



FIBROMYALGIA

Is your life an endless struggle with pain and sensitivity because of Fibromyalgia? Do you feel that your life and energy is slowly being stolen from you and nothing you do can stop it? Does fibromyalgia have you sitting on the sidelines, instead of living your life?

Fibromyalgia can be difficult to diagnose and difficult to treat. This condition affects not only the body but can affect pain receptors in the brain. The pain of fibromyalgia can cause stress and sometimes depression. This leads to a vicious cycle as stress and depression can aggravate the fibromyalgia, which in turn can cause more stress and depression. A holistic approach for treating this disorder is one of the best courses of treatment.

Balancing the energy in the body, with the use of acupuncture can control the pain of fibromyalgia and also alleviate stress and depression. Acupuncture and other alternative treatments such as aromatherapy sprays and Chinese herbal therapies may also help with symptoms associated with Fibromyalgia such as insomnia, lack of appetite or weight gain. Acupuncture and these other therapies may also increase energy. Increasing energy can get you moving again, exercise and activity also helps alleviate the symptoms of Fibromyalgia.

Fibromyalgia affects about 4 million US adults, about 2% of the adult population. The cause of fibromyalgia is not known.

The most common symptoms of fibromyalgia are:

- Pain and stiffness all over the body.
- Fatigue and tiredness.
- Depression and anxiety.
- Sleep problems.
- Problems with thinking, memory, and concentration.
- Headaches, including migraines.

Other symptoms may include:

- Tingling or numbness in hands and feet.
- Pain in the face or jaw, including disorders of the jaw know as temporomandibular joint syndrome (also known as TMJ).
- Digestive problems, such as abdominal pain, bloating, constipation, and even irritable bowel syndrome (also known as IBS)