



Excellent Health Is Yours!

The Invisible Illness



Fibromyalgia

What is Fibromyalgia?

Are you suffering from a debilitating state of wide-spread musculoskeletal pain, stiffness and fatigue? Then you could possibly be suffering from Fibromyalgia (FM).

Fibromyalgia is defined as a disease with a chronic muscle pain accompanied by unexplainable stiffness and fatigue. FM and Chronic Fatigue Syndrome share many of the same symptoms.

There is debate as to whether Fibromyalgia is a syndrome or a rheumatic disorder. A syndrome has many different signs and symptoms whereas a disorder causes disruption of normal physical functions. Either way, FM has the potential to be incapacitating.

No One Understands

Most FM patients indicate that the onset of their illness began with some traumatic event, such as a severe flu-like illness, a car accident, a vaccination or some emotional trauma such as death or divorce. Frequently, FM patients find that others do

not understand the magnitude of their physical symptoms and medical practitioners have no objective testing modalities to authenticate the existence of FM.

In the past few years the American Rheumatologists have outlined the following criteria, which must be met in order to be officially diagnosed with Fibromyalgia.

- Pain in the left and right side of the body, pain above and below the waist and in either the spine, neck, front of chest, thoracic spine or low back.
- Pain in 11 of 18 tender point sites: under back of the skull, lower neck muscles, upper back muscles, top of shoulders, second rib, just below elbows, upper outer quadrant of buttock, hip bone, the knee proximal to medial joint line. (see diagram)

Tag-Along Symptoms

Other common conditions associated with Fibromyalgia:

- Allergies
- Digestive disturbances
- Dizziness, mental fog
- Hair loss
- Flu-like symptoms
- Swollen glands, sore throat
- Irritability
- Mood swings, PMS
- Night cramps, temperature sensitivity
- Panic attacks, phobias
- Recurring viral infections



A Reversible Condition—Believe It

Fibromyalgia affects far more women than men.

The experts suggest that there is no one cause of FM, but rather, multiple stressors that contribute. The pre-existence of such things as Epstein-Barr virus, Candida albicans, mercury poisoning from amalgam dental fillings, anemia, parasites, hypogly-

cemia and hypothyroidism increase the intensity of symptoms.

Traumatic events and unexpressed emotions are also linked to this disorder. Diagnosis becomes difficult and definitive causative factors of FM, elusive.

It is typical that those with FM have compromised diges-

tive and immune systems.

What To Do

Take responsibility for reclaiming your health! Seek a practitioner who will guide you through the necessary dietary changes, combined with cleansing and rebuilding.

FM is a reversible condition! Believe it!

Signs and Symptoms—Is this you?

Chronic muscle and joint aches and pains	
Tender points throughout body	
Sleep disturbances, non-refreshing sleep	
Flu-like symptoms that linger indefinitely	
Depression, anxiety, malaise, headaches	
Chronic fatigue, exhaustion	
Disruptive digestive system, IBS	

Did You Know that...

- Fibromyalgia is an immune system disorder.
- Fibromyalgia is related to a possible hypothyroid condition.
- Fibromyalgia is often connected to leaky gut syndrome.
- Fibromyalgia patients may have damaged and inadequate levels of mitochondria, resulting in low energy, pain and fatigue.
- Fibromyalgia responds well to correct diet, supplementation and detoxification..

Chronic Muscle and Joint Aches and Pains

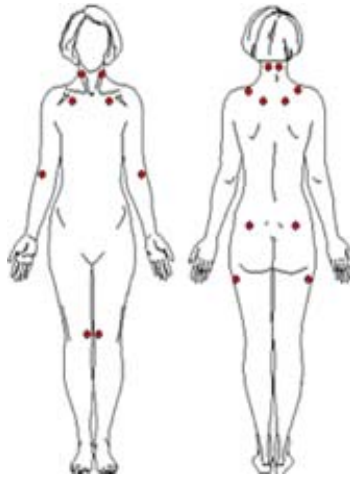
Muscular pain, aching and/or stiffness is experienced by all Fibromyalgia patients. Early morning rising can be filled with working out the aches and pains after a disturbed and sleepless night. Humid or cold weather conditions are often contributors to elevated discomfort in the FM person's body.

The word Fibromyalgia means pain in the muscles and the tissues that connect bones, namely the ligaments and tendons. The condition is neither life threatening or causes deformity, although its presence can certainly interfere with daily activity.

FM sufferers may also experience TMJ dysfunction and be diagnosed as such. Others may be diagnosed with having Multiple Chemical Sensitivity. Sensitivities to odors, noise, bright lights, medications and foods are common with FM patients.

As you can see, many of these symptoms of FM overlap other conditions and it can become quite confusing! Know one thing—that you can be well by taking one step at a time.

Tender Point Check System— In order to be diagnosed with FM, you must have 11 of these 18 tender spots.



Lifestyle Adjustments

In order to manage your condition while pursuing total eradication of FM, it is important to make lifestyle modifications that will help you to conserve energy and minimize pain.

The use of an INFRARED sleeping pad melts the crystals of acidic toxic waste which is then eliminated through the kidneys, colon and skin. This type of device has proven to be highly beneficial for FM.

The debilitating pain often begins in muscles located near joints which suggests that acidic wastes in the synovial fluid cause inflammation. Using heat and/or heat applications can alleviate this pain temporarily. Also, the use of Essential Oils, therapeutic baths and foot baths help to ease the discomforts of Fibromyalgia.

Never be discouraged! With proper guidance and support, Fibromyalgia is a reversible condition.

Fatigue, Sleep Disturbances and Leaky Gut Syndrome

The fatigue experienced by some FM patients varies considerably, but all would highly suggest that energy levels are abnormally low.

"Brain Fatigue" describes how drained of energy the FM person feels. Fibromyalgia bares a myriad of complexities. A leaky gut contributes to unusually high levels of undigested food in the system, which contributes to the toxic feeling. The body works overtime to clean up this toxicity so that whatever energy may be left is now used up with the digestive process.

This digestive toxicity can contribute to feelings of dizziness. The acidic debris from the circulating undigested food particles contributes to sleep disorders. And so on and so on.

Constipation, diarrhea, bowel pain, gas, and nausea, are all symptoms of FM patients. It is suggested that leaky gut syndrome is a huge contributor.

The gut is the point of fuel and nutrient entry. If the gut is not healthy, neither is the rest of the body. Chemical sensitivity, Fibromyalgia and escalating food allergies are among the many problems caused by the leaky gut. A leaky gut represents a hyper

permeable intestinal lining. In other words, large spaces develop between the cells of the gut wall, and bacteria, toxins and food leak in.

A highly aggressive approach to re-establishing bowel health is essential.

"Fibromyalgia bares a myriad of complexities."

Flu-like Symptoms and Immune Stress

Flu-like symptoms that just don't go away can be experienced with FM. Lymph nodes are engorged, energy is compromised and the body experiences varying levels of pain in its musculoskeletal structure.

Fibromyalgia and Chronic Fatigue Syndrome are closely related and are often confused, but what they bare in common is the stress that these conditions put on the immune system.

Chronic pain takes a tremendous amount of energy from the reserves. This drain of energy makes the FM sufferer more suscep-

tible to common flu and viruses. On occasion, a low grade fever can accompany these symptoms making the discomfort even more intense.

Establishing proper **pH** in the body ensures that vulnerability to pathogens is not even a possibility. Viruses, funguses and bacteria cannot exist in an internal environment where the **pH** is balanced.

As you detoxify the body and re-establish the inner terrain, your resistance to diseases and conditions will increase significantly. Now that's good news!



It's time to feel well again.

Depression, Anxiety, Malaise and Headaches

All degenerative diseases, whether it be Arthritis or Fibromyalgia, carry a piece of inherited vulnerability that make one more prone to particular conditions.

In FM, the nerves have an inherent weakness. Congenital problems exist with handling metabolic wastes when it comes to the by-products of undigested foods. Often the problem is enhanced by the uric acid waste from incomplete protein digestion.

This long-term exposure to the acidic wastes takes its toll over time. The cells are deprived of vital nutrients, the blood is clogged, the lymphatic system sluggish and the membranes weak. This acidic waste filters through to vulnerable soft tissues. Regardless of the syndrome you are contending with, the bottom line is that toxic wastes have no where to go. This results in systemic toxicity and such conditions as Fibromyalgia.

Depression

Is your depression a result or the cause of your FM? No matter which way you look at it, being ill is difficult.



Chronic pain and not being able to function as you normally would plays on the emotions. It is important to have support from those who understand what you are going through. Having an empathetic listener is advantageous as long as you are actively pursuing wellness even while being ill.

Unsolicited advice from well-doers is not unusual as everyone will have their perspective with regards to why you are experiencing what you are. It now becomes your job to siphon through the information and make choices that will work for 'you'.

Have a plan of action!

Headaches

Muscle aches and pains often translate into tense neck and back muscles which develop into headaches. The use of massage therapy and deep tissue massage can be helpful.

Toxic bodies can also contribute to headaches. As you work with detoxifying each system of elimination, the frequency of headaches will subside.

Excessive uric acid in tissue and high blood sugars from carbohydrate digestion can also be contributors to headaches. A diet that focuses on raw, whole foods must be adhered to. Drinking adequate quantities of good water is also a necessary component of reclaiming and maintaining your health.

Medical Protocols

Because there is no known 'cure' for FM, medical protocols focus on simply reducing symptoms using anti-inflammatory drugs, anticonvulsants, antidepressants, anti-anxiety drugs, muscle relaxants, and sleep medications. **It is not necessary to go this route! There are other choices!**

Simple Solutions to Revitalize the Toxic Body

Exercise

Personalized exercise programs will improve many of the symptoms of Fibromyalgia. Daily exercise is essential for improving muscle fitness, reducing muscle pain and tenderness, increasing circulation, promoting better sleep and for stimulating the body. Exercise promotes the production of natural painkillers called endorphins.

Diet, Diet, Diet!

Proper diet is extremely important in relieving FM symptoms. Avoid high fat foods and eat plenty of fruits, vegetables, whole grains, beans and nuts instead. Kick the

habit by eliminating caffeine, tobacco and alcohol from your diet. A diet based on your blood type and stream-lined to consider your specific health challenges is ideal. Include **Super Foods** to enhance the healing ability of your body and experience vibrant health once again.

Take the following approach into consideration.

- Eat simple fresh foods that honor the genetic template within: your blood type, your vulnerabilities
- Systematically cleanse your body using

I celebrate the power of life that attracts what I need to be whole in body, mind and spirit.

proven techniques and approaches to attaining excellent health.

- Adhere to a specific supplement protocol.
- Get enough rest, even if deep sleep seems elusive.

Healing Fibromyalgia - It All Starts With the Desire to Be Well



The desire to be well is where all change comes from. Put that together with the right information and vibrant health can be yours!

As human beings, we learn to thrive on life-challenging situations. We inherently hold the ability to meet these challenges, to exercise inner strength and to achieve success. This may be the hardest job ever but the rewards are well worth the effort.

The process of healing is yours and yours alone. It is important to acquire professional guidance through this process but, ultimately, it is you who is responsible for car-

rying out the details of the plan. This is your journey to embrace. You must reclaim your inner terrain. And we are the team to help you do just that!

Healing is possible! It requires your dedication, an exceptional coach and effective tools. Getting back to basics. Are you ready for the most effective protocols that will bring health and wellness back into your vocabulary?

The Wolfe Clinic is your best choice!

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Superfoods**

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July 21 2003 to Aug 21 2003

**1-800-592-9653
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**10% off Consultations with
Dr. Darrell Wolfe, Ac, PhD**

Dear Readers;

If not treated properly, Fibromyalgia can seriously impact your life and overwhelm your body with disabling symptoms. My 25 years of experience has shown me that this condition is responsive to proper treatment and that the damage it causes is reversible. What is required to stop the downward spiral of your physical condition is a sane health program based on knowledge. This means taking the proper steps to detoxify your body and replenish the missing nutritional factors that are a major contributor to this problem. (This statement is not based on theory, but on fact.)

*At the Wolfe Clinic, new patients call daily regarding this condition and are treated successfully with our protocols. Time and experience has proven this condition reversible and changes can be experienced within days. **A new life can and will unfold!** The body cannot be fooled or tricked into wellness. Regain control of your body so that it may heal itself; this is the only healing that lasts.*

At the Wolfe Clinic we take the time to ensure that you have the latest and best information available to you at all times.

Visit our web site and find valuable information in the following articles that will aid you in the reversal of the symptoms of Fibromyalgia. You'll be glad you did!

- ***Reclaim Your Inner Terrain***
- ***Spoiled Rotten***
- ***Depleted Soils – Decreased Vitality – Diminished Minds***
- ***Wolfe Deep Tissue Massage (Invisible Bonds)***

Set your mind free from fear that you are doomed to a life of pain and suffering .

If you have questions, do not hesitate to call.

We are here to help.

Sincerely,

Darrell L. Wolfe, Ac, PhD



Consider getting a personalized telephone consultation that is specifically built to help you Reclaim Your Inner Terrain. Make your appointment today!

Darrell L. Wolfe, Ac, PhD

The Wolfe Clinic

1-800-592-9653

www.thewolfeclinic.com