

# Fibromyalgia/Myositis (Muscle Inflammation)

A rheumatic syndrome indicating widespread pain in fibrous tissues, nerves, muscles, tendons, and other connective tissues, resulting in painful muscles without weakness. Excessive tiredness or fatigue may also be manifested.

## **Possible Causes and Contributing Factors:**

- Food allergy/sensitivity
- Carbohydrate sensitivity
- Physiological lithium deficiency
- Magnesium or potassium deficiency
- Thiamine deficiency resulting in lactic acidosis
- Over-exertion or poorly toned muscles
- Insufficient water intake
- Excess use of hydrogenated fats and oils, processed foods, caffeine, refined carbohydrates, alcohol
- Sleep disorder (most all sufferers need tryptophan)
- Serotonin imbalance
- Virus
- Hormonal imbalance
- Candida
- Blood sugar imbalance
- Parasites

## **Suggested Dietary Changes:**

- Possible need of Candida diet/protocol

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*