

Fibromyalgia? *What Brand do You Have??*

So many are suffering, often needlessly, with fibromyalgia, a seriously growing problem in our modern population. This is a widespread pain and muscular aching disorder that is chronic and accompanied by other symptomatic problems, usually including fatigue and loss of energy. There is more drug free help than most think. We are accustomed to good successful outcomes through the process of narrowing down the type of fibromyalgia you have. If you've been told you have fibromyalgia or think you may have it, read on!

Knowing what "Brand of Fibromyalgia" © you have can make all the difference in actually getting life changing help for your condition. Trying to just cover up the symptoms, without knowing your "Fibromyalgia Brand" ©, usually leads to poor outcomes. Fibromyalgia is a serious disorder that impairs many women's lives, switching their life energy from centeredness around their family, their career, their loved ones, and favorite interests, and instead puts them on a course of fighting for their daily survival for a "normal" life, preoccupied with barely getting through the day, or worse yet, varieties of incapacitation, fatigue, pain, despair, and often even depression from dealing with this condition with no real solutions...so far.

A sampling of the 10 or more varieties of fibromyalgia, or the "Brands of Fibromyalgia"©, includes perhaps the most common, Adrenal Fibromyalgia ©, as well as "Inflammatory Fibromyalgia" ©, "Glandular Fibromyalgia" ©, "Dysglycemic Fibromyalgia" © also referred to as "Blood Sugar-Handling Fibromyalgia", and "Gastro-Intestinal Based Fibromyalgia" ©.

Each type of fibromyalgia has unique characteristics in the history of onset of the disorder, as well as unique factors in the diagnostic workup components, and in the types of treatment protocols.

Diagnostic workup should include careful attention to the events of the several or more years prior to the early onset of the first related complaints, as this is often where the first clues as to the foundational causation will be located, in addition to special attention to history, a set of several hundred questions in a "Metabolic Survey Questionnaire", looks for a clustering of clues of "functional problems", predominately not the usual kinds of standard medical disease questions. This is an aid in focusing the physical and laboratory based evaluations.

A unique physical exam, including a "viscero-somatic reflex" exam (VSR), can be a crucial component to identifying your "Fibromyalgia Brand"©! This exam offers insight as to which nerves from which organ systems are "on

overload”, and are “short-circuiting” as they desperately try to repeatedly warn the brain about the internal distress inside of you. Practitioners trained and experienced in Applied Kinesiology (AK) and Sacro Occipital Technique (SOT) are well equipped to do a viscerosomatic reflex examination, and this offers an important vantage point to the determination of your “Fibromyalgia Brand”.

Lastly, a thorough “functional-medicine” based blood and urine laboratory testing protocol must be included to objectively appreciate the origins and recovery solutions to your Fibromyalgia Brand, so that you can reasonably expect a recovery of the life you used to have before fibromyalgia. This workup may include often left out testing such as the “4-point cortisol” exam with DHEA. This measures your major stress hormone called cortisol, at 7AM, 11AM, 3PM and 7PM as well as a measurement of the adrenal “backup” hormone, DHEA, with 7AM and 3PM measurements. This gives vital information, which when graphed out, often gives the crucial clues to guiding successful treatment.

Many other important lab tests, such as “inflammation indices”, including high-sensitivity C-Reactive protein should be done for all fibromyalgia patients. History and physical findings may point to the need for food and environmental sensitivity and allergy blood test panels, organic acids panels, strategically timed female hormone measurements, and sometimes fasting insulin measurements. Testing is highly individualized to each person, and yet a “wide net” needs to be cast in the laboratory evaluation so as not to miss important clues to your “Brand of Fibromyalgia”©. There are thousands of blood tests – Have you had the ones your really need?

Knowing what’s really wrong, down at the root level of the cause of your particular “Brand of Fibromyalgia” can make all the difference, leading to highly successful outcomes!

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What is *your* 'Brand of Fibromyalgia'? For an appointment to discuss with Dr. Hillis what 'Brand of Fibromyalgia' you may have, and what the solutions for effective care would be, call the office at 239-597-3929.