***The Little-Known Secret to Fibromyalgia Relief – How to End Fibromyalgia Suffering Now***

Fibromyalgia is a condition that causes chronic pain in the bones and muscles and bones and features other symptoms like extreme tiredness and insomnia. Fibromyalgia, which affects around affects around 5% of the population, is a very common condition that affects your bones and muscles. It is often misdiagnosed and has no known cure; however there are many treatments that have been used to manage and ease the symptoms. Fibromyalgia can feel like osteoarthritis, tendinitis or bursitis; however, the pain can be present throughout your body.

Common symptoms include constant muscle pain, a burning sensation, twitching, low pain threshold, fatigue, trouble concentrating (known as fibro fog) anxiety and depression. Other less common fibro symptoms can include headaches, IBS, dry mouth, nose or eyes, numbness or tingling.

***What causes Fibromyalgia?***

Although doctors are unsure what causes Fibromyalgia, it is believed to be an issue that is based around how your spinal cord and brain process the pain signals from your nerves. It is believed a fibromyalgia affected brain is overly sensitive to certain things, but feels them as pain, people without Fibromyalgia do not. This means that pain is originated with the brain, rather than through muscles and bones. Fibromyalgia is believed to be related to other sensitivity syndromes like irritable bowel syndrome, chronic fatigue syndrome and other sensitivities to chemicals.

There are specific people who are more likely to get Fibromyalgia, and can include women, anyone with a different painful disease, like arthritis, people with disorders like anxiety or depression, PTSD and if other family members have had it.

***Standard Treatments for Fibromyalgia***

Depending on the symptoms you have, physicians may prescribe medications that include anti-inflammatory medications and opioids, as well as antidepressants, muscle relaxers, and drugs that may assist with sleep. There is no known cure for fibromyalgia however most people can ease at least some of the pain with a combination of different approaches.

*Drugs - The Dangers of Drugs for Fibromyalgia Treatment*

Conventional doctors are fast to prescribe drugs like anti-inflammatory medications and opioids for fibromyalgia. Although these medications might provide relief for fibromyalgia, the effect is only ever temporary. Medication dulls the senses to tell the brain to stop feeling pain, however the underlying issue that is causing the pain is usually unknown and unable to repair, forcing the pain to return. Medications most commonly prescribed for relief from fibromyalgia usually have severe associated side effects.

Anti-inflammatory drugs can put you at a much higher risk of heart attack and strokes, and can often cause gastrointestinal problems, increased blood pressure and kidney problems, all of which can be avoided with alternative treatments.

Opioids are commonly prescribed by physicians; however they can present even bigger problems for users than anti-inflammatory drugs. They are highly addictive and can have frightening side-effects.

When anti-depressants are prescribed it is usually to help treat depression and anxiety that are associated with the disease, rather than the disease itself. Patients can easily become dependent on anti-depressants and can have the opposing effects of the recommended treatments for fibro.

*Regular moderate exercise*

Regular exercise is key to regulating fibro. Low-impact activities like Yoga, Pilates, swimming, walking and tai chi, will help to build your endurance, strengthen and stretch your muscles, and progress your ability to move better. Exercise also releases endorphins which compete against pain and stress, and helps you sleep better. On top of regular exercise, support groups are a great way to help deal emotionally with the condition.

# **The Little-Known Secret to Fibromyalgia Relief**

If you are suffering from fibromyalgia, you should understand there are several safe and effective substitutes to medication to help get you through the pain the condition causes, however the methods to get you through will require patience and trust for the doctors that are going to help you.

The most common solution to relief from fibromyalgia is through chiropractic care. Modern chiropractors use both traditional adjustment techniques combined with a range of state-of-the-art devices that use no twisting or popping of the spine whatsoever. The combination of both techniques, or one or the other are safe, effective and affordable.

***Chiropractic Care***

One of the best strategies to treat fibromyalgia is chiropractic care. The chiropractic philosophy places great importance on your body's healing insight and does not rely on band aid actions like prescribing drugs. A lot of people ignore chiropractic treatments as they believe it is about cracking bones into place; however there is much more to chiropractic care than just this.

One of the essential foundations of a chiropractic well-being system is vitalism, which is distinguishing the human body’s internal life force that helps to direct and guide the body through the healing process.

Qualified chiropractors are highly trained and skilled in every facet of musculoskeletal disorder management and many have furthered their healing skills towards therapeutic exercise techniques, massage and other relaxation/muscle building techniques like yoga.

Chiropractic care can affect physiological developments that impact oxidative stress, DNA repair and immune function and research shows that chiropractic adjustments can physically alter the biological chemistry processes on a cellular level.

Chiropractic care not only helps to lower the effects of fibromyalgia through adjustment and other techniques, but may also address, prevent and treat other bodily dysfunctions.

*Chiropractic Care Consists of Three Phases:*

* The acute phase returns the spine to the correct position to restore body balance.
* Body stabilization and the healing phase happens for approximately six weeks after the body balance is restored.
* Health maintenance phase is when the body begins to return to optimal health. Patients learn new ways to care for themselves, which assists in maintaining the stability of their spinal correction.

***Physical Therapy***

Through a system of prescribed precise strengthening exercises for back, neck, and extremity problems, chiropractic care can prevent muscle deterioration, decrease pain, promote joint health, increase stability and strength and motion range, as well as protecting against new or recurring injuries.  Lumbar stabilization exercises aim to reduce amount of pain and stiffness associated with fibromyalgia by building strength and improving their range of motion, show them ways to get relief from deep muscle pain and teach them about how to make decisions during their daily activities to help prevent painful flare-ups. Therapeutic exercise aims to help you re-claim control of your life as you focus on lifestyle variations rather than the chronic pain, stiffness and fatigue that has engulfed sufferers.

***Yoga***

Through yoga, patients will have an effective strategy for easing Fibromyalgia symptoms by becoming more aware of how to move their body. Yoga helps to increase muscle strength and improves strength by staying in specific positions and integrating various movements. Yoga's ability to alter the nervous system away from the stress response and deep into a relaxation response is imperative to anyone who has a sensitive central nervous system. Many yoga postures gently strengthen the back and abdominal muscles which are vital components of the muscular web of the spine. Strengthening these muscles will help the body sustain correct upright posture and movement, reducing the effects of fibromyalgia significantly.

***Massage & Muscle Therapy***

Massage and muscle therapy can be of great benefit to someone suffering from fibromyalgia. These types of therapy have several potential ways to relieve fibromyalgia symptoms. These include increasing serotonin levels, decreasing tender point pain, decreasing stress hormones, decreasing levels of pain messengers, improving sleep patterns, and an overall better sense of well-being.

Massage also decreases muscle tension which, in turn can improve flexibility and strength, reducing pain.

Eliminating the pain associated with fibromyalgia is a priority for anyone who suffers from it and knowing the best options to the road to leading a pain-free, normal life is vital for your own well-being. The real secret to eliminating fibromyalgia pain is in body balance, stabilization through muscle strength and regular treatments.