

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Fibromyalgia

By David Christopher, MH

Fibromyalgia is characterized by chronic widespread pain, multiple tender points, abnormal pain processing, sleep disturbances, fatigue and often psychological distress (National Fibromyalgia Association <http://www.fmaware.org>).

Fibromyalgia occurs generally, but not always, in people who are driven, compulsive, overachieving, and/or perfectionists. Because they plow through tasks, even when exhausted, they are more prone to develop this condition.

If they do not exercise and eat properly, breaking down and assimilating the correct foods, then the body cannot repair the cells that are damaged from such high stress. It is the autonomic nervous system that seems to take the biggest hit. Neurotransmitters become imbalanced and/or dysfunctional. Hormones are not produced in sufficient numbers, like cortisol, estrogen, melatonin, thyroxin etc. These imbalances and deficiencies account for many of the symptoms manifest. This scenario then results in a hypersensitive disorder, in which Substance P is elevated and sufferers feel pain in areas that are not inflamed.

Natural solution: Follow the dietary directions outlined for fatigue (see <http://articles.herballegacy.com/fatigue/>).

Herbal protocol: Cayenne pepper can block Substance P, so mix a teaspoon in water and drink it down. The extreme heat (without damage) confuses the central nervous system which triggers the release of pain blockers.

Valerian extract from fresh roots will help solve the sleep disorders experienced with Fibromyalgia.

Licorice root and Bee pollen are excellent energy boosters.

Hormonal Changease, a Dr. Christopher herbal formula, will help supply the body with needed hormone precursors known as phyto-sterols.

Precursors for Neurotransmitters are best supplied through legumes, nuts, seeds, endive, avocados, spirulina and nutritional yeast.

Exercise will help deliver the herbs and precursors to their target tissues. The Cellerciser as explained on www.christopherwebsites.com will gently exercise every cell of your body.

Follow these procedures and you will discover that Fibromyalgia is curable.

Find an herb shop that sells Dr. Christopher's Herbal Formulas on www.christopherwebsites.com.

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