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Subject: **March Newsletter - Acupuncture for Fibromyalgia Syndrome**  
Date: March 24, 2011 6:43:00 PM EDT  
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## Qi Mail™

The Acupuncture Newsletter

March 2011



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## Acupuncture and Oriental Medicine for Fibromyalgia Syndrome

Fibromyalgia Syndrome (FMS) affects an estimated 2 percent of the population. Research shows that up to 90 percent of people with fibromyalgia have turned to complementary and alternative medicine to manage their symptoms. Acupuncture, in particular, has become a popular treatment choice and has shown to be an effective treatment for fibromyalgia.



### What is Fibromyalgia Syndrome?

Fibromyalgia is a medically unexplained syndrome characterized by chronic widespread pain, a heightened and painful response to pressure, insomnia, fatigue, and depression. While not all affected persons experience all associated symptoms, the following symptoms commonly occur together:

- chronic pain
- debilitating fatigue
- difficulty sleeping
- anxiety
- depression
- joint stiffness
- chronic headaches
- dryness in mouth, nose, and eyes
- hypersensitivity
- inability to concentrate (called "fibro fog")
- incontinence
- irritable bowel syndrome
- numbness, tingling or poor circulation in the hands and feet
- painful menstrual cramps
- restless legs syndrome

Fibromyalgia is diagnosed when there is a history of widespread pain in all four quadrants of the body for a minimum duration of three months and pain when pressure is applied to at least 11 of 18 designated tender points on the body. On its own fibromyalgia does not result in any physical damage to the body or its tissues and there are no laboratory tests which can confirm this diagnosis.

Symptoms often begin after a physical or emotional trauma, but in many cases there appears to be no triggering event. Women are more prone to develop the disorder than are men, and the risk of fibromyalgia increases with age.

### An Oriental Medicine Perspective

The Oriental medicine theory of pain is expressed in this famous Chinese saying: "*Bu tong ze tong, tong ze bu tong*" which means "*free flow: no pain, no free flow: pain.*"

Pain is seen as a disruption of the flow of Qi within the body. The disruption of Qi that results in fibromyalgia is usually associated with disharmonies of the Liver, Spleen, Kidney and Heart Systems.

### The Acupuncture Treatment

Oriental Medicine does not recognize fibromyalgia as one particular disease pattern. Instead, it aims to treat the specific symptoms that are unique to each individual relevant to their constitution, emotional state,

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## Fight Fibromyalgia with Nutrient Dense Foods



The National Fibromyalgia Association recommends a balanced diet containing nutrient dense foods free of artificial additives and sweeteners to help your body fight fibromyalgia syndrome.

Incorporate these nutrient rich foods in your next meal.

### B-Complex

Found in whole grains, beans, nuts, chicken, fish and eggs; B complex vitamins directly influence the nervous system's proper functioning and combat nerve problems such as tingling and tenderness.

### Magnesium

Found in nuts, grains, beans, fish, meat and dark green vegetables magnesium is needed for muscle flexibility and bone, protein and fatty acid formation. Magnesium is also integral in making new cells, relaxing muscles, clotting blood and activating B vitamins.

intensity and location of their pain, digestive health, sleeping patterns and an array of other signs and symptoms. Therefore, if 10 people are treated with Oriental medicine for fibromyalgia, each of these 10 people will receive a unique, customized treatment with different acupuncture points, different herbs and different lifestyle and dietary recommendations.

Because symptoms of fibromyalgia vary greatly from one person to another, a wide array of traditional and alternative treatments have been shown to be the most effective way of treating this difficult syndrome. A treatment program may include a combination of psychological or behavioral therapies, medications, exercise, acupuncture, herbal medicine and bodywork.

**If you have fibromyalgia, acupuncture and Oriental medicine may be what you've been looking for to ease your symptoms and reclaim your health and vitality. Please call for a consultation today.**

## Alleviate Your Fibromyalgia Symptoms

Although fibromyalgia is a disorder considered disabling by many due to chronic widespread pain and fatigue there are some things you can do to alleviate the symptoms and improve your overall quality of life.

### Learn and Practice Stress Reduction Techniques

Chronic stress can lead to fatigue, depression, a weakened immune system, and a host of serious physical and psychological ailments. When under stress your muscles contract and tense affecting nerves, blood vessels, organs, skin and bones. Chronically tense muscles can result in a variety of musculoskeletal conditions and disorders including muscle spasms and pain. While it isn't always possible to remove the external forces causing stress the ability to effectively deal with stress is a choice. Take time for yourself to cultivate the energy you need to handle your stress more skillfully and effectively.

### Eat a Well Balanced Diet

Managing your diet may seem time-consuming but the benefits it offers make it worthwhile. Many fibromyalgia sufferers find relief through a properly managed diet. A list of basic nutrients to combat nerve sensitivities, improve cognition, boost the immune system, and reduce swelling is included in this newsletter.

### Exercise

While even basic movements may be painful exercise helps restore strength and endurance. Tai Chi, Qi Gong or Yoga are great for easy stretches, careful strengthening, deep breathing, along with relaxation techniques. The gentle stretching will clear tension that builds when muscles tighten and tense and improve overall circulation. Be sure to check with your doctor before starting any exercise program.

### Meditate

The practice of meditation is a proven stress reducer that helps the body create a sense of calm and a continuing sense of well being. While 15 minutes is recommended, even 5 or 10 minutes can have a powerful effect on your day.

### Restorative Sleep

Get at least 8 hours of restorative sleep. Maintain a routine sleep schedule and make your bedroom a sanctuary from every day stress. Practicing good sleep hygiene will give your body an opportunity to get stronger and heal.

### Omega 3

Directly affecting cellular function this fatty acid found in fish minimizes nerve sensitivity and improves cognition.

### Vitamin C

Helps combat stress, builds the immune system, and reduces swelling. Vitamin C is found in a variety of fresh fruits and vegetables including citrus fruits, green vegetables, tomatoes, and berries.

### Water

Increases circulation of oxygen and nutrients throughout the body and helps to eliminate waste

## Meditation: Mindful Being

The practice of meditation is a proven stress reducer that can help you tame your mind and overcome anxieties, agitation, and habitual thought patterns.

### To Meditate:

Create a quiet, relaxing environment sitting upright in a chair with your feet firmly planted on the ground, allowing for free and easy breathing.

Relax your shoulders and gently place your hands on your knees or in your lap. Tuck your chin in slightly and keep your eyes half open, gaze softly focused downward about four to six feet in front, your mouth slightly open.

Observe your breath. Don't accentuate or alter the way you breathe, just let your attention rest on the flow of your breath.

Allow the "chattering" in your mind to gradually fade away. If distracted by a thought, gently refocus on your breathing.

Focus on your breathing for 10 or 15 minutes. Stay relaxed, yet awake and attentive.

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