

Fibromyalgia GUIDELINES

Our program includes 6 important supplements for accelerated healing as well as food recommendations and a combination of HBOT, FSM and Laser treatments designed to ensure effective recovery of the nervous system.

When there is a disturbance in the body, especially in the nervous system, it is accompanied by inflammation. A little inflammation is a good thing, but too much inflammation, or inflammation that sticks around for too long will start to cause problems. A large portion of our treatment is aimed at removing the unwanted inflammation, allowing the nervous system to recover and work in a balanced state.

SUPPLEMENT RECOMMENDATIONS

- 1) **Omega 3** (fish oil): 2.6 g (1-2 capsules) per day of EPA/DHA. You must look at the EPA/DHA content, not just the total mg of fish oil. Our Xymogen Omega MonoPure has 860mg per capsule so we suggest **1-2 capsules per day**.
- 2) **OptiMag® Neuro**: The only form of magnesium proven in animal studies to cross the blood-brain barrier. Boosting the brain's magnesium level is vital to healthy cognition, which includes long- and short-term memory, learning, stress management, and sleep.
- 3) **CurcuPlex 95**: A Turmeric based anti-inflammatory: Take (5-10 pills a day) to reduce inflammation. The therapeutic effectiveness of basic curcumin is limited due to its poor absorption from the gastrointestinal (GI) tract. CurcuPlex 95 is formulated to increase the amount of curcumin absorbed and bioavailable.
- 4) **Vitamin D**: Ideally, we would want a blood test to see what your levels are, which should be between 60 and 80. A generally safe starting dose would be minimum 5000 IU per day for 2 weeks following the concussion.
- 5) **S-Acetyl Glutathione**: (Powerful antioxidant support) 2x per day throughout the duration of the resolution phase.
- 6) **Vitamin B Complex**: B vitamins protect nerve cells. Vitamin B1 (thiamine) provides your nerves with energy to function. Vitamin B6 helps to relieve nerve pain and aids in nerve function. Vitamin B12 regenerates the nerves, protecting them from damage.

SELF CARE

- 1) NO SUGARS, including FRUITS. These will ramp up INFLAMMATION.
- 2) Include Vitamins A,C,D,E and the B vitamins into your diet.
- 3) Include Calcium, magnesium, selenium and zinc into your diet.
- 4) Do NOT skip meals! Your brain needs fuel to repair. Eat small, fat and protein-based snacks. Good examples include whole eggs, avocados, raw or dry roasted unsalted nuts (especially macadamias, almonds, walnuts, NO PEANUTS as they are inflammatory).
- 5) If you can tolerate it, 4 TBSP of organic coconut oil per day to help with brain healing. You can take this straight if you can tolerate it, or a good way to get it in is to make a shake that has unsweetened almond or coconut milk.
- 6) NO GLUTEN (wheat, barley, rye, oats). This can be neuroinflammatory.
- 7) NO MSG or ARTIFICIAL SWEETENERS- both are excitatory neurotoxins and can make it harder to heal.
- 8) NO processed foods like cereal, breads, pasta, chips, cookies, etc. If it comes in a box or is made in a factory, don't eat it.
- 9) So what do you eat? Get a wide variety of vegetables, olive oil, avocados, nuts, coconut oil, organic meats (higher fat content is better for the brain, so eat the skin as well), wild caught fish (make sure not from China due to pollution).
- 10) You can look up Auto Immune Paleo or Ketogenic diets for more ideas.

PROFESSIONAL CARE

- 1) Consider Hyperbaric Oxygen Therapy (HBOT), Frequency Specific Microcurrent (FSM) and Laser treatments 3 times per week for 2-3 weeks. These will stimulate the brain to heal faster, calm down the immune reaction and inflammation, and help stimulate new nerve connections. We can email you a link to the **current research** which supports the importance of these therapies. info@utahsportsandwellness.com

Video link for more information on the use of FSM: https://www.youtube.com/watch?v=B_qkst9uZIE