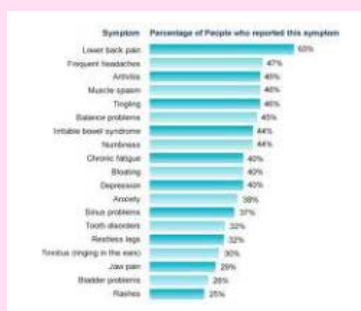
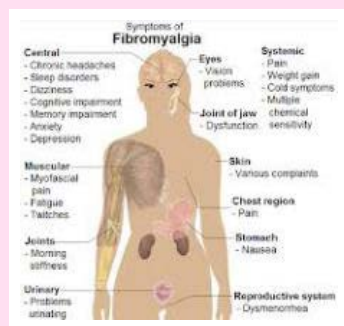


My Melaleuca Journey

Saturday, June 1, 2013

Fibromyalgia - The Inside Scoop with Some Possible Relief



Fibromyalgia is not a form of arthritis but a medical condition that causes widespread pain and tenderness at specific body sites. Some attribute its cause to an overload of toxic chemicals in the body. Others think it is caused by chronic fatigue syndrome or injury. What is known is that it results in pain, muscle aches, depression, headaches, insomnia, anxiety, bladder trouble, and sometimes numbness or tingling. The discomfort can be located in such unusual places as the neck, outside the hip joints, upper buttocks, top of the shoulder and inside of the knee. Fortunately, fibromyalgia is not progressive and does not lead to other serious diseases or destruction of body tissue.

People with this condition have been found to have low serotonin and tryptophan levels. It has been suggested that 5-HTP might be useful, such as is found in Melaleuca's Luminex. A larger dose may be even more useful. Luminex may also help the depression associated with Fibromyalgia, as will moderate exercise. Do simple stretches and flexing.

Not much is known as to a definitive treatment for this condition; however, a healthy diet, rest, and good nutritional supplements seem to be the most effective. Diet, exercise, and nutritional supplements will more likely to relieve your pain than painkillers.

Start with a high fiber, low-fat diet. Eat as many raw fruits and vegetables, whole grains, raw nuts and seeds as you possibly can. Eat skinless chicken, turkey, or deep-water fish. Drink fresh juices, herbal teas, such as Melaleuca Herbal Tea, and lots of water. These foods create energy and immunity. Eat four to five small meals a day. Sustain Sport is the ultimate "fatigue buster," and the Access Exercise Bar is a tremendous energy booster as well.

One of the best and most convenient sources of fiber on the market is Melaleuca's FiberWise drink and bars. Fried foods, animal fats, soft drinks, caffeine, sugars, and alcohol-all of these have to go. Be aware that stress seems to aggravate fibromyalgia appreciably.

It has been suggested that someone with fibromyalgia take the Vitality Pack with Oligofructose Complex, which will increase the magnesium level, CellWise, and Replenex. Magnesium supplementation has produced very good results, which may also be due to its importance in serotonin function. Take the Vitality Calcium Complete part of your Vitality Pack at night to facilitate deep tissue repair, which is largely accomplished while you are sleeping. Be sure to get sufficient rest-at least eight hours of sleep each night. ProVexCV is an outstanding supplement that contains certain nutrients that are essential for your wellness.

It is also recommended that the body be rubbed with Renew Bath Oil.

Taking a saturation dose of ProVex-Plus should also help the arthritic pain (take one capsule for each 50

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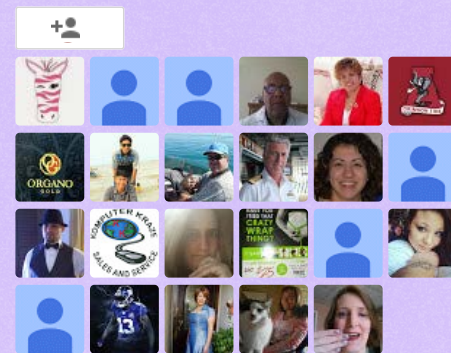
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lbs. of body weight daily for approximately 2 weeks. Then begin to decrease the number of daily capsules until a maintenance dose is determined).

Alternate between hot and cold water while showering. Studies have shown cold showers to be beneficial for relieving the pain of fibromyalgia. Massage therapy can also be beneficial. A bath in Melaleuca's Renew Bath Oil will relieve muscle aches to an amazing degree because of the Melaleuca oil. Also, the patented Pain-A-Trate will help significantly with muscular pain.

If you feel like you are coming down with a cold or the flu, take Activate at the first symptom. If you really feel like you are going downhill, make sure to get as much rest as possible, and take the maximum recommended dose of ProVex-Plus.

Get a Value Pack to change your entire household to an environmentally safe atmosphere. Expect 12 to 16 weeks on the above regimen before any change is noted.

Suggested Melaleuca products checklist;

- Luminex
- Melaleuca Herbal Tea
- Sustain Sport
- Access Exercise Bar
- FiberWise
- Vitality Pack with Oligofructose Complex
- CellWise
- Replenex
- Vitality Calcium Complete
- ProvexCV
- Renew Bath Oil
- Provex-Plus
- Pain-A-Trate
- Activate

Do you have Fibromyalgia and have done something to keep your pain under control? Please share your story here for others.

For more information on becoming a Melaleuca customer, contact Sherry at sdalton.lpn@gmail.com. Become a preferred customer and receive 30% - 40% discount on all of their products. For the first 6 mths. you will also receive \$100.00 in FREE products. All of their products are backed my a 100% money back guarantee. Melaleuca is also a part of the BBB so you can shop with confidence.

* The information presented in this article is in no way intended as a substitute for medical advice. Always consult your physician before starting any course of supplementation or treatment, particularly if you are pregnant or under medical care.

Posted by **Sherry Dalton** at **8:50 PM**

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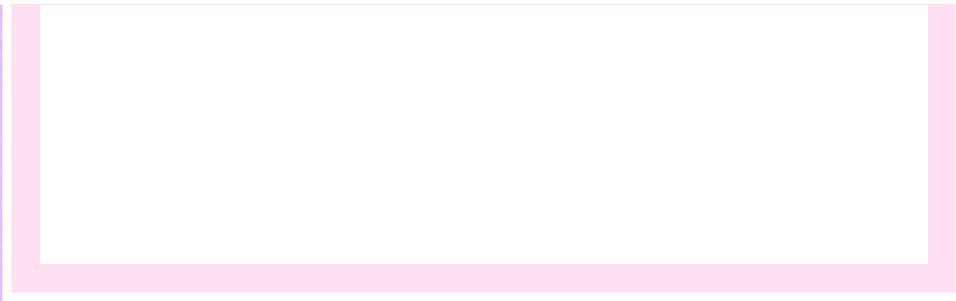
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