

Fibromyalgia is a rheumatic disorder characterized by chronically aching muscles that have no obvious physical cause. Possible causes that have been proposed include infection with the Epstein-Barr virus, or with fungus *Candida albicans*, chronic mercury poisoning from amalgam dental fillings, anemia, parasites, hypoglycemia, and hypothyroidism.

Because many of the symptoms are those of low thyroid function, it is of utmost importance to evaluate the thyroid function. Blood tests are not always conclusive. A very accurate test could be done at home. Take a basal glass thermometer, and 3 hours after you are awake take your temperature orally for 5 minutes. Your temperature should read 37 degrees C or 98.6 F. If your temperature is below 36.7 C, (or 98.2) and you have cold hands and feet, gastro-intestinal disorder and hypoglycemia, then this is very indicative of low thyroid function. This must be corrected first.

If sleep quality can be restored, most patients experience a reduction in their pain and levels of fatigue, and an increase in their cognitive abilities. 5-Hydroxytryptophan (5-HTP) can significantly improve deep sleep. Usual dose is 100 mg for 2 days and increase every 2 days until appropriate dose is found. Melatonin (3 mg), 1-3 capsules, taken 1 hour before bedtime may also improve sleep.

NUTRIENTS

Because malabsorption problems are common in people with this disorder, higher than normal doses of all supplemental nutrients are needed.

Mega-Vitamin Kit containing 3 bottles. Take one of each with food

Coenzyme Q10 30 mg three times daily

Mega-Dophilus Enteric Coated (for candida) one three times daily

Garlic 3x Enteric Coated (for candida) one three times daily

Mega-Dolomite (Calcium, Magnesium, and Potassium) 3 daily

Manganese 25 mg daily and Selenium 200 mcg daily

Omega-3 (FISHOL E.C.) Two capsules three times daily, (very important) essential fatty acid

Vitamin B12 injection; 1 cc weekly or methylcobalamine 5000 mcg capsules daily

Zinc 50 mg daily and **grape seed extract** 100 mg twice daily

Vitamin C as Calcium Ascorbate 5 to 10 Grams daily

Mega-Zyme, a digestive enzyme. Take one just before food and increase to two, or three capsules before each meal. Take one **Carbasse E.C.** before food. This will help digestion and absorption of essential nutrients to your body. Avoid fluids with food. Use only virgin olive oil and no margarine. Certain herbs help with depression if needed.