

# Natural Health News

October 2014

EVERGREEN SPA & WELLNESS  
ELY, MN

## FIBROMYALGIA

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Fibromyalgia is not a specific disease but a collection of symptoms, many that vary from person to person—therefore it is referred to as fibromyalgia syndrome (**FMS**). Fibromyalgia literally means “pain in the fiber of the muscles.” People with FMS can suffer from headaches, depression, bowel and bladder disturbances, etc. Most report that stress, anxiety, poor sleep, extremes of humidity, cold, warmth, and weather changes significantly worsen symptoms. Some years ago, scientists believed there was a large inflammatory component to FMS. But new research showed that the pain is **neuropathic**—a problem with the pain-sensing nerves. The source is in the central nervous system rather than the periphery. People with FMS have lower pain thresholds than normal. Stimuli that should **not** be painful—even tickling or light touch—are felt as extremely painful due to hypersensitivity of the nervous system. No single treatment is right for every person. Successful treatment involves a combination of lifestyle measures and other therapies. Assistance to restore adequate energy production, nerve health and endocrine function through nutrition, sleep support, and elimination of stressors (situational, chemical, toxic, food intolerances, etc.) allow muscles to release, pain to resolve, fatigue to abate, mood to improve, deep sleep to be restored, and a sense of wellbeing to return. Medical doctors tend to use drug therapy but drugs are **not** a solution; they may only mask symptoms for a while. Chronic use increases risk of serious side effects. Underlying causes should be approached. Some very successful alternative therapies include: **Stress reduction and relaxation techniques** geared to individual circumstances. Stress and pain go hand in hand. Fear of pain itself is stressful and chronic pain amplifies stressors. **Reduction of toxins and elimination of food intolerances.** Food allergies and sensitivities involve a disturbed condition of the digestive tract that affects nervous, hormonal and immune systems. Avoiding reactive foods for a period of time while supporting the digestive tract, hormonal balance and immune function usually results in the body's ability to reintroduce most or all foods that caused reactions. Since people with FMS tend to be sensitive to toxins, they should avoid fluoride, tap water, cigarettes and items such as high-fructose corn syrup, refined sugars, food additives, artificial sweeteners, MSG, commercial table salt and refined over-processed non-foods. A detoxification program is imperative as well as supplying more nutrients needed by the organs and tissues involved in detoxification. A nutritional exam and health assessment will be helpful to determine underlying food intolerances and chemical sensitivities and will allow me to establish a successful treatment plan.

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**Dietary improvement.** There is no real ‘fibromyalgia diet’. Since people with FMS differ and can have various food intolerances, a single diet cannot be recommended. The best course is avoidance of refined, over-processed nonfoods and consumption of real, whole natural, organically-raised foods.

**Support to the digestive tract.** When healthy intestinal bacteria are balanced and the proper habitats are established, they expand and become “nutrient factories.” They also produce compounds that can aid repair processes. Quality pre- and probiotics will usually help get rid of the unhealthy bacteria in conjunction with a diet rich in lacto-fermented foods.

**Nutrients.** B vitamins, particularly riboflavin (vitamin B2) are essential for both mitochondrial energy production and nerve health. Food sources include eggs, vegetables, nuts, fish, meats, nutritional yeast. People with FMS have reduced levels of CoQ10. This nutrient is made by the body and is found in every cell to produce energy (ATP) for cell growth and maintenance. Highest concentrations are in the liver, heart, kidney, pancreas, muscles and brain. It is naturally present in small amounts in a wide variety of foods, but in larger amounts in organ meats such as liver, heart and kidney as well as mackerel, sardines, sesame oil and peanuts. People with FMS have decreased magnesium levels in the white blood cells. Magnesium can be obtained from foods such as vegetables (especially dark green leafy types), nuts, seeds, legumes, fruit and some whole grains. Malic acid is important to ATP production and is found particularly in fruits and especially in apples and pears. Minerals are important to overcome pain and fatigue. All minerals are important. An adequate intake of essential fatty acids from foods such as fish oil, flaxseed oil, evening primrose oil and vegetables is necessary for production of prostaglandins which support repair and improve mood. Omega-3 fatty acids improve brain and joint function and may help relieve pain. Several studies show that low-intensity exercise, yoga, tai chi, qigong and similar activities help reduce pain, improve muscle tone, circulation, relaxation, sleep quality, and physical performance.

## OCTOBER SPECIALS

Bob's Red Mill—GF Cake, Brownie or Cookie Mix	30% OFF
Crunchmaster— Multi seed Crackers, variety	30% OFF
Desert Pepper— Bean Dip and Salsas (variety)	30% OFF
Mary's Gone Crackers—Organic Cookies (variety)	30% OFF
Spicy Nothings—Curry Simmer Sauces (variety)	30% OFF
Chocolove XOXOX—Chocolate Bars, large (variety)	30% OFF
Doctor Cracker—Crisp Breads, 7 oz. (variety)	30% OFF
Green Mountain Gringo—Assorted Salsas, 16 oz.	25% OFF
HomeFree—Assorted Cookies, 5 oz.	30% OFF
Oceans's Halo—Assorted Sea Weed Chips, 3 oz.	30% OFF
Panda—Licorice Bars, Chews and Candies (variety)	25% OFF
R.W.Knudsen—Sparkling Juice (Blueberry or Apple)	25% OFF

AND MANY MORE ITEMS!

## **PUMPKIN SEEDS FOR HEALTH**

Don't toss away the seeds you scrape out of your Halloween pumpkin; they can be toasted and eaten as a delicious snack or added to your favorite dish, soup or salad. Dry roasting pumpkin seeds is the best and healthiest way to prepare them. This will give them a lightly roasted flavor and develops their sweetness. It is safe to dry roast seeds if done at a low temperature. Roasting seeds at a temperature higher than 170 degrees F will cause a breakdown of their fats and the production of free radicals.

**Preheat oven to 160—170 degrees F and place a thin layer of seeds on a cookie sheet. Roast for 15—20 minutes.**

Pumpkin seeds are a concentrated source of many nutrients including immune-boosting zinc, free-radical-scavenging manganese, muscle-relaxing magnesium, energy-promoting iron and phosphorus, and sleep-promoting tryptophan, as well as other amino acids and minerals. Enjoy them often!

**“We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.”**

~ Alice May Brock

