromyalgia themselves.
- ❖ Fibromyalgia is the second most common rheumatic ailment after osteoarthritis.

### **National Institute of Arthritis and Musculoskeletal and Skin Diseases, 1999.**

- ❖ Fibromyalgia primarily occurs in women of childbearing age, but children, the elderly, and men can also be affected.

### **Fibromyalgia Network, 1999**

- ❖ 90% of Fibromyalgia patients have jaw and facial tenderness that could produce symptoms of TMJD.
- ❖ 50% of all Fibromyalgia patients suffer from sensitivities to odors, noise, bright lights, medications, and various foods.

### **Depending on where you look find even greater numbers of FM patients.**

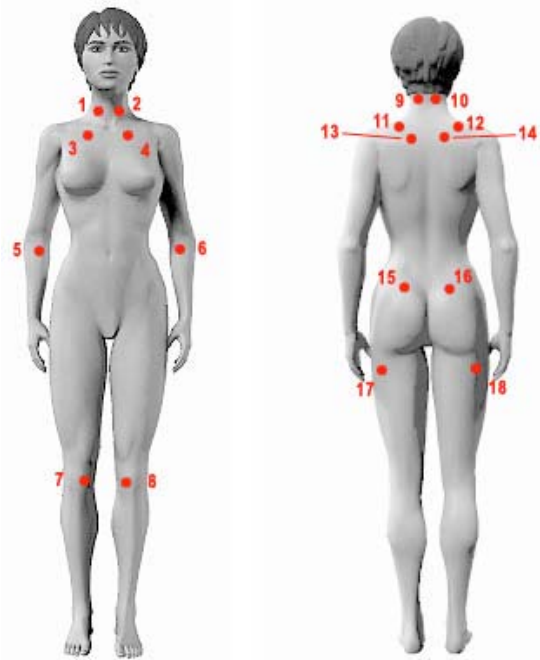
- ❖ The National Foundation for Fibromyalgia states as many as 12 million Americans suffer from FM but go undiagnosed because of the elusive nature of the disease.
- ❖ FM sufferers make up 4% of the entire population .

## Do I have Fibromyalgia?

A patient must have several symptoms present so that the diagnosis of Fibromyalgia can be confirmed. Many patients have the symptoms and may not even know what Fibromyalgia is. Others have been told by their MD that they “are on their way to having Fibromyalgia soon if nothing is done.”

## Other General Signs and Symptoms

❖ Fibrocystic Breast	❖ Arthritis
❖ Weight Gain	❖ Harder To Reach Climax
❖ Heavy/Irregular Menses	❖ Decreased Sex Drive
❖ Hot Flashes	❖ Hair Loss
❖ Dry Skin/Hair	❖ Vaginal Itching
❖ Anxiety	❖ Vaginal Pain
❖ Depression	❖ Vaginal Discharge
❖ Night Sweats	❖ Lower Back Pain
❖ Vaginal Dryness	❖ Menstrual Pain
❖ Headaches	❖ Pre-Menstrual Tension
❖ Irritability	❖ Osteoporosis
❖ Mood Swings	❖ Infertility
❖ Breast Tenderness	❖ Sweating Throughout the day
❖ Sleep Disturbances/Insomnia	❖ Decreased Vision
❖ Cramps	❖ Decreased Hearing
❖ Fluid Retention	❖ Decreased Memory
❖ Breakthrough Bleeding/Spotting	❖ Slow & Poor Wound Healing
❖ Fatigue	❖ Decreased Energy
❖ Loss Of Memory	❖ Bladder Problems
❖ Allergy Or Intolerance to Certain Foods	❖ Intolerance To Fatty Foods
❖ Bad Breath & Foul Smelling Gas & Stools	❖ Skin Problems, Rashes, Boils, Pimples, Acne
❖ Constipation, Diarrhea, Sluggish Elimination, Irregular Bowel Movements	❖ Body Temperature Below 97.6 F (measure temperature with thermometer for 1 week, 3 times a day)
❖ Frequent Congestion, Colds, Viruses	❖ Lower Resistance To Infections
❖ Flatulence or Gas & Frequent Intestinal	❖ Premenstrual Syndrome (PMS)
❖ Vaginal Infections	❖ Breast Tenderness
❖ Frequent Headaches For No Apparent Reason	❖ Pain In Your Liver Or Gall bladder
❖ General Aches & Pains That Migrate from Place To Place	❖ Other



**TRIGGER POINTS** are areas of tenderness in a muscle. Trigger points may be associated with myofascial pain syndromes or Fibromyalgia. If you suffer with 11 of the 18 points shown above, you may be suffering with Fibromyalgia. Discuss these points while consulting your Doctor.

### What Causes Fibromyalgia (FMS)?

Doctors don't know what causes fibromyalgia. Current thinking centers around a theory called central sensitization. This theory states that people with fibromyalgia have a lower threshold for pain because of increased sensitivity in the brain to pain signals.

Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neurotransmitters). In addition, the brain's pain receptors seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals. In this way, pressure on a spot on the body that wouldn't hurt someone with out fibromyalgia can be very painful to someone who has the condition. But what initiates this process of sensitization isn't known. It's likely that a number of factors contribute to the development of fibromyalgia. Other theories as to the cause of fibromyalgia include:

Medical researchers theorize that fibromyalgia may be caused by genetics, food additives (such as excitotoxins), mercury poisoning from dental fillings, neurochemical imbalances caused by diet or stress, viral infections, sleep disorders, toxicity, accidents, hormone imbalances, vaccinations, hypothalamus malfunction, surgery, severe emotional or physical trauma, yeast overgrowth (candidiasis) anemia or nutritional deficiencies. I will attempt to briefly explain some of these below.

## ***PSYCHOLOGICAL & SOCIAL EFFECTS***

According to studies, people with FMS are more likely than others to have experienced severe emotional and physical abuse. This suggests that post-traumatic stress disorder (PTSD) or chronic stress could play a strong role in the development of FMS in some people. Evidence shows that PTSD actually leads to changes in the brain and central nervous system that process pain.

## ***INJURIES***

Injury or trauma, particularly in the upper spinal region, may trigger the development of fibromyalgia in some people. An injury may affect your central nervous system, which may trigger fibromyalgia.

## ***NERVOUS SYSTEM***

Abnormalities of the autonomic (sympathetic) nervous system. Part of your autonomic nervous system—the sympathetic, or involuntary, system—controls bodily functions that you don't consciously control, such as heart rate, blood vessel contraction, sweating, salivary flow and intestinal movements. It's thought that sympathetic nervous system dysfunction occurs in people with fibromyalgia, particularly at night, which leads to fatigue, stiffness, dizziness and other signs and symptoms with the condition.

## ***MUSCLE METABOLISM***

Changes in the muscle metabolism. For example, deconditioning and decreased blood flow to muscles may contribute to decreased strength and fatigue. Differences in metabolism and abnormalities in the hormonal substances that influence the activity of nerves may play a role.

## ***YEAST***

Yeast (*Candida albicans*) overgrowth can cause symptoms suspiciously similar to fibromyalgia. These include muscle and joint pain, difficulty concentrating, chronic fatigue, neurological disorders, insomnia, bowel dysfunction, a weakened immune system, etc. If you crave sugar or carbohydrates, or have been taking antibiotics, you may have a yeast problem.

## ***MYCOPLASMA***

Mycoplasmas are extremely small bacteria that are as tiny as viruses but that have some features of bacterial germs. When a genetically predisposed person goes through severe stress or trauma—physical, mental or emotional—this alters their immune response and allows mycoplasma to do their dirty work in many parts of the body, including vital areas of the brain, such as the hypothalamus, the gland that controls various body functions such as sleep, temperature regulation, endocrine (hormonal) system, etc.

## ***EXCITOTOXINS***

Some people find relief by eliminating all excitotoxins from their diet-- monosodium glutamate (MSG or Accent), aspartame (NutraSweet or Equal), hydrolyzed protein, etc. Symptoms may worsen initially as the body begins detoxifying, but some people become pain free with this method. Excitotoxins are used in nearly all processed foods. These substances are called "excitotoxins" because they excite the neurons in the brain, causing them to fire so rapidly that they can die. Once these cells are gone, they cannot be regrown (it's like poking your eye out!).

## ***PHOSPHATES***

Dr. Paul St. Amand, who pioneered the use of guaifenesin for fibromyalgia, theorizes that people with FMS/CFS have a genetic defect that prevents their kidneys from excreting phosphates. As phosphates build up, the body stores them in the bones, and then eventually the muscles, tendons and ligaments. The excess phosphates hinder the cells' ability to produce energy (ATP) and causes the muscles to go into spasm. Eventually, lumps and bumps form in the muscles. Guaifenesin, an expectorant, works by helping the kidneys to excrete phosphates, thereby restoring normal cell functioning in the brain, muscles, tendons, etc..

## ***ACIDOSIS***

There's a thought-provoking article by Dr. Majid Ali in which he says: "I call oxidosis (too much oxidation), dysoxygenosis (abnormal oxygen metabolism), and acidosis (too much acidity) the three furies of fibromyalgia... The fibro furies are unleashed by the gods of sugar, antibiotics, and pesticides industries...and of industrial pollutants, toxic metals, synthetic hormones, and radiation."

## ***OXIDATIVE DAMAGE***

The Journal of Musculoskeletal Pain reported a study in 1997, which showed evidence of oxidative ("free radical") damage in people with FMS.

## ***SLEEP DISORDERS***

Many researchers have noticed that fibromyalgia sufferers have a low level of serotonin. They suggest that the central cause of pain of fibromyalgia is due to this low level of serotonin. Chronic low levels of serotonin cause the sensation of pain to be greatly exaggerated. The low levels of serotonin also may be the culprit of the insomnia and sleep disturbances found in fibromyalgia patients.

## ***MAGNESIUM DEFICIENCY***

Researchers say that most people with FMS are deficient in magnesium, the mineral that helps muscles relax.

## ***COMPUTERS& ELECTROMAGNETIC FIELDS***

Flickering light of my computer screen used to bring on a rapid worsening of my fibromyalgia! I have bright lighting in the room to offset this effect. Perhaps certain spectrums of light are harmful to people who are more light sensitive than others. Full spectrum lighting could be a good investment. Research is being done on the effect of light on the pineal gland--the gland which produces melatonin necessary for sleep. Flickering light has been proven to cause changes in the EEG patterns in the brain. Researchers are experimenting with flickering light therapy to help fibromyalgia patients by restructuring EEG patterns!

## ***IMMUNE SYSTEM***

Some researchers believe that the root of the fibromyalgia problem lies in the immune system. A few years ago, I received shocking information about the role of mycoplasmas (mutated viruses and bacteria) and biological warfare as a possible cause of the worldwide epidemic of fibromyalgia. This intrigued me, because I have heard from thousands of people all over the world who have fibromyalgia. The symptoms are identical despite varying ethnic backgrounds, cultures, diets, and lifestyles.

## ***LACK OF EXERCISE***

It has always irked me when doctors said I needed to exercise more, because in the early days of my FMS, exercise of any kind worsened my pain and caused severe flares that would last for weeks or even months. People who don't have FMS can't understand this, because exercise makes them feel good!

## ***BRAIN MALFUNCTION***

A recent study found diminished blood flow to parts of the brain in people with fibromyalgia and an increase in the chemical that helps transmit pain signals (called "substance P").

## ***PARASITES***

Symptoms of human worm infestations (yuck!!) are very similar to fibromyalgia. Parasites can invade our bodies through food or from having pets in our homes. Parasites are a constant drain on the immune system. There's a controversial book by Hulda Clark called "The Cure for All Diseases" in which she makes a very good argument for parasites being at the root of most illnesses, including fibromyalgia.

## ***MENTAL ILLNESS***

I am strongly opposed to the idea that FMS is “all in your head.” However, anything that brings a smile to your face or uplifts your spirits is good for you, such as reading inspirational or humorous books, dwelling on positive things, watching TV programs that make you laugh, singing joyful songs, etc. Dr. Norman Cousins, in his now classic book, “Anatomy of an Illness”, tells how watching funny movies helped him recover from a degenerative disease.

## ***DAMAGE TO RED BLOOD CELLS***

Several clinical studies have revealed damage and irregularities in the shape of the red blood cells in people with fibromyalgia. This causes blockages in the blood flow through the capillaries, resulting in insufficient oxygen getting to the muscles and tissues, hence the pain and fatigue. One researcher is trying to get this blood test approved internationally. It could become a much-needed diagnostic tool.

## ***HYPOTHALAMUS OVER-ACTIVATION***

Many years ago, my sister-in-law, who has a Ph.D. in virology, told me that all of my symptoms were coming from the hypothalamus gland in the brain. This didn't mean anything to me at the time. Now fibromyalgia research is beginning to focus on the role of the hypothalamus. The problem is called ‘hypothalamitis’ – over-activation of the hypothalamus area in the central nervous system. The hypothalamus is situated in the mid-brain, from which it controls practically every organ in the body, mainly through the endocrine system. It influences the sympathetic nervous system and the immune system. The hypothalamus controls energy levels, sleep cycle, muscular function, circulation, temperature, the gut, and defense against infection.

## ***MALABSORPTION***

Some researchers say that people with FMS need twice the amount of nutrients that others do, because of excess mucous that builds up in the body, interfering with absorption. Cholesterol levels & plaquing.

## ***SUGAR INTOLERANCE***

A friend with fibromyalgia told me that her doctor believes she is "fructose intolerant." She has been avoiding sugar and fructose and her FMS pain has subsided. Sugar is disguised in our foods as sucrose, corn syrup, etc. Even fruits and fruit juices contain a lot of sugar and especially sugar substitutes such as Nurta Sweet (Phenylalanine).

## ***HORMONE INSTABILITY***

Hormone imbalances are frequently found in women with fibromyalgia, PMS, endometriosis, mood swings, etc. Pre, post menopausal, hysterectomies, and thyroid disorders.

## ***IGF-1 GROWTH HORMONE: LOW LEVELS***

This hormone promotes bone and muscle growth. Low levels are related to problems with thinking, low energy, and muscle weakness intolerance to cold. This level may be a marker of FMS rather than a cause.

## ***INFLAMMATION***

Most doctors do not think fibromyalgia is an inflammatory disorder, but I have always maintained that it feels like one. Lately I've been hearing reports that FMS may be an inflammatory condition caused by mycoplasmas-mutated bacteria and viruses that invade certain glands of the brain and even the organs of the body.

## ***IRRITABLE BOWEL SYNDROME***

Irritable bowel syndrome (IBS) is a chronic gastrointestinal disorder of unknown cause. Common symptoms include abdominal cramping or pain, bloating and gassiness, and altered bowel habits.

## ***Are You Suffering Needlessly? What Can Be Done?***

Treatment begins when you are ready to find out the cause of your problem. Let our trained doctor at Fibromyalgia Centers of America start you on the path to health. It begins with consulting your trained professional. After the consultation, an in depth exam will be performed if you qualify for treatment

## ***Meet the Doctor- Dr. Lundahl D.C. N. D.***

I am a graduate of Parker Chiropractic in Dallas, Texas and from the American Institute of Naturopathic Medicine. I've been serving in the Pacific Northwest, freeing people from pain for over 15 years. I specialize in fibromyalgia, nutrition, exercise, and sports related injuries. I've attended workshops and read extensively to stay abreast of findings affecting chiropractic and naturopathic medicine. Nutrition and the use of herbal remedies. I use a "whole person approach" when caring for my patients.

My area of expertise include, but are not limited to, family care, preventative disease, work injuries, auto accidents, sports injuries and fibromyalgia My mission is to deliver a personalized form of health care by applying the most effective techniques available to achieve maximum benefit.