

7 SECRETS TO FIBROMYALGIA FREEDOM

7 SECRETS TO FIBROMYALGIA *Freedom*

Reclaim
Your Health...
Naturally!



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7 Secrets To Fibromyalgia Freedom

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7 Secrets To Fibromyalgia Freedom

Congratulations on your decision to invest in your health. I have been a health practitioner for over a dozen years now, with a specialty in Fibromyalgia, a condition that I was diagnosed with in the mid 1990's. I am astounded at how much misinformation there is; in books, on the Internet, and even by reputable people with credentials, who just don't have enough information because it's such a multi-faceted disorder.

Statistics by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) state that the prevalence of Fibromyalgia is 4.4 million North Americans.

I've heard it said that Fibromyalgia sufferers are like modern-day canaries in a coal mine. Canaries used to keel over when there were dangerous gases in the coal mine, thereby warning miners to evacuate immediately. Since there were no ventilation systems in mines, canaries, being sensitive to methane and carbon monoxide, would signal the miners if there were problems. As long as the birds were singing, there was sufficient air, but if a canary died, it was time to evacuate immediately.

For those of us dealing with Fibromyalgia, we are the sensitive souls breathing in all the chemicals of this 21st century, teaching the world that it is overloaded, in fact, toxic. Most people suffer in silence as the medical model cannot seem to come up with sufficient strategies to help us successfully overturn this condition.

I personally went through 11 Doctors and Specialists who told me to learn to cope with the Fibromyalgia, that it would never go away, and I was left wondering who would raise my precious babies. I was bedridden for about 2 years; (you know, Fibro. Fog, so the exact timing is undetermined), but *knew that I was going to die*. However, with my tenacity and strength, I was able to find out the answers that enabled me to turn around this ugly disorder that debilitates so many people.

I now have gained control of my health and am able to assist others in finding much-needed answers, so that they may fine-tune their health journey.

What I offer are not only answers, but hope. I didn't have any hidden powers. I trekked through the forest of information and found what worked, as well as finding out what didn't work.

So, use this book as your health guide, which it truly is, to discover what works for you and to what degree.

One step at a time, one food choice at a time, one set of stretches at a time, one positive thought at a time; slowly but surely you will start to make progress. This health disorder didn't happen overnight and you will not fix it overnight either. Yet, many people report feeling noticeably better within a short period of time, for some people it's been days or mere weeks, when following these guidelines specifically. The most important first steps lie in the physicality of your body, following the food and drink guidelines that are especially designed with you in mind.

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But first, let's discuss all the common issues that arise with Fibromyalgia. I've found 21 sub-issues that belong under the Fibromyalgia umbrella. While many Fibromyalgia sufferers don't have all of the symptoms, the majority exhibit most of the symptoms.

I am giving some of the common answers to these sub-issues, however, understand that Fibromyalgia is a complex disorder and there is a lot of overlap in many of these sections. Also, there could be some missing pieces that I haven't discovered yet myself.

Fibromyalgia involves your muscular system. However, your digestive system, hormonal system, glandular system, immune system and central nervous systems are all affected as well.

What is Fibromyalgia? Fibromyalgia is a chronic disorder with overwhelming fatigue and chronic pain throughout the body. To have a diagnosis confirmed by a specialist means having at least 11 out of 18 specific areas being intensely painful under pressure, along with widespread pain that lasts for at least 3 months.

The main symptoms vary greatly, depending on foods consumed, stress levels, physical activity, sleep, the weather or sometimes even the time of day.

Different people experience different symptoms, but common symptoms include the following:

- 1. Tenderness of a minimum of 11 out of 18 specific locations in the body:**
When a specialist touches certain places on your body, you may feel as though he or she is intensely pushing, and it will hurt. A healthy individual wouldn't even notice pressure on these same spots. This is one of the first indications that Fibromyalgia is something that you may be dealing with. It sometimes takes years to get into see a specialist; so some people have implemented the following nutrition & lifestyle strategies so they can start working towards improved health, while awaiting a diagnosis.
- 2. Chronic aching in muscles, joints and tendons:**
Aside from the above-mentioned tender spots located throughout your body, there is a generalized aching that is experienced. Somewhat like having the flu, where there is fatigue and an aching feeling overall, this is the same type of pain that is common for Fibromyalgia sufferers, day in and day out. Stress can raise the cortisol levels in your brain, which can also lead to pain throughout the body.
- 3. Stiffness:**
Along with the aching, there is a stiffness that makes many people not want to move their body. Studies indicate that 30 minutes of gentle stretching, each

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and every day, is most beneficial. Yoga or Tai-Chi may be one of the best ways of handling this area, as the additional benefit of breathing techniques will be most beneficial in reclaiming the body's natural ability to move easily and effortlessly. This was one of the greatest "ah-ha's" I received from one of my Fibromyalgia Specialists.

4. **Chronic headaches and facial pain: up to 90% experience jaw and/or facial pain:**

It seems that stress, along with the build-up of toxins means headaches for many Fibromyalgia sufferers. Beginning a detoxification program may help to alleviate the headaches.

The Temporomandibular joint or T.M.J. is the jaw joint, which aches due to high stress levels. We'll discuss ways of handling the stress, but the first order of business will be to get a proper sleep appliance from a Dentist who also specializes in insomnia/sleep apnea. Then, you won't wear your teeth down as you sleep. This would cut down on your jaw pain, which may also reduce the facial pain. Some dental specialists believe that there's a connection between TMJ issues and sleep disorders.

5. **Chest pain or pelvic pain:**

This seems to be a part of many peoples' health issues. When chest pain is involved, check it out with your Doctor to ensure that you're not experiencing heart problems.

6. **Widespread pain, more intense in the mornings:**

As the body is not detoxifying efficiently at night, and sleep is so inconsistent, this could account for the pain being more intense in the mornings. I'm also finding that many Fibromyalgia sufferers have issues with their thyroid gland, either clinically or sub-clinically. Sub-clinically means that the thyroid gland is still somewhat functional and therefore may not show up on a blood test.

7. **Sleep disturbances:**

This is prevalent and is caused by a variety of these various health issues. Many people have stressed adrenals and are not consuming the proper foods necessary to keep their adrenals strong and healthy. Long-term stress might have exhausted the adrenal glands; the glands that handle fight, flight or freeze issues. Sound sleep patterns are created by focusing on and consuming healthy foods, including some protein, every 2-3 hours.

I've researched many Fibromyalgia sufferers and found that most of them don't even begin a restful healing sleep until after 4:30 a.m. Notice how this starts to shift as you follow the program suggested, giving you an alert daytime and also a restful sleep pattern the longer you follow these course of actions.

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8. **Fatigue, then Chronic Fatigue, then Fibromyalgia:**

Some people report that they've never been diagnosed with Chronic Fatigue Syndrome, only Fibromyalgia. But when I countered that they were probably very tired before being diagnosed, they all agreed wholeheartedly. I find that fatigue, then Chronic Fatigue, and then Fibromyalgia is the path that it follows. Many people are super-heroes, taking care of the world and not themselves. There are a lot of Type "A" personalities who think they need to do it all. Ignoring their fatigue, they push through, until they just can't do it anymore. They don't know about pacing themselves, because they feel that there's just too much to do and nobody to help them carry the burden. It's interesting to note that the majority of Fibromyalgia sufferers are women, although the number of men with this condition is rising.

9. **Anxiety:**

It's common to feel anxiety in this stress-filled world. Many Fibromyalgia sufferers have experienced an extra load of stress, such as an abusive situation earlier in their life (perhaps that they've suppressed); a car accident that took its toll on their health, or just too much long-term stress in general. Many times, there was or is a toxic person in their life. Statistically, it has been proven that there is a link between Fibromyalgia and post-traumatic stress disorder (PTSD); not to say that everyone with Fibromyalgia has PTSD, but a significant amount of these people certainly do. So, it's important to receive help to clean up all levels of health; physical, emotional, mental, spiritual & social.

Also, if someone cannot work because of their illness, their stress also becomes financial, if it wasn't already.

10. **Digestive issues: About 40-70% of people experience constipation, diarrhea, abdominal pain/bloating associated with irritable bowel syndrome and/or leaky gut syndrome:**

The digestion system can shut down if stress was exacerbated due to past traumatic events and the body goes into fight, flight or freeze response, which creates a myriad of digestive problems. One of the side effects may also be food allergies (or sensitivities), creating the constipation, pain and/or bloating experienced by most Fibromyalgia clients.

Leaky gut syndrome is also part of the problem, where large amounts of undigested foods create havoc in the digestive system.

Under-functioning adrenals are a side effect of stress. When stress is high, the adrenals go into the fight, flight or freeze mode, which keeps pumping out the cortisol, weakening the adrenal system after a period of time as stress levels remain high.

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And if the stress comes from emotional issues, especially suppressed emotions that you don't have conscious access to, all your stressors can't dissipate until the emotional upsets are cleared away.

Following this food program is the best way to get your digestive system under control.

Constipation is one of the more common occurrences with Fibromyalgia. I suspect the main reason is that food sensitivities and especially Candida, are effecting proper digestion, absorption and elimination. I believe there's a link between a food sensitivity to gluten as a part of the Fibromyalgia picture. I've done some research on it and found some evidence in the Celiac Association main handbook.

If eliminating less than 2-3 times per day, the toxins remain in the body for an extended period of time and the toxins will re-circulate in the body. Now the person is re-toxifying his or her own body. Also, if old fecal matter covers up the points of absorption, nutrients are not absorbed effectively into the body and the nutrients, literally, go down the toilet. So, it doesn't matter so much what you eat, it's what you eat and absorb that truly matters.

If you're not drinking sufficient pure water (8-10 glasses per day), this keeps your body from properly eliminating the poisons. This in part could explain some of the pain and fatigue that's experienced. However, I need to caution you to increase your intake slowly, in order to NOT create an electrolyte imbalance. Increase by one cup every 5-7 days or so, until you get to your 8-10 glasses of pure water daily.

11. **Dry eyes and mouth:**

Dry eyes and mouth are common signs that there is dehydration present. Eliminate the coffee, regular tea and soda pop, replacing it with pure clean water (pure, not tap water), 8-10 glasses per day. I repeat: it's important to increase your intake very slowly, so that you don't imbalance your electrolytes. Also, soda pop contains carbonation, which shuts down your calcium pump, thereby stopping the absorption of calcium into your system. We require calcium for about 400 processes in our body, so this is an important issue. Whether or not our muscles are stiff or sore, understand that carbonation might greatly interfere with our health and contribute to our suffering.

12. **Food Sensitivities:**

While people can be affected by numerous foods, one thing is certain; nightshade vegetables (those that grow at night), tend to affect our health negatively. They are mainly *potatoes, tomatoes, eggplant, peppers (all varieties) & tobacco.*

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Many people claim they are not negatively influenced by eating these foods or smoking, yet these foods take up to 4 days to be processed out of the body on a cellular level. Otherwise it takes up to 3 days if properly hydrated. Consuming even a small amount every 3-4 days will keep the body affected by them.

It is only by eliminating these foods entirely for one month and then re-introducing each food, one at a time, that you can know how much it has been hampering your health. Truly. You need to bite the bullet, do the work, change your foods, journal your reactions and do your best to sort it out, especially your favourite foods, which might be a clue that you have a food sensitivity to it. We generally crave what we're most allergic to. Look at wheat, dairy (especially cheese), breads, sugary carbs and/or alcohol cravings, as these are the most common foods to which we develop sensitivities. Interestingly enough, these are generally the problem foods for those dealing with Candida Albicans, the yeast overgrowth in your intestinal tract.

13. **Depression:**

When a person isn't absorbing their nutrients and their stress levels are high, serotonin levels fall (your happiness hormones) and cortisol levels rise, (stress hormones), which could result in depression. Many people will consume high-empty-carbohydrate foods, which swings their blood sugars and exacerbates their moods, including depression. Swinging blood sugars means that when eating "empty carbs", blood sugars rise too high, creating anxiety and then the body crashes about an hour or two later, (when blood sugars are dangerously low), which could create depression. Maintaining normal blood sugar levels through the intake of high-fiber and nutrient-dense foods is one of the greatest secrets to optimal health.

14. **Mood changes:**

As noted above, mood changes can be intense. Some of it lies with having so many toxins and perhaps even emotional blocks in our systems that need to be eliminated. Some of the problems lie directly in our choice of foods as noted above. It is best to consume high-fiber gluten-free carbohydrate foods along with healthy proteins to start to tone down the blood sugar blues. Consuming plenty of fruits** and vegetables, with poultry, seafood or vegetarian protein sources is most beneficial. ** See page 38 regarding "Fruits".

15. **Difficulty concentrating:**

When blood sugars are swinging up and down, it is almost impossible to concentrate, as blood sugar to the brain are either deficient or in overload. Once again, consume low-glycemic foods and an abundance of fiber to begin balancing out your system. I caution you to increase your fiber slowly, otherwise it could constipate you, or constipate you further if you already are. Flax and/or chia seeds are most beneficial.

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16. **Forgetfulness:**

This is also part of the above-mentioned issues. Between a toxic body, stress and swinging blood sugars, forgetfulness is a common occurrence. Also, when one has not had sufficient sleep, short-term memory doesn't move into long-term memory. This occurs between 7 ½ to 8 hours of sleep, which may rarely happen if you're suffering from Fibromyalgia symptoms.

Also, hormones tend to work the hardest to normalize between about 11:00 pm till 2:00 am, so here's another important reason to ensure you're in bed early and resting by 10:00 pm.

17. **Irritable bladder:**

With Fibromyalgia, the entire body is affected, and therefore the organs as well. Therefore, I stress the importance of consuming your 8-10 glasses of pure water daily to begin eliminating the toxins that have accumulated in the body.

Please ensure you're increasing your consumption slowly, by only one extra glass every several days in order not to throw off your electrolyte balance. The bladder is one of the channels of elimination, so being dehydrated contributes to poor health. Coffee, regular tea and pop dehydrate us, which in turn, can cause toxins to be stored in the body, including the bladder.

18. **Cardiovascular Problems (dizziness, palpitations):**

Fibromyalgia affects every part of the body, including the cardiovascular system. Heart palpitations are not uncommon with Fibromyalgia, and if you are experiencing them, seek your physician's advice, immediately. Some people experience non-cardiac chest pains.

19. **Dizziness (hypoglycemia):**

Dizziness caused by hypoglycemia, is generally another puzzle piece to the Fibromyalgia picture. It is crucial to eat/snack/graze every 2-3 hours to ensure proper blood sugars are feeding the brain. If not sleeping soundly, you may have to get up in the night to snack and keep your blood sugars on track. Enjoy an easily digestible snack such as a ½ nutrition shake that's fairly high in protein. (Or, you may have a snack at your bedside, so you don't have to get out of bed.) This may go a long way to gaining control of your health and start you on the road to proper sleep habits as well.

20. **Heightened sensitivity: About 50% of people report being sensitive to odors, noise, bright lights, various foods and changes in weather:**

Chemical imbalances in the brain, in part, cause the above-noted symptoms. I've also noticed that a stressed liver can bring about these issues. You may need to begin with a Candida cleanse to correct the gut issues, , then a colon cleanse, a liver cleanse, a parasite cleanse, followed by the heavy metal cleanse, in that order.

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Parasites feast on dark damp places where fecal matter has built up over the years from improper elimination or insufficient cleansing.

Just following the food plan with this program is an excellent way to start cleansing your digestive system and liver. Some people find a liver flush to be most helpful.

If you want to know whether you even require handling these issues, I offer complete individualized computerized nutritional assessments that can see whether you have these issues or not. I'm not a Doctor so I can't diagnose or prescribe. Based on how you answer the questions because your body speaks to you in symptoms, and we can tell on the nutritional assessment whether there's an imbalance in your body and to what degree. The greater the imbalance, the more work it may need to correct it.

21. Numbness or tingling sensations in the hands and feet:

Systemic inflammation can bring about numbness and/or tingling in your hands and feet. Illness usually means inflammation, so it's crucial to eliminate the foods and drinks that exacerbate it. Then bring in high-quality nutrition to fuel your cells and begin to lessen the inflammation.

22. Other symptoms include:

Loss of motivation, crying spells, being accident prone, nightmares, skin irritations and/or rashes, asthma, sweaty palms, shallow breathing, nervous twitches, low self-esteem and lowered sex drive.

One common issue, as I've noted before, is inflammation. Consuming night-shade vegetables exacerbates your symptoms. These foods include: potatoes, tomatoes, eggplant, all varieties of peppers and smoking tobacco. Some people seem to have an inflammatory response and/or muscle stiffness caused by coffee consumption.

If you are eating any of these foods, even as little as twice a week, it will likely be impossible to know whether they are creating problems for you. You truly need to let go of these foods for one month and then re-introduce one food at a time in a large quantity (such as 4 servings in a day) in order to know whether it is affecting you. Perhaps the re-introduced food won't affect you the first time you eat it again. Eating a variety of night-shade vegetables, especially over time, tends to provoke and stimulate pain for individuals with Fibromyalgia.

These are the most common reasons for Fibromyalgia symptoms. There is a lot of overlap, therefore I've just noted the main causes under the main symptom.

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I know that this may feel overwhelming to you. We're creatures of habit and we don't like change. You're sick and tired, so I understand that this feels like a lot of work. And I also recognize the financial consequences of following this program. Just remember that one change at a time, one step at a time, one decision at a time, you'll get there. When I was bedridden, I only made one change in foods per week till I became strong enough to tackle the Candida cleanse. In hindsight, it was so simple because I only ate meat/poultry/fish and non-starchy vegetables.

So, joyfully embark on this program, one small step at a time. The more you can do at a time, the better. You must pace yourself to maintain and increase your energy levels. Most people find that small steps keep them moving forward at a steady pace, and I always say that slow and steady wins the race; sometimes more efficiently.

Be gentle with yourself and your progress. Keep focusing on the great things that are happening as you move towards greater healing. Note all the positive changes as they're happening, and remain in gratitude for the progress you're making.

NOTE: If you're Interested in properly charting your foods, fitness, emotional journey, etc., you may want to get my nutritional e-book "*Creating Your Optimal Health: Nurturing A New You Through Nutrition*", also available in an e-book format so you can print endless journal pages and stay on track.

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The 7 Secrets to Fibromyalgia Freedom:

1. Faithfully commit to a Candida cleansing program
2. Embrace emotional, mental, spiritual & social health
3. Gentle regular body movement
4. Include physical therapies in your health program
5. Create a workable stress management plan
6. Establish regular sleep patterns
7. Detoxify your home

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SECRET # 1:

Commit to a Candida cleansing food plan that is high in fiber, low in animal fat and mainly based on alkaline foods

Candida is one of the main issues that needs to be dealt with, first and foremost. It is a yeast overgrowth in the intestinal tract. It creates many problems such as digestive issues, bloating, constipation (or irritable bowel syndrome), inability to lose weight, food cravings, inability to concentrate and the list goes on and on.

The statistics are dismal, especially considering that modern medicine doesn't have a good handle on Candida. Many people don't even realize they have it. The startling results from these 2 different reliable sources tell us that it's time we took control of our health and worked on natural solutions to this epidemic.

The *National Institute of Allergy and Infectious Diseases (NIAID)* in 2000, stated that "Doctors estimate that approximately 75 percent of all women will experience at least one symptomatic yeast infection during their lifetime." While Candida is prevalent among women, many men also battle this same disorder.

The "*Centers for Disease Control (CDC), Division of Bacterial and Mycotic Disease, 2005*", wrote that:

- An estimated 8 cases per 100,000 persons within the general population will contract some form of candidiasis.
- Candidiasis represents the fourth most common cause of bloodstream infections.
- There is nearly a 50% mortality rate of those with bloodstream and disseminated Candidiasis.

It takes anywhere from 6 to 12 hours for food to be digested and for the nutrients to be absorbed into your blood stream. Prior to any food reactions, nutrients, which feed the yeast, are then distributed throughout the body. It might not be what you had eaten JUST an hour or two beforehand that caused a reaction; it could be what was eaten 6-12 hours before that caused reactions. The reactions could go on for between 6 hours to days or even weeks, depending on the load of Candida in the body at the time.

It's easy to know that Candida is rampant throughout your system as you may be craving breads, dairy, alcohol and/or sugars. You may also have a white coating on your tongue when you get up in the morning.

Leaky gut syndrome allows large pieces of undigested foods to leak into the bloodstream and it is prevalent among those with Fibromyalgia. This causes pain,

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fatigue and toxicity. Doing a Candida cleanse and re-establishing healthy flora (bacteria) into your system is crucial to re-claiming your health.

Typical Candida symptoms include the following:

- Feeling Drained
- Poor Memory (sometimes referred to as Fibro fog)
- Tiredness
- Stomach Pain
- Food cravings
- Constipation or Diarrhea or both
- Bloating
- Gas
- Nausea
- Irritability or Shaking When Hungry
- Inability to lose weight
- Muscle Aching or Weakness
- Numbness
- Cold Hands or Feet
- Anxiety Attacks
- Crying easily or for no apparent reason

Digestive toxicity may contribute to feelings of dizziness. The acidic debris from the circulating undigested food particles also contributes to sleep disorders.

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Exacerbation of these symptoms commonly occur with decreased sleep, exposure to heat, cold and increased humidity, stress, anxiety, fatigue and sudden changes in barometric pressure.

Have you ever seen homemade bread being made, where it starts as a small ball and then rises because the yeast combines with the other ingredients in a moist, dark environment and it gets larger and larger? This is similar to what is happening in the intestinal tract of people with Candida.

Yeast imbalances can careen out of control due to taking antibiotics, consuming coffee, taking birth control pills or a host of other lesser-contributing factors. You may have even been born with it, if a parent had Candida running rampant during your mom's pregnancy with you. You consume even a bit of any of the above-mentioned yeast-friendly foods and you will crave more because the yeast in your system is demanding more. Also, it can be passed back and forth with sexual partners, transferring through body fluids, so it's important that both you and your partner do the Candida cleanse simultaneously. Both the Candida and leaky gut syndrome keeps your body in an acid bath, which creates illness.

An acidic pH environment provides a fertile bed for fungal overgrowth. An acidic pH is one of the factors that encourages Candida overgrowth to start and keeps the fungus rampant. By the way, stress automatically sends your body into an acidic state.

One can of soda is so acidic that it takes 25 glasses of water to balance it out. Therefore, soda is not on your list either, whether it contains sugar or aspartame. Both are damaging to your body.

It is also important to do a Candida cleanse in order to help eradicate the Candida. It is extremely difficult to eliminate Candida issues with foods or products alone. The best formula is to incorporate both in the first 1-3 months of your cleanse.

Any form of gluten causes damage to the intestinal lining. Many people will do a wheat-free (gluten-free) cleanse, feel great and then slowly, over time, it creeps back into their diet. When they lose their energy again and/or other Fibromyalgia issues re-surface, they wonder why.

The majority of people don't realize the number of foods that contain hidden gluten. Learn to be a detective and label-reader. Remain diligent to the gluten-free portion of your lifestyle for the rest of your life.

The food program below is designed to eradicate these issues, in order to in-instate optimal health.

After the Candida/Leaky Gut Syndrome is eradicated, slowly add in up to 3 fruits a day and continue using this program as a lifestyle.

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Start on sub-acid fruits & if no issues arise or are re-experienced, you may slowly increase to 3 fruit servings of any of your favourites, on a daily basis.

Gluten-Containing Ingredients To Be Avoided:

| | | |
|----------------|-----------------|--------------|
| Barley | Graham Flour | Rye |
| Bulgur | Kamut | Semolina |
| Cereal Binding | Malt | Spelt |
| Couscous | Malt Extract | Triticale |
| Durum | Malt Flavouring | Wheat |
| Einkorn | Malt Syrup | Wheat Bran |
| Emmer | Oats | Wheat Germ |
| Filler | Oat Bran | Wheat Starch |
| Farro | Oat Syrup | |

Oats are gluten-free, however, are processed in plants where wheat is also processed, thereby contaminating the oats.

| <u>Gluten Product</u> | <u>Substitute</u> |
|-------------------------|-----------------------------------|
| Barley | Brown Rice |
| Bulgur | Quinoa |
| Couscous | Millet |
| Flour (wheat) | Brown Rice flour |
| Pasta (wheat) | Brown rice/quinoa/Miracle Noodles |
| Soy Sauce | Wheat-free tamari |
| Tortillas (wheat) | Corn tortillas |
| Thickenings for soup | Corn starch or Arrowroot flour |
| Udon Noodles (Japanese) | Rice noodles |
| Wheat Sandwiches | Brown Rice Bread Sandwiches |
| Worcestershire Sauce | Bragg's Liquid Amino's |

Instead of focusing on the foods that must be avoided, let's focus on your healthy food program; a smorgasbord of *healthy and tasty* food choices.

A proper diet is imperative in relieving symptoms and getting the body into a healthier state.

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This means consuming some limited fruits (or preferably none for 1-3 months), plenty of vegetables, lean proteins, nuts & seeds for a 1, 2 or 3-month period, then adding in fruits after the Candida has been eliminated. Note that nuts and seeds may be difficult to digest. Perhaps begin with fish and poultry proteins, along with eggs. You also want to take more digestive enzymes with nuts & seeds. Soak almost 12-24 hours to hydrate them for easier digestion. After three months, if the program is adhered to, strictly, symptoms should abate, significantly.

The ideal diet for those suffering from Candida Yeast overgrowth is a diet high in fiber and complex carbohydrates, complemented by some protein. It is best to wait one month or longer, and then enjoy a small amount of fresh fruit.

For example, the daily intake should be approximately:

65% High fiber foods, such as steamed vegetables. The best choices are spinach, dandelion greens, Swiss chard, broccoli, celery, radishes, asparagus, onions, garlic, ginger root, cabbage, turnips, kale and any type of lettuce. Raw garlic and onions act as natural anti-fungal substances and should be eaten as often as possible.

20% High protein foods, such as: fish chicken, turkey, legumes (beans), nuts, seeds, nut butters and eggs.

10% Complex carbohydrates: brown rice, quinoa, millet; foods that promote a healthy body and deter Candida overgrowth.

(5% fresh fruits, such as: berries of all kinds, apples, grapefruit, pears and papaya.) If a persons insist on keeping fruits in, you may do so as an experiment. However, I insist that my clients curtail or completely eliminate fruits for a minimum of one full month. Those who do obtain much better success than those who want to keep some fruit in their diet. Those who are willing to comply won't be consuming any sugars that can keep the yeast active. It's crucial to have a die-off process for the Candida, to be effectively eradicated. During the first part of this new lifestyle, the extra 5% may be consumed in other category, as desired.

After one-three months, eat a fruit of your choice and see whether you begin to experience food cravings or an unsettling in your stomach. You may continue to eat 1 fruit a day for a week. Then slowly you may increase the servings of fruit to 3 fruits daily. If you re-experience any symptoms, back off the fruit again.

NOTE: Experiment with eating grains and beans in different meals so starchy carbohydrate content is limited in each meal. What that looks like in a meal is to have some grains with vegetables or to enjoy beans with a vegetable. It will soon become apparent how your digestion and your energy levels handle these meals.

One of the goals on this health program is to mostly consume foods that are alkaline, of which the body will enjoy the benefits. **Alkaline = health.**

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The amount of fiber an individual consumes usually needs to be increased. This can be achieved by drinking a glass of water, to which a tablespoon of soluble fiber has been added, a couple of times a day. Sprouted omega chia seeds, acacia or flax seeds are a perfect choice.

Focus on some vegetarian protein sources such as rice and beans, as well as nuts and seeds. Some people do amazingly well on this, yet others report more digestive distress and lower energy/concentration levels. Pay attention to your body and act accordingly. As I mentioned, I did best on high-level proteins from meat/poultry/fish along with non-starch vegetables.

Most grains and beans are alkaline in nature, which is one of the main benefits. Some people, cannot tolerate large portions of carbohydrates, or find the beans, nuts and seeds hard to digest, and therefore feel much better on lean poultry or fish, along with non-starchy vegetables. There are many Fibromyalgia success stories for those who are willing to live a vegetarian lifestyle, and possibly, even more for those who adopt a raw food diet. There is some evidence to suggest that in Canada and other northern countries, we need to eat some cooked fruit and vegetables during the winters, to simulate the effects of Vitamin D.

There are 2 steps to health; one is to remove the foods that cause dis-ease to your body and the other step is to incorporate healthy foods that create health. As I already mentioned, it took a long time to create havoc in your body and it will take time to reverse the condition. So take it slowly. Remember the story of the turtle and the hare? I always say that the turtle wins as well. Sometimes, taking it slowly is better because you have time to integrate whatever changes you are making instead of attempting to change dozens of habits all at once, becoming overwhelmed possibly and quitting.

Step 1 is to stop ingesting alcohol, deep-fried foods, enriched foods, wheat, yeast, vinegar, fermented products (including miso), dairy products, fruit juice, coffee, high-fat foods, processed foods, cooking oils, packaged foods, pork products, cold cuts and sugar. Substitute meats to low-fat poultry and seafood.

Next, you may be asking yourself, “What’s left to eat”? There are many healthy foods, as witnessed in the following pages. Incorporating flavourful herbs into one’s nutritional program can enhance meals, tremendously. There is an extensive food list included below, as well as a sample menu for one day. Get into the routine of eating this way and then expand upon it as you have the time and energy. By monitoring or tracking foods eaten, one begins to realize which meals are worth repeating and which ones cause pain or fatigue, perhaps a sign that it’s time to let them go.

It is possible to become overwhelmed learning about cooking beans (legumes), and if that is the case, be gentle with yourself. Buy canned beans, provided they don’t contain sugar.

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The entire food process can be overwhelming and gentleness is required there, as well. With every food eliminated “that doesn’t serve a person”, they are one step closer to good health. And as you add and eat healthy foods in this program, you are *again* one step closer to health. Start with the easiest changes, and as your health starts to improve, the changes that may difficult will become easier, because you’ll have the energy and the motivation from past improvements.

One note of caution about soy: some people are intolerant to soy products. Also, many women are estrogen-dominant. If so, this would wreak havoc with your hormonal system, which may be already struggling. Consider avoiding soy altogether or eat it sparingly. It’s an acid legume, which is the exact opposite of that required to build an alkaline system.

There are countless great recipes on the internet, so take the time to find some favourites. Print them off and create your own cookbook. My most successful clients play in the kitchen. They make creating tasty recipes that they and their family enjoy fun, as they find their new favourites.

Please Note:

HYPOTHYROID CONDITIONS: Eliminate raw broccoli, cauliflower and spinach. Refrain from all forms of flax and soy products.

Weight-Reducing Program:

Countless people who are quite ill focus on the extra weight they may be carrying, whether that is 5 lbs. or 50 lbs., or more. An added benefit to this program is that the serving amounts on the food lists are based on a 1,000 calorie per day plan, which is appropriate for women hunger persists, as many vegetable servings as necessary, may be eaten. Men may double these servings, to a 2,000 calorie per day equivalent. If there’s no focus on weight, great; just eat healthy and don’t be concerned with serving sizes. Eat until you feel satisfied, however, not full.

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VEGETABLES

Choose 4 servings from this food group each day:

Raw garlic and onions act as natural anti-fungal substances. Consume these often to assist in eliminating Candida.

| | |
|--|----------------------------------|
| Alfalfa Sprouts 1 cup | Garden Cress, ½ cup |
| Arugula, ½ cup | Green Beans, ½ cup |
| Artichoke Hearts, ½ cup | Kale - cooked only |
| Asparagus, 4 spears | Kohlrabi, ½ cup |
| Bamboo shoots - cooked only | Leeks, ½ cup |
| Beans, green or yellow, ½ cup | Lettuce, 1 cup |
| Beet Greens, ½ cup, cooked only | Okra, 1 cup |
| Bok Choy, ½ cup | Olives, black, ½ cup |
| Broccoli, ½ cup | Onions, 1 cup |
| Brussels Sprouts, ½ cup | Parsley, 1 cup |
| Cabbage - cooked or juiced only, ½ cup | Parsnips, 1 cup |
| Cauliflower, cooked only, ½ cup | Peas - (fresh, green peas) ½ cup |
| Celery, 3 stalks | Pumpkin, ½ cup |
| Chicory greens, raw, ½ cup | Radish, ½ cup |
| Chives, ½ cup | Shallots - cooked or raw - 1 cup |
| Collard Greens, raw, ½ cup | Snap Beans, ½ cup |
| Coriander, raw, ½ cup | Spinach, ½ cup |
| Cucumber, ½ cup | Sprouts - cooked only - 1 cup |
| Dandelion Greens, ½ cup | Swiss Chard, ½ cup |
| Dark, Leafy Greens, 1 cup raw | Turnips - cooked - 1 cups |
| Endive, raw, ½ cup | Watercress - unlimited |
| Fiddleheads, ½ cup | Zucchini, ½ cup |

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STARCHES

Choose 2-3 servings, cooked:

Amaranth, ½ cup
Basmati Rice, brown only, ½ cup
Bread Sticks, Gluten-Free, 9 small pieces
Brown Rice, ½ cup
Brown Rice Bread, 1 slice
Brown Rice Pasta, ½ cup
Carrots, ½ cup
Cereal: Puffed Rice, ½ cup
Cereal: Kamut ancient grain, ½ cup
Crackers: Mary's Organic wheat-free & gluten-free: 4 crackers
Cracker Snacks: Blue Diamond Almond Nut-Thins: 4 crackers
Cream of Rice, ½ cup
Flax Seed Crackers. 10 crackers
Hummus (homemade) ½ cup
Kasha (toasted buckwheat), ½ cup (not a wheat product)
Millet, ½ cup
Quinoa, ½ cup
Rice Cakes, 1 large or 5 Mini's
Rice Crackers, 15
Rutabaga, ½ cup
Squash, ½ cup
Veggie Burgers, made with grains & beans, 1 burger
Wild Rice, ½ cup
Yams (orange) - cooked only, ½ cup

Some choices are low in fiber such as plain rice crackers and pasta choices. These might, therefore, swing blood sugars drastically. One should journal how they feel after consuming these foods, so they fully understand how their body reacts to certain foods, as well as food combinations. The few times I make pasta (I have children), I load it with LOTS of ground chicken or ground turkey to offset the high carbohydrate content.

Note: Many health food stores and health sections of large grocery stores carry gluten-free, wheat-free products. They should be sampled over time to find the favourites.

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PROTEIN

Choose 3 servings from this food group each day:

Poultry and Game: Choose 3 oz. of any of the following: Chicken, white meat (skinless); Duck, roasted without skin; Goose roasted without skin; Ostrich, Pheasant roasted without skin, Quail roasted without skin; Turkey, white meat (skinless).

Fish & Seafood: Choose 3 oz. of the following: Abalone, Anchovies, Bass, Blue Fish, Carp, Catfish, Clams (4), Cod, Crab, Crayfish, Atlantic Croaker, Flounder, Haddock, Halibut, Herring (1 piece), Lobster (steamed), Mussels, Octopus, Oysters, Perch, Pike, Rockfish, Salmon, Sardines, Scallops (steamed), Shrimp (10 small), Snapper (baked), Sole, Swordfish, Tile Fish, Turbot, Tuna (in water).

Meats: Choose 3 oz. of any of the following: Any game meats; Bear, Beef (lean), Buffalo, Caribou, Chicken, Deer, Duck, Elk, Frog Legs, Game Hen, Goat, Goose, Grouse (Partridge), Lamb, Moose, Mutton, Peafowl, Pheasant, Pigeon (Squab), Quail and Rabbit.

Beans: Choose 1 cup of any of the following: Adzuki Beans, Black Beans, Broad Beans, Cannellini Beans, Chick Peas, Fava Beans, Garbanzo Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Romano, Red Beans or White Beans. When cooking beans, cook for 20 minutes then throw out the water, starting again with clean water. This cuts down on gas and bloating, leaving you a much happier tummy and greater ease with digestion. Choose only one type of bean per meal for more efficient digestion.

Nuts & Seeds, raw & unsalted: Choose ¼ cup of any of the following: Almonds, Brazil, Cashews, Chestnuts, Chia Seeds, Flax Seeds, Hemp Seeds, Pine Nuts, Pistachio Nuts, Pumpkin Seeds, Salba Seeds, Sunflower Seeds, and Walnuts.

Nut Butters: Almond, Filbert, Pecan, Sesame, Sunflower.

Please Note: All meat and poultry must be free of skin, fat & bone before weighing. Organic meats and poultry are preferable as they are free of hormones and antibiotics.

Preparation: When preparing meat, baking or grilling is preferable.

Portion servings refer to cooked meat.

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DAIRY

Choose 1-2 servings from this food group each day:

Almond Milk - 1 cup

Brown Rice Milk (Ryza) - 1 cup

Eggs, 2 **

Egg Whites: ¼ cup

Organic Kefir, ½ cup (after 1 month on the cleanse)

Rice Cheese - 1 slice

Rice Milk - 1 cup

NOTE: Enjoy Omega-3 eggs, which are easily available in grocery stores.

** Limit your whole egg consumption to 4 per week, especially if you have high cholesterol. Or, you may wish to use egg whites, in which case, consumption is unlimited.

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HEALTHY FATS

Choose 2 servings from this food group each day:

Better Butter, 1 tsp. (mixture of ½ butter and ½ olive oil)

Butter, 1 tsp.

Coconut Oil, 1 tsp.

Flax Oil, 1 tsp.

Ghee, 1 tsp.

Hemp Oil, 1 tsp.

Olive Oil, 1 tsp.

Sesame Oil, 1 tsp.

You may choose to cook with coconut oil as it withstands high heat.

For other culinary needs, use healthy oils instead of butter or ghee.

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EXTRA'S

Agar powder - cooking only
Alfalfa leaves (dried) - cooked only
Baking Soda
Barley Greens
Bean Flour Blend - Gluten-free (for baking)
Bouillon Cubes - homemade
Briggs Liquid Amino's
Carob pods - whole, roasted
Chick pea flour - cooked only
Chives
Cinnamon - raw or cooked
Dulse
Fennel seeds - cooked only
Fenugreek
Garlic
Ginger - cooked only
Guar gum - mixed with other foods only
Herbs - dried - cooked in foods
Kelp (ocean source seaweed only)
Lecithin
Mustard - dry - cooked
Sea salt (Brittany brand)
Sesame seeds - in cooking
Spices - dry - cooked or preferably fresh
Stevia (herbal sweetener)
Tahini (sesame) - cooked
Tapioca Flour - cooked
Teff (flour or seeds) - cooked
Vegetable broth powder - dried
Water chestnuts - cooked only
Wheat-free Mustard
Wheat-free Tamari

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HERBAL TEAS

Herbal Teas:

Alfalfa seeds (or leaves)
Dandelion
Fennel seeds
Fenugreek seeds
Ginger Tea
Lemon Grass
Oolong Tea
Pau d'Arco Root (Taheebo)
Peppermint Leaves
Rooibos Tea
Slippery Elm powdered bark
Spearmint Leaves

Known for these Qualities:

High in chlorophyll
Assists Liver Detox
Digestion, relieves gas
Internal healing/intestines
Digestive aid
High in vitamin A
Antioxidants
Helps kill Candida
Digestive aid
Antioxidant properties
Sore throats, colds, flu
Digestive aid

Please note: mint & caffeine neutralize homeopathic remedies

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SNACKS

Below are some great snack suggestions:

Air Popcorn (not easily digested)

Almond or Cashew Butter Spreads

Beef, Chicken or Turkey with veggies

Coconut, unsweetened

Eggs (hard-boiled makes a great travel food)

Guacamole (homemade)

Hummus with flax crackers

Nuts and/or Seeds

Oysters

Rice Crackers (ensure they're sugar-free)

Sprouted Omega Chia Seeds (2 tbsp. in cup of water), or Hemp Seeds, or Salba

Salmon

Sardines

Tahini with zucchini and cucumber wedges

Trail Mix (homemade) with various nuts, seeds & shredded coconut

Tuna

Vegetables (raw or slightly steamed are best)

Vegetable nutrition drink

Vegetable broth using various greens, spices and herbs

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TYPICAL DAILY MENU

| | |
|-----------|--|
| Breakfast | Egg white omelet (1/4 cup) with vegetables of your choice (I always include garlic, ginger & onion in all my omelets) 1 slice brown rice bread (with 1 tsp. coconut oil) |
| Snack | 2 tbsp. sprouted omega Chia seeds in 8 oz. water |
| Lunch | 1 cup tossed salad with homemade olive oil dressing 1 cup of your favourite beans (or chicken or tuna) tossed in |
| Snack | ½ cucumber (slices with 6 walnut halves) |
| Dinner | ½ cup quinoa 1 cup steamed vegetable 1 piece fish, meat or poultry |
| Snack | 1 tsp. almond butter on celery boats |

Hemp seeds or sprouted omega chia powder can be used as often as needed in a day and don't limit your other choices. Clients generally start out slowly with 1 tbsp. daily for a week or so, and if they're not achieving 2-3 bowel movements per day, they increase by 1 tbsp. per day, every week, until they have proper bowel habits.

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SECRET # 2:

Emotional, Mental, Spiritual & Social Health are Inter-Connected

Emotional Health:

Emotions run our life. Yet, emotions stem from the thoughts we think. Many people dealing with Fibromyalgia declare that they were “Type A” personalities who could run the world, and then hit the wall and found themselves suffering from depression, frustration, anger or even resentment. To some degree, these emotional responses may stem from Candida as well, which is why I deal with the physical body first.

How important is it to get a handle on your emotions? It’s crucial to healing. Many holistic practitioners, such as myself, muscle-test a person’s body in order to determine when their energy is strong and when it is weak. You may have performed this test on yourself with regard to eating certain foods or for testing supplements. With regard to your emotions, all it takes is one negative emotion for a person’s energy to shut down. The good news is that positive emotions re-energize a person again. However, unresolved emotions are stored in your body until you work on releasing them, when it feels safe to do so.

Begin by noticing which issues get you down, then turn it around by creating a positive declaration that you can focus on instead. Physically, if you find yourself with someone who is negative, leave the room. And if you’re dwelling on a negative issue, find something pleasant to think about. It doesn’t even have to be around that issue at all; just anything pleasant to distract you from negativity, and to keep your energy strong.

Look around at your life. Who is in your life and what are the obstacles that take you down the emotional tube? It might not be easy, but these are issues that will need to be cleaned up.

Many clients use the EFT process (www.EmotionalFreedomTechnique.com) to start eliminating past emotional traumas. You can obtain a free download on the Internet, by author Gary Craig. Another similar powerful process called “Thought Field Therapy” is taught by Dr. Roger Callahan at www.RogerCallahan.com and he provides a free download as well.

Regarding Fibromyalgia, it has been found that many sufferers have past traumatic events that have been stuffed down inside for years, perhaps since childhood. Some are severe, such as abuse issues. When there is nobody to turn to, emotions are often suppressed, and they are stored in your body at emotional and cellular levels.

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If you've had some kind of trauma, you'll likely want to seek professional counselling, however lots of emotions can be dealt with alone. It's imperative to deal with past traumas and get the raw emotion up and out of your body so that you can truly claim the optimal health that you deserve.

And in the meantime, keep your chin up and take it one minute, one meal, one emotion, one health improvement...at a time.

Mental Health:

These are the thoughts we think. Are you basically thinking only positive, happy thoughts or are they fear-based negative thinking patterns? Most people think about 600,000 thoughts per day and on average, 80% of them are negative, mostly because we generally think the same thoughts as we did yesterday. This again, wipes out your energy.

Take command of your thoughts, as thoughts then lead to emotions. You're goal is to be happy, peaceful & content; healthy and successful; in mind, body and soul.

Create several personal declarations that you can recite to yourself when you find yourself slipping into negative mental thoughts or images. It is usually an "I am..." statement that you can tell yourself, such as "*I am becoming healthier each and every day.*" Then utilize one of your power declarations that focus on the fact that you are becoming healthier, that you are grateful to have found this information, that you are happy to be eating healthy foods that bring you closer to vibrant health again, and so on.

Did you know that dehydration causes a 50% reduction in brain-power, sending your thoughts into cloudiness or depression?

I'll say it again: drink 8-10 glasses of pure water daily as it helps on all levels to detoxify the body as well as increases brain power. And I need to repeat here....increase slowly by only one cup a day for several days.

Spiritual Health:

It has been proven that those who believe in some sort of power higher than themselves, live a more happy life; God, Allah, Buddha, Source Energy, etc. Why is this? It provides hope for the future and a knowing that we're not alone. Even if you feel alone in your life, you truly aren't. The mystics knew of it and all successful people in this day and age are aware of this power as well.

Tap into this power on a daily basis, and several times per day, as desired. You may want to read a spiritually uplifting book, or a piece of literature.

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Once you feel strong enough, you may want to consider attending a spiritual place of worship, which is great for mingling with like-minded people in your community.

There are many books that you can delve into. One of the most life-changing ones for me is by Catherine Ponder, a Unity Minister. Her books are filled with positive affirmations on any subject that you can imagine, and they help you understand that you can create a new healthy lifestyle with the thoughts you think, coupled with your new food program.

I also understand and believe in the law of attraction. So, if this speaks to you, you may be interested in reading the works of Jerry and Esther Hicks; the teachings of Abraham. If so, their web address is www.abraham-hicks.com. I admit that Abraham is definitely one of my favourites.

Also, I understand that one person's pleasure might not be so for someone else. I'm happy to share with you a few of my favourite resources. So, find what inspires you!

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SECRET # 3:

Regular Exercise including gentle stretching exercises or low-impact aerobics to help cope with the muscular problems associated with this health disorder.

It is important for the body to move. Stretching one's muscles is paramount to keeping healthy. A 30-minute daily stretching program will benefit you more than you might imagine. You may need to work up to that by perhaps starting where you're at and adding a couple of minutes more every few weeks. Keep within range of your limits, not just with fitness, but with every part of your day.

With an exercise buddy, one is more apt to fulfill their fitness program. Studies indicate that you may not exercise for yourself, but will for your friend or family member and "keep your appointment". Some yoga classes have been designed for Fibromyalgia, and yoga is wonderful because it incorporates breathing with the stretches. However, even with an exercise partner, don't go beyond your abilities. You know you'll pay for it over the next several days. It's so important to pace yourself.

When you have finished your body movement (fitness, stretching, yoga, walking, etc.), it is helpful to enjoy an Epsom salt bath. Pour 1-2 cups of Epsom salts into your pamper tub experience. Epsom salts can also assist in alleviating Fibromyalgia pain. To keep it economical, I purchase 50 lbs. bags pre-ordered from my local bulk food store. Coupled with an herbal tea and a relaxing book, it's a great way to relax your mind as well as your muscles.

Shallow breathing may also be a concern, so whether you handle it in a yoga class or lay in bed and breathe on your own, take 10 deep breathes at least once every day to assist your body in obtaining proper oxygen levels.

Finally, if you have a toxic person in your life, you are most likely creating toxicity in your body, mind and soul. Many Fibromyalgia sufferers had someone like this in their life, or still do. If you are currently dealing with an energy vampire, it's perhaps time to look at this issue to figure out how to handle it differently.

Even if this means that you cannot remove them from your life, start to block their emotional poisons. Don't get caught up in the negativity. It is better to be alone, than poisoned by the emotional toxicity of someone who supposedly loves you. I believe in health on all levels, therefore your support team needs to truly support you on all levels, including this one. Not that its healthy to dump all your issues on them, just that you can take time to be in the presence of emotionally healthy friends who love you for who you are.

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If you are sick and tired, the last thing you may want to do is deal with a social life. Yet it's important to keep your social circle.

When you're dealing with Fibromyalgia, social events may tend to be a little more unique, relaxed and quiet. It may also contain friends and supports who help us on the road to recovery.

It is also good to hang around our uplifting friends and family members. It will truly lift your spirits. And if they are aware of your illness, they'll be more understanding if you want gentle fun things to do such as a movie night, instead of a 5-K run around the neighbourhood.

It's self-loving to care for yourself as well as allowing others to care for us, with healthy boundaries, of course.

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SECRET # 4:

Physical therapies may be helpful to your healing; such therapies include (but are not limited to) Massage, Chiropractic, Osteopathy, Acupuncture, Acupressure, Reiki Therapy Treatments and/or Quantum Healing BioMat treatments.

Another person in your social circle could be your massage therapist. It is most helpful to experience massage on a regular basis. A great massage therapist will be able to manipulate the tender points to reduce and/or eliminate them, stretch your muscles, and move toxins out of your body. Lymphatic drainage massage is helpful in removing toxins from these channels of elimination.

Many people report that chiropractic sessions have helped enormously, as it assists in removing blocks in the nervous system.

Osteopaths perform cranial sacral work. Acupuncture and acupressure work for many others. Chinese medicine uses acupuncture to relieve muscular pain. Some find that Magnet Therapy works for them as they claim it relieves their pain. Each individual must experiment with different modalities and find what works for them.

Other popular options include Reiki therapy treatments, which tends to work on all levels of physical, emotional, mental and spiritual components of health, as do the Quantum Healing Bio-Mat Treatments. The Bio-Mat has 26 lbs. of amethyst crystals, far infrared therapy and negative ions, to induce a healing on all levels as well. If you are interested in a mat in order to utilize this therapy in the comfort of your own home, email me and I'll be happy to provide you with additional information.

Holistic medicine is now becoming "main-stream" with regard to healing Fibromyalgia complaints. It is reported that a full 70% of people use some form of alternative healing. Investigate various options to see what works best for you.

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SECRET # 5:

Stress Management

Stress management means different things to different people. As discussed, people may have unhealed issues from their past, especially their childhood. Others may have current toxic relationships, or post-traumatic-stress-disorder. Financial stress may be an issue for the people who cannot work due to their disorder. Just the demands of daily life are enough in today's society to put some people into a state of chronic stress.

All of these issues create stressors that interfere with daily living and true health. Find a counselor or a health coach that can assist you in creating a healthy lifestyle harmony.

Also, do your best to avoid abrasive people or situations that are unsettling. This is disruptive to the peacefulness that you're striving for in your mind and body. I understand that you might work with someone that's not a happy soul, or you may have someone negative in your family, which we know is unavoidable. Just do the best you can. Some people have actually removed these toxic people from their life, either temporarily or permanently. Please understand that I'm not advising you to do that. Just know that if it's destroying your health, you may want to look at what's healthiest for you at this point in time and take steps to protect your energy.

You may want to obtain another of my e-books in this series entitled "Stress-Free-For-Your-Life", which will enlighten you on many things that you can do to reduce your stressors.

You can certainly help yourself by journaling on a regular basis to get in touch with your emotions. This helps you to gain clarity and move these emotions up and out of your body. This is one of the most healing things you can do for yourself.

If finances are one of your issues, on a practical level, begin to chart where all of your money is being spent; right to the penny. Release non-necessities for now, so you can focus on your healing process. And if financial stress is connected to worthiness issues, that's perhaps the next puzzle piece in your emotional journey to focus on.

Once the issues are healed, you will have a new and improved outlook on life.

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SECRET # 6:

Establish Regular Sleep Patterns

It might be difficult with our busy lives to rest properly, yet once Fibromyalgia hits, sleep is one of our greatest priorities. Getting to bed on time and establishing regular sleep patterns is one very important way to begin the physical healing process.

Whether you sleep or not, rest is almost as important as sleep. Stay put and relax or meditate if you can't sleep. As you take the other steps, your body may start to fall into a healthier sleep-cycle pattern. Sleep helps to repair and rejuvenate every organ and system of your body.

Experts on health have been saying forever that it's best to be in bed by 10:00 pm and now we know scientifically why this is so important. Science now understands that hormones work to regulate your system between 11:00 pm and 2:00 am.

Studies have indicated that when you receive between 7-8 hours of sleep, you move short-term memory into long-term memory. Since memory may already be an issue, you can assist healing by helping along the healing sleep. Also, it is during good quality sleep that the body restores and strengthens the immune system.

Another factor in obtaining high quality sleep is ensuring that the bedroom is truly dark and obtain room-darkening blinds, if necessary. Also, remove all electronic equipment such as televisions, and LED alarm clocks from the bedroom. This could be the cause of restless sleep as well.

I also consulted with a Doctor who specializes in sleep apnea / insomnia. He indicated that *"eating starches at supper-time creates a hell of a mess because it just sits in your stomach long past bedtime, cutting off oxygen and interfering with quality sleep"*. Needless to say, that makes for a restless unproductive sleep. So, it is best to have your largest meal at noon.

I find that when people eat regularly, (every 2-3 hours) and include a little protein with each meal/snack, that the sleep patterns help to normalize even more quickly. Evening snacks used for blood sugar control, should be kept light, such as a small nutrition drink that easily digests.

Here are a few nutritional products that I have used and still currently use, on my own healing journey. Melatonin, Magnesium Citrate (*in a calcium-magnesium blend*) and 5-HTP.

1. 1 capsule of Melatonin at bedtime - 3 mg. **
2. 1 capsule of 5-HTP, increasing weekly to a total of 3; 1 hour before bedtime

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3. 600 mgs. Magnesium Citrate; and,
4. A quality and highly absorbable Calcium-Magnesium

** Melatonin is a hormone that some claim aids with sleep. Some people are hesitant to work with hormones. Please check with your Doctor and/or Naturopath before taking them.

NOTE: Please understand that I'm not prescribing these to you. I'm only sharing what has been helpful for me. It's important for each individual to be tested properly, in order to identify which nutrients would be most beneficial for their body.

A Doctor can order a full range of testing, or an in-depth Nutritional Assessment can be completed by a Registered Nutritional Consultant.

You may email me for complete details on the in-depth Nutrition and Lifestyle Assessment process that I offer. The assessment determines which body systems need to be cleansed, which vitamins, minerals, amino acids etc. are deficient or toxic and, from there, determine which foods to focus on to rebalance your system. It's similar to creating an owner's manual for your body, so that you are aware of where you are currently, and then, where you need to go to create optimal health.

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SECRET # 7:

Detoxify your home

Homes also need to be thoroughly detoxified. All chemicals, perfumes, aftershaves; anything containing chemicals should be removed. Most cleaning supplies are also made with chemicals, which negatively affect health, whether it's in the air or on your skin. Chemicals clog your liver, your glands, your organs, and interfere with proper health.

Even inhaling chlorine while showering could be enough to knock you off-balance, physically and emotionally. Chlorine-removing shower heads are now available and would be an important addition to your health program.

How about the chemicals in make-up, shampoo, skin care products and lipstick? Can you imagine how many chemicals are entering into your body through those channels alone? It is estimated that the average woman puts 12 chemicals onto her skin (which absorb into her body) just by putting on her make-up in the morning.

There are many natural products that can be used that will not destroy one's health.

Far better to switch to natural products that don't harm the environment or the body. Replace your shampoo, home cleaning products and skin care in order to create a toxin-free environment. Regular make-up can be replaced with mineral make-up.

One reliable source I've discovered for natural products is a company run by one of my health mentors, Dr. Joel Wallach. His company is called Youngevity. For additional resources and to shop at home for healthy products that could save money as well as energy levels, check out www.MacPherson.YoungevityOnline.com. Click on the "Order" tab, the "products" come up. Become a preferred customer free of charge. Having foods items such as nutrition drinks, supplements, and home care/ skincare products delivered to your door saves time and energy.

Identify all the chemical-laden products in your home and gradually, over time (or even better, immediately), replace them with clean-chemical-free products.

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FRUITS

Choose between 0-3 servings from this food group each day:

0 fruits in phase one, and up to 3 fruits per day in phase 2, after the Candida has been eradicated. Phase I lasts 30-90 days and you have to be fully compliant. If you feel healthy after 30 days; meaning clear-headed, lots of energy and great digestion/elimination as well as really wanting to experiment with fruit, only have a small serving of a sub-acid fruit on an empty stomach and see how you feel. If you feel great, you may carry on and enjoy a few fruits per week. Wait a full 3 months before allowing any of the other forbidden foods back into your program.

Enjoy Avocados, or any of the following:

Sub-Acid Fruits:

Blackberries
Blueberries
Cherries
Mangoes
Papayas
Peaches
Pears
Plums
Raspberries
Strawberries

In the early stages of a Candida program, even natural sugar that is found in fruits must be limited or preferably removed completely; 30-90 days in order to reclaim optimal health. Once yeast overgrowth has been eradicated, fruit may be eaten a little more freely.

Some fruits are higher in sugar than others. Bananas, dates, figs, oranges, grapes and raisins are all very high in sugar, so need to be eaten sparingly.

Fruits like apples, peaches, apricots and melons contain medium sugar levels.

Blueberries, strawberries, raspberries, blackberries and pears are lowest in sugar and therefore, cause the least amount of problems.

Another health-promoting berry to explore is the Goji Berry, which is considered a super-food. This is one we like to keep on hand, and also put in our trail mix.

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Once fruits have been re-introduced with no ill effects, start the day with the juice from ½ raw squeezed into a large glass of purified water. Wait 20 minutes before consuming any other foods or drinks. This is a Nutritionist's strategy to help cleanse impurities in the body.

Nutrition Drinks

Once you are enjoying fruits again, add delicious fruit smoothies, more accurately described as “nutrition drinks” to the nutritional program. Depending upon how they are created, nutritional drinks are chock-full of the vitamins and minerals that are necessary to feed your cells and they are gentle on the digestive system because they are already broken down into a liquid form.

I've been creating nutrition drinks for over a dozen years now, and believe it has assisted me in regaining my health quicker than I otherwise would have, otherwise.

Basic Nutrition Shake:

One fruit of my choice, (berries are great), ½ grapefruit, pineapple, apple or strawberry/banana, and the list is limited only by your imagination. I consume only one fruit serving at a time, knowing that I'll be munching on something again in a couple of hours.

1 tbsp. Coconut oil which I blend before adding ice to my drink, in order to have it blend properly. Coconut oil with hemp oil or flax oil can be alternated. (Yes, I use 1 Tbsp. coconut oil as research seems to indicate it assists with thyroid function and weight-loss.)

1 tbsp. Sprouted Omega Chia Seeds for high-quality fiber which contain healthy Essential Fatty Acids and is a high level of vegetarian protein.

1 serving of blended whey /soy protein powder - Using either whey, soy or rice protein powder provides a variety of flavours and nutrients. My personal choice is whey protein powder. Soy protein should be used very sparingly.

8-10 oz. of purified water - A few chunks of crushed ice can be added.

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1 Tbsp. of raw cacao as a wonderful source of magnesium, when I feel like a chocolatey taste, in a smoothie either as a meal or a snack.

I blend my smoothie in a high-quality food processor, called a “VitaMix”, a powerhouse, that easily breaks down nuts and seeds. When preparing soups, I blend the ingredients in my VitaMix and keep the blender on for 8 minutes, which heats the soup enough that it’s hot, yet not boiling so nutrients are not destroyed. The VitaMix blender even comes with a large cookbook, along with a multitude of recipes on the website. (www.VitaMix.com)

Again, we’re only limited by our imaginations. If you research and purchase this product, you could actually start by making vegetable smoothies which can be sweetened with Stevia, or creating healing vegetable broths. A VitaMix could be a tremendous asset in assisting you in healing your digestive system.

(If you decide to order one, whether through my www.creatinginfinitesuccess.com website or on the phone calling 1-800-848-2649, use Affiliate Code # 06-004122 to receive free shipping and handling.)

It’s important to drink home-made soups and smoothies within 10 minutes of making them, as the nutrients start to break down and dissipate. After 24 hours, there are little to no nutrients left in the smoothie. While not the best option, a day’s worth of nutrition shakes can be made first thing in the morning and consumed throughout the day, at work or school.

So, you decide what works best with your energy levels and lifestyle.

Play with the recipes, create many of your own and you may notice yourself feeling less full in the stomach, yet energized and healthy due to the nourishment your cells are receiving.

Those who are young and have a fast metabolism and efficient digestion, can add more nuts and seeds to their nutritional drinks and soups. Remember to add in assorted goodies such as Goji berries and other Super Foods. I enjoy my Super Foods at snack times, because I don’t need extra carbohydrates at breakfast time.

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Final Note:

I know it's a slow journey to health, but it's well it.

I personally only made one change every week, starting with the food choices as I knew they were paramount to my physical healing, which I needed to accomplish first. And this is also where I start with my clients, with gaining physical health first and foremost.

You want to be working with your physician, one who understands what you're going through and is willing to work with you. I would suggest asking for thyroid tests, adrenal tests, check for cortisol levels, anemia and low vitamin D, to name some of the most important tests.

Regaining your health could be a total lifestyle overhaul. It can also be a costly endeavour. If you're overwhelmed by all the costs involved, understand that you can take baby steps with this as well. I made my changes one at a time, only one change per week. Every grocery decision you make is already a marvelous step forward. Be gentle with yourself. And since healing also deals with the mind, feed your mind positive thoughts with every healthy decision you make. Focus on that alone instead of what you may not be doing. Keep your mind and body positive.

You may find yourself feeling sluggish for a day or two somewhere between day 30-90. This is called a "*healing crisis*". It comes about because your cells have now only been fed higher nutrient foods and so your body is ready to slough off many toxins in a short period of time. It doesn't feel great as you're experiencing it, yet people report feeling much better afterwards. This is another reason why "slow and steady wins the race" as well. A healing crisis is not as intense when making slow steady improvements.

Once you've completed your 90 day health program, you may want to consider a parasite cleanse. Studies indicate a link between Fibromyalgia and Parasites.

Once you've detoxified your body and your house, I hope you'll find that your world starts to look bright, sunny and friendly once again. I wish you great success on your journey to wellness!

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