

## Help For Fibromyalgia

How long has it been since you 'ran' instead of 'shuffled'?

How long has it been since you didn't need a nap to get through the day?

The challenge started in the 80's. Having moved to an unfamiliar region, some adjustments are made easier than others. I was moving from Southern Florida to New Mexico for business purposes. The move involved a double trip situating vehicles and 'stuff' in the new home, quite a long driving trip compared to anything I was used to. It wore me down more than I had anticipated allowing my health to degrade, nothing serious, but it was slowing me down. Eventually a Doctor prescribed anti-biotics because of something that was trying to gain a foothold. That worked and life returned to normal, for awhile. Somewhere along the line fatigue, sleepiness and body aches set in. This was a slow progression kind of coming and going and a little worse each time. It didn't seem like much. Was that a wrong statement. While not a life threatening malady I was to find over time that it can be much more than an inconvenience.

The education in what was happening was very slow because the progression of this condition was extremely slow. It was probably 1 to 2 years before I noticed that I was adapting parts of my life and everyday actions to this 'challenge'. At some point outbreaks would cause consequences in my work.

My customers were understanding, but occasionally deadlines could be impacted.

One of the most disquieting aspects of this was the feeling, almost a fear, that this was 'all in my head' as was proposed by one Physician. This tends to at least discourage healthy dialogue and can divert resources from useful diagnoses. A Physician was found that didn't go for the easy out and realized 'something', some pathology was involved.

This went on for years, actually 10 or more.

Various Doctors had treated these 'symptoms'. Some even treated this with antibiotics think it could be a 'low grade' infection. Even when a Doctor would treat this as more than a collection of symptoms the results were nowhere near a return to the symptom free past.

The situation went on, getting slowly worse until a common link was discovered with other seemingly unrelated minor maladies, and some maybe not so minor.

I know what you're saying; yeah, sure.

Naturally I had tried Homeopathic remedies and supplements over these years figuring 'something has to work'. There were over time, hundreds of nutritional supplements tried, various lotions and creams many of which seemed to effect a change. The changes were usually temporary and ultimately disappointing.

Through prolonged research over years it became more obvious that this challenge may well be related to other symptoms. Most related symptoms were minor: curious allergies, various digestive disruptions, food allergies, minor aches and pains, brain fog, chronic fatigue, dandruff even. Many symptoms were accepted as part of 'getting older'. But I'm not old yet!

For a period of time food allergies became quite challenging. They eventually led to 2 years of allergen treatments using hypodermic needles. I had actually become allergic to everyday foods. Allergies to corn, wheat, rice, and dairy products mean there are few meals that you can eat without disturbing effects.

The research eventually brought me to develop sites and article repositories to bring this collected information together for access from one place. Many other sites describing seemingly unrelated symptoms can be accessed through these resources.

Our self-education continues.

I eventually began a regimen using some of the solutions explained on these sites, some in a daily regimen and some as needed. You can benefit from my long trial and error education avoiding the 'dead ends' and 'false starts'.

The first step, although seemingly unrelated is an intestinal purge. Followed by a comprehensive attack on the underlying pathology and then the regimen shows you how to maintain your newly restored health and energy with its new possibilities.

Some of these supplement and nutritional programs require a membership, but don't require a purchase.

Check with your Physician and if acceptable to them, the regimen will have you feeling better than you thought you could feel again in a few months.

You will be able to maintain this new found level of health easily once attained.

P. S. It's time to take your life, energy and social life back. Are You Ready?

P. S. S. This is the First Step to your new outlook. Don't deny yourself the good health that you remember.

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