

Technical Bulletin

By Dr. Larry J. Milam, HMD, Ph.D.

The information in this article is not intended as medical advice, but only as a guide in working with your health care professional.

Fibro - Pro™

Fibromyalgia effects approximately 16 million people, primarily women between the ages of 25 and 55 years. Its physical and emotional symptoms are very similar to chronic fatigue syndrome (CFS). Both conditions, because complaints are so varied and often nonspecific, are dismissed by the medical community as being "all in the head". Treatment, which often includes mood elevators and pain medication, only exacerbates or adds to the very long list of debilitating symptoms.

Fibromyalgia often begins in young adulthood. In most cases, symptoms come on gradually and slowly increase in intensity. The disorder seems to be unpredictable, sometimes clearing up on its own, sometimes becoming chronic and sometimes going through cycles of flare-ups alternating with periods of apparent remission.

While the causes are not known and there are no tests that can diagnose FM with any certainty, there are some patterns that emerge.

Muscular Function and Energy Production

Muscle cells are powered by adenosine triphosphate (ATP), a compound popularly referred to as "the energy molecule." ATP supplies energy for virtually all of the body's physiological processes.

Recent research indicates that FM patients may be deficient in certain compounds required for the synthesis of ATP.

ATP requires *magnesium*, *oxygen*, phosphates and substrates from the breakdown of food products. When **low oxygen** conditions occur (hypoxia) and **magnesium** is below the optimum levels, the body's normal manufacture of ATP is compromised. The cells react by switching to a very inefficient system of generating ATP that breaks down protein in muscles and other tissue. The result is pain, decreased function and fatigue.

Two critical nutrients can effect this cycle:

Magnesium is one of the most crucial elements for ATP synthesis. Recent research suggests FM patients have below normal levels of magnesium.

Malic acid also plays an essential part in sugar metabolism, utilizing it efficiently as fuel to generate ATP, even under low oxygen conditions.

Symptoms attributed to Fibromyalgia

- Stiffness, particularly in the morning in the neck and shoulders
- Hunched shoulders or neck
- Chronic musculoskeletal pain, with tender points (eighteen) that are very specific.
 - Around the lower vertebra of the neck
 - At the insertion of the second rib
 - Around the upper part of the thigh bone
 - In the middle of the knee point
 - In muscles connected to the base of the skull
 - In muscles of the neck and upper back
 - In muscles of the mid-back
 - On the side of the elbow
 - In the upper and outer muscles of the buttocks
- Aching
- Disturbed Sleep/Difficulty sleeping
- Sleep Apnea
- Restless Leg Syndrome
- Extreme Fatigue
- Tension and Stress
- Depression
- Sensitivity to temperature and weather changes
- Sensitivity to loud noise and lights
- Dizziness and loss of balance
- Chemical and/or food allergies
- Headaches
- Irritable bowel syndrome (diarrhea and/or constipation, often alternating)
- Jaw pain.
- Memory loss and difficulty in concentrating
- Menstrual pain
- Sensitivity to dairy products
- Skin sensitivities
- Chest pain in the cartilage and muscles of the chest wall
- knee cap pain
- Sensations of numbness or tingling in arms or legs
- excessive dryness in mouth and eyes
- cognitive problems
- Irritable bladder syndrome
- hypothyroidism
- Candida Albicans

Symptoms are often initiated and/or exacerbated by

Stress, over exertion, lack of exercise, grief, trauma, extremes in temperature or humidity, infectious illnesses or lack of sleep.

CoQ10 is another important nutrient that can assist the body's metabolism of ATP and increase oxygen in the tissues.

Liver Support & Detoxification

The liver is the largest and one of the most important organs in the body. Its vital functions include clearing the blood toxins and producing bile, which aids in fat digestion. Liver detoxification is essential for muscle and joint comfort. Malabsorption of critical nutrients, a condition associated with fibromyalgia, means an increase in the production of ammonia which is irritating to brain cells and muscle tissue, even at low levels.

In optimum health, the liver utilizes antioxidants to repair itself and prevent damage from noxious toxins. When the digestive system is impaired, the liver requires additional stores of potent antioxidants, including vitamins E, A & C. More recently, "super" antioxidants have become available to stop and even reverse free radical damage. Alpha lipoic acid and Resveratrol from red grapes are two such "super" antioxidants.

MSM, another potent nutrient, has given relief to symptoms of muscle aches and pain. It not only supports tendons, ligaments and muscles, but also clears the detoxification pathways of the liver, another key to relieving chronic pain.

Nervous System Support and Pain Management

Fibromyalgia appears to be a stress related disorder. Serotonin is a neurotransmitter in the brain that helps you feel calm and relaxed. Studies indicate that individuals with FM have reduced serotonin levels, which cause pain to be greatly exaggerated.

The lack of sleep also contributes significantly to increased pain. 70% of fibromyalgia pain correlates with the rating of poor sleep quality. Sleep is like a battery charger. If the body is not being recharged, especially the muscles, the result is pain. With a good, restful sleep, pain goes away or is significantly relieved.

Magnesium plays a critical role in pain management. It is the fourth most abundant mineral in the body and the second most abundant in the muscles and other organs. Research indicates that magnesium is the number one stress mineral. All pain sufferers have a deficiency in magnesium. Adequate amounts will decrease pain and muscle spasms, usually within 48 hours.

B₆ (Pyridoxine) is required for a healthy nervous system and normal brain function.

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Ask your New Spirit Distributor for your Complete Guide

In addition to New Spirit's Wellness Pack, supplementing with key nutrients can give you important building blocks to repair cellular damage, boost the immune system and restore vital energy.

Bioavail 265

Coenzyme Q10 (30 mg - 100 mg)

Vitamin E (400 IU)

M•U Tene Beta Carotene

Magnum C (500 mg)

Increases oxygen in tissues and increases energy supply in the cells.

Free radical scavengers protect the body's cells and enhance immune function.

Powerful antiviral effect and increases energy.

Fibro Pro

Magnesium (Amino Acid Chelate) (150 mg)

Malic Acid (800 mg.)

Vitamin B6 (Pyridoxine HCL)

OtiMSM™ (200 mg)

Olive Leaf Extract (50 mg)

Boswellin (5 mg)

Alpha Lipoic Acid (10 mg)

Enhances immune function

Involved in energy production in many cells of the body, including the muscle cells.

Needed for sugar metabolism

Essential for increased energy and normal brain function

Provides support for tendons, ligaments and muscles. Relieves pain.

Relieves pain and inflammation.

The most versatile and powerful of all antioxidants. Improves body's energy production.

Traditional Chinese Herbal Formulas

Preventative: 30 drops (1 ml.) per day/Therapeutic: 90 drops (3 ml.) per day

Jubilee Mood Enhancing Tea

Therapeutica

Liver Enhancer

Kidney Enhancer

Energizing Tea

Soothes irritability and restlessness

Improves circulation, boosts immune function.

Natural polysaccharides to improve liver function

Enhances calcium/magnesium metabolism

Support for adrenal glands, energy enhancer