



Fibromyalgia

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Fibromyalgia was first described in 1843 as type of arthritis or rheumatism. The term used was fibrositis and still used by some authorities today.

In todays time fibrositis or fibromyalgia (FMS) is recognized as a systemic disorder with far reaching effects with an estimated 5 % of the population is affected and probably more because diagnosis is difficult and there is no definite laboratory testing available at this time.

Fibromyalgia produces generalized fatigue and aching in a joint , along with pain and tenderness in muscles and nodules with 18 other prominent symptoms such as; insomnia, headaches, cramps, irritable bowel syndrome, allergies (food and environmental), weight gain, paresthesias (unusual sensations), low thyroid function, anxiety, depression, irritability, poor mental concentration and PMS may be linked chronic fatigue syndrome and an definite link to the immune system being out of balance.

Sleep disorders, sensitivities to chemicals or the environmental agents, and chronic viral, bacterial or parasites could be the cause and or contributing factors of fibromyalgia.

The homeopathic approach

Because fibromyalgia is a broad metabolic or a systemic disorder, an in depth cure requires constitutional prescribing by a homeopathic practitioner there are many remedies that can help, he/ she can find the remedy that best fits the symptoms that you are experiencing.

A study that took place in 1989 and published in the British Medical Journal, which verified the effectiveness of the remedy Rhus. Tox. (poison ivy), showing favorable results and improved symptoms. This remedy's drug picture has an association with pain and disability and improvement to the immune system, other remedies that were tested were; phytolacca with affinity to the glands, Causticum for contractions and stiffness, Cimicifuga for over all muscle tenderness and depression.

Other remedies that have been know to help with fibromyalgia are Bryonia, Gelsemium and Ruta.

These remedies mentioned are not the only one used, other wonderful remedies can be selected for the emotional and mental aspect of this syndrome other than just the physical symptoms. You can contact

me for the potencies and dosing of these remedies. Treating fibromyalgia takes some time, improving your surroundings, lifestyle and nutrition are paramount, healing the intestinal tract and restoring the immune system should be the primary goal.

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