FIBROMYALGIA

Fibromyalgia is an autoimmune disorder of soft tissues. (By contrast, arthritis occurs in the joints.) Symptoms include general body pain, in some parts worse than others, usually brought on by short periods of exercise.

The pain is ubiquitous and continuous. It interrupts sleep patterns so that the fourth stage of sleep is never attained, and thus the body cannot rejuvenate and heal. Fibromyalgia is an acid condition in which the liver is toxic (see LIVER DISORDERS p. 432 in the EODR).

The best natural treatments for fibromyalgia are Omega Blue, proteolytic enzymes such as bromelain and pancreatin, and MSM.

According to UCLA researcher, Ronald Lawrence, M.D. Ph.D., supplementation with MSM offers a breakthrough in the treatment of fibromyalgia.

Single Oils:

German chamomile, nutmeg, Idaho balsam fir

Blends:

PanAway, Relieve It, ImmuPower, Ortho Ease, Ortho Sport

Fibromyalgia blend #1:

• 8 drops Idaho balsam fir

• 6 drops white fir

• 4 drops wintergreen/birch

• 2 drops spruce

Fibromyalgia blend #2:

• 10 drops PanAway

• 8 drops wintergreen/birch

• 8 drops marjoram

• 6 drops spruce

EO Applications:

TOPICAL:

DILUTE 50-50, gently massage 2-4 drops on pain locations

COMPRESS, warm, on location, 3 x weekly

BODY MASSAGE, weekly Raindrop, adding Immune blend, weekly

INGESTION: CAPSULE, 0 size, 2 times daily

Dietary Supplementation:

Sulfurzyme, Polyzyme, Omega Blue, Super C Chewable, Multi-Greens, Essentialzyme, Super Cal,

Topical Treatment:

Regenolone

Fibromyalgia Regiment:

1. Start cleansing by using Cleansing Trio.

2. Use 2 Tbsp. Sulfurzyme daily

3. Eat less acidic-ash foods and more alkaline-ash foods such as wheat sprouts or barley sprouts.

The following is a list of alkalinizing supplements:

• Multi-Greens: up to 4 times daily.

• Super C: 4-6 tablets daily.

• Mineral Essence: 2-3 droppers, 2 times daily in water or cold apple juice will supply the trace minerals needed without increasing the acid condition.

• Super Cal or Mega Cal: 2-4 capsules daily, or as needed

• ImmuPower: Apply 4-6 drops along the spine and back along with Raindrop Technique (See CHAPTER 21: RAINDROP TECHNIQUE).