

**Accent on Health Chiropractic & Massage Center 304-738-0500**  
An "Accent on Health" Report Offered To Improve Your Well-Being

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**Inside The Pages of This Report Are Natural Drug  
Free Methods To Make a Difference in Living and  
Dealing With The Daily Pain and Fatigue of Fibromyalgia.**

**Dear Friend:**

I hope that you find this information useful and take advantage of this information as it has helped many other fibromyalgia sufferers find relief. I have worked with many fibromyalgia patients who have enjoyed a decrease in their pain and an increase in their ability to perform everyday tasks with greater ease and energy.

If you asked for this report for your own use then perhaps I have already mentioned or suggested some of the information contained inside or maybe you got this report because someone really cares about you and is concerned about your health and well-being.

It really doesn't matter whether you have been suffering for months or for years if you have been missing out on living or doing the things you enjoy because of fibromyalgia then I want you to know that there is at least some hope with chiropractic care.

I truly enjoy helping others improve their quality of life and perhaps I can do the same for you, congratulations for taking this first bold step so just keep reading...

**Fibromyalgia Syndrome (FMS) remains an elusive,** often debilitating illness affecting 2% to 4% of the population. Although it affects people of all race, status and age it is mostly seen in women between the ages of 30 and 50 yrs old. It has been seen in men and is currently being diagnosed in children and teenagers.

Frequently a person with Fibromyalgia will also have CFIDS (Chronic Fatigue Immune Dysfunction Syndrome). These two illnesses oftentimes go hand in hand with one another.

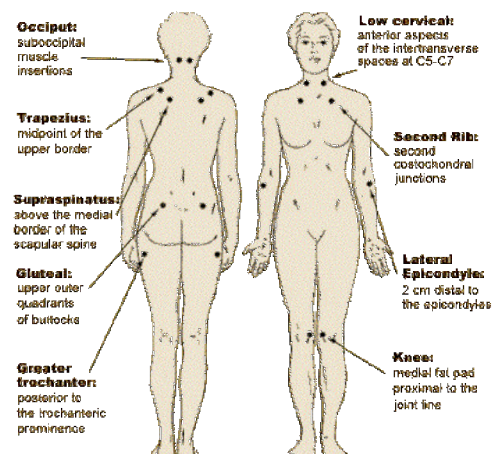
FMS (fibromyalgia syndrome) is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Fibromyalgia means pain in the muscles, ligaments and tendons--the fibrous tissues in the body. FMS used to be called fibrositis, implying that there was inflammation in the muscles, but research later proved that inflammation did not exist.

Fibromyalgia is not contagious, nor is it a life-threatening disease. There is no cure and all that can be done is to treat the symptoms and try to make the patient's life a little more bearable in spite of the pain. Learning to accept and cope with being in pain and not having energy is probably the most difficult aspect of the illness. Although some of the experts say that Fibromyalgia is not genetic, those that suffer with it know otherwise. It seems to run in families and recently more research is being done to see if there is any truth to this.

Patient's have described Fibromyalgia(FMS) as being something like having an elephant sitting on you as you try to get up and face the days tasks with the elephant still on your chest. Some say fibromyalgia makes them feel like that mouse in the old cartoons who is always trying to run away from the cat but doesn't realize the cat is holding his tail and he's just running nowhere? Many times sufferers feel like life is moving past them and they're missing as the rest of the world is buzzing by, while they're at a standstill - not really 'with it' sometimes.

The most difficult aspect of (FMS) for many is the lack of energy and the chronic fatigue that goes along with it. Some learn to deal with pain and at times they can even block it out. But they cannot block out the need for energy.

There is a list of symptoms that are part of the Fibromyalgia diagnosis criteria. Probably the two symptoms that make a diagnosis of Fibromyalgia the most likely are that the patient must have widespread continuous pain for at least three months. They must also have eleven out of eighteen trigger/tender points with pain in all four quadrants of the body.



**These points are specific areas** that must be tender to the touch, especially in the neck, spine, shoulders, and hips. Fibromyalgia is different from other illnesses. Most conditions have a single set of series of lab tests that help confirm their diagnosis. This is not so with Fibromyalgia because it does not affect one particular type of cell or part of the body. Instead it is manifested by a myriad of what appear to be unrelated symptoms in an almost endless number of combinations.

Other Fibromyalgia symptoms include: fatigue, morning stiffness, trigger points, sleep disorders, anxiety, difficulty concentrating, depression, swelling, numbness, and tingling in hands, arms, feet and legs, headaches, migraines, IBS (irritable bowel syndrome), acid reflux disease, urinary symptoms, painful menstrual cramps, Raynaud's syndrome (lack of circulation of blood in the hands and feet), restless leg syndrome, dryness in the mouth and eyes.

Other common symptoms include dizziness, which has been found to be from Hypoglycemia (low blood sugar), and/or Neurally Mediated Hypotension (fluctuating low blood pressure). If you have Hypoglycemia you can help control it by eating several small meals a day and making sure you keep your blood sugar up.

"Low blood pressure (neurally mediated hypotension) is common in many fibromyalgia patients. Many FMS sufferers also have CFIDS. Dr. Peter Rowe at Johns Hopkins University School of Medicine first discovered the connection between low blood pressure and CFIDS." (Neurally mediated Hypotension). Usually my patients have already been through a battery of tests that are given to rule out other diseases such as Lupus, Lyme's Disease, Epstein Barr, Rheumatoid Arthritis, Multiple Sclerosis.

Most doctors are still unsure as to what causes fibromyalgia. There are many speculations and theories in existence. Some of these include: metabolic dysfunction, immune system disorder, illness or injury, and the "prolonged stress theory".

Two of the most popular theories though are a hormonal imbalance, a deficiency of serotonin, causing the lack of 4th stage rem sleep producing depression. Most fibromyalgia patients have an associated sleep disorder called the alpha-EEG anomaly. Research has found that fibromyalgia syndrome patients could fall asleep without much trouble, but their deep level (or stage 4) sleep was constantly interrupted by bursts of awake-like brain activity. (alpha-EEG).

Another is a problem with the neurotransmitters in the brain, the cause of so called "Fibro-fog". Neurotransmitters are electro-biochemical agents that cross the synapses between the nerves. They are the messengers that carry information back and forth between the body and the brain. Normally, neurotransmitters constantly inform the muscles about what they're supposed to be doing, so their actions can be modified, as needed, but this is one of the functions that is disrupted by FMS.

**There are many things that aggravate Fibromyalgia** and will throw a person into a flare-up. With Fibromyalgia it is a never-ending cycle of flares and remissions. Some of these factors include: changes in weather, cold or drafty environments, hormonal fluctuations (premenstrual and menopausal states), stress, depression, anxiety and over-exertion can all contribute to symptom flare-ups. There are many treatment options but as I said before, there are no cures, my patients have found that by controlling their symptoms and maximizing the function of their nervous system can help alleviate pain and diminish their symptoms.

Alternative methods that have shown promise in controlling fibromyalgia symptoms include: aerobic conditioning, physical therapy, biofeedback, acupuncture and especially chiropractic care. Also herbal remedies can be used and should be considered on an individual basis.

There is an experimental treatment discovered by Dr. Paul St. Amand, M.D. which uses Guaifenesin, an inexpensive medication used in over-the-counter products for nasal congestion. In his studies, Dr. St. Amand discovered that this drug, taken in proper dosage, is the first effective treatment reversing fibromyalgia, with no known side effects and you may want to discuss this with your medical doctor.

Mild and monitored exercise, such as walking, stretching, or water aerobics can help as well, it gets the body moving and the blood pumping. Also a balanced diet and an elimination of foods that cause symptoms to be worse help. Too much is never good, over-exertion can lead to an exacerbation, or flare-up of the disease. It is said that stress is a big factor in how a person feels. A person should reduce their exposure to physical or psychological stress. Having a chronic illness in itself is stress enough and the more stress one has, the worse their symptoms will become.

A Fibromyalgia/CFIDS sufferer's lifestyle usually will have to change drastically to accommodate and help the treatment work. A slower paced life helps, but sometimes that means giving up dreams and goals. But this doesn't mean the end of everything, many people find hidden talents and new hobbies in 'slowing' down. This can be a good compensation mechanism, in losing something (previous lifestyle) and gaining another thing (new lifestyle, perhaps more inspiring and enlightening than the original). Never give up hope.

## **My Recommendation Usually Include a Combination of the Following:**

### **Exercise**

Although it may seem painful at first, regular aerobic exercise has been shown to reduce pain levels. It also strengthens muscles, increases energy and work capacity, improves sleep, reduces anxiety and depression, helps control weight, boosts self-esteem and promotes overall health. Moderate exercise is best - swimming, water aerobics, cycling and walking. Starts slowly, with as little as three to five minutes a day and gradually build up to 30 minutes most days of the week.

### **Mind-Body Therapies**

Stress and feelings of helplessness can worsen symptoms of fibromyalgia.

- a) Biofeedback, a therapy that uses computerized machines to help people learn to control their heart rates, muscle tension and brain activity, has been shown to significantly reduce the number of tender points, decrease pain intensity and reduce morning stiffness.
- b) Cognitive behavioral therapy involves working with a therapist to learn new ways to cope with symptoms and stresses associated with a person's condition. Studies have shown it to significantly improve pain and emotional distress in people with fibromyalgia.
- c) Hypnotherapy uses a relaxed, yet focused state of awareness to help change physical and emotional reactions to pain and anxiety. One study has shown it to help with symptoms of pain, fatigue and emotional discomfort in people with fibromyalgia.
- d) Relaxation therapies such as breath work, meditation or yoga can help reduce anxiety and decrease pain intensity.

### **Acupuncture**

While investigators have performed several studies on the use of acupuncture to treat fibromyalgia, only a few studies have included large numbers of people. This makes it difficult to have firm conclusions about the data collected. Nonetheless, the majority of these studies have shown acupuncture to relieve pain, reduce morning stiffness and improve sleep.

### **Chiropractic**

There have been studies showing the effectiveness of chiropractic with fibromyalgia sufferers. One study even had demonstrated a measurable improvement in range of motion, leg muscle strength and pain levels. Because fibromyalgia generally includes low back pain and/or neck pain (for which spinal manipulation is beneficial), Chiropractors commonly treat people who have this condition. In another study, women with fibromyalgia reported that they experienced a 77% reduction in pain intensity, 63% improvement in sleep quality, and 75% improvement in fatigue level after receiving 30 chiropractic treatments. Symptom relief continued for 1 month after treatment ended.

## **Massage**

Studies have reported improvement in pain levels, stiffness, insomnia, fatigue, anxiety and overall depression with Swedish massage. People with fibromyalgia have reported that gentle forms of massage work better than deep tissue work.

## **Nutrition**

Eliminate all food allergens from the diet. Common allergenic foods are dairy, soy, citrus, peanuts, wheat, fish, eggs, corn, and tomatoes. Try an elimination trial: Remove suspected allergens from the diet for two weeks. Reintroduce one food every three days. Watch for reactions such as gastrointestinal upset, mood changes, flushing, fatigue, and worsening of symptoms. A rotation diet, in which the same food is not eaten more than once every four days, may reduce sensitivities.

- Decrease carbohydrate intake; increase protein; fats in moderation.
- Eliminate inflammatory foods such as refined foods, sugar, saturated fats (meat and dairy products), alcohol, and caffeine.
- Eat whole foods such as vegetables, whole grains, fruits, protein, and essential fatty acids (cold-water fish, nuts, and seeds).
- Vitamin C (250 to 500 mg twice per day) reduces swelling and helps your immune system function better.
- Coenzyme Q10 (50 to 100 mg one to two times per day) improves oxygen delivery to tissues and has antioxidant activity.
- Chromium picolinate (200 mcg with meals) may reduce reactive hypoglycemia which may make your symptoms worse.
- Magnesium (200 mg two to three times per day) with malic acid (1,200 mg one to two times per day) relieves pain and fatigue.
- 5-Hydroxytryptophan (100 mg three times per day) may help with depression and insomnia.
- B vitamins help reduce the effects of stress: B-complex (50 to 100 mg per day), niacinamide (100 mg per day), and B6 (100 mg per day).
- Melatonin (0.5 to 3 mg one time before bed) may help sleep.
- Zinc (30 mg per day) is essential for proper immune function.
- Phosphatidyl choline and phosphatidyl serine (300 mg per day) may help depression and improve memory.

Also I highly recommend that you consider supplementing with fish oil with 1500-2000 mg of Omega 3 EFA's but be sure that they are filtered to be 100% pesticide and heavy metal free. Omega-3 fatty acids are powerful anti-inflammatory agents, making them beneficial for patients with arthritis, fibromyalgia and lupus. Omega-3's help the body create prostaglandins - natural hormone-like chemicals in the body that regulate inflammation. Omega-3 fatty acids allow the body to produce natural anti-inflammatory prostaglandins. Unfortunately, most of us in the western world consume an estimated 10 to 20 times the amount of omega-6 fatty acids that we need. Omega-6's come from sources like corn and olive oils and are the principle oils added to most processed foods. Omega-6's, unlike omega-3's, create inflammatory leukotrienes in the body, increasing inflammation and pain. Nordic Natural's manufactures an excellent source of these oils. More information can be found at [www.nordicnaturals.com](http://www.nordicnaturals.com) and I have this available in the office.

The good news is that chances are I can help you in some capacity so as I say at least once a day.

**"If You Want To Feel Better, You Will Have To Do Something Different!"**

**Dr. David Bohn**, Director  
Accent on Health Chiropractic Center  
Route 28, Ridgeley, WV

[www.accentonhealth.org](http://www.accentonhealth.org)

My practice is "different" it focuses on patients who feel they have no hope. People like you, suffering with fibromyalgia and its many associated syndromes and wondering what else can be done. I want you to know that I promise to help you with the most advanced natural methods available and it will always be a team effort, you and I.

Here's What Some of My Patient's Have Said About My Practice...

"Dr. Bohn is very competent and is thoroughly knowledgeable regarding his profession, I have benefited greatly from his teaching" Dr. Michael Pollard

"Dr. Bohn always hears his patients...he always has time to listen" Terri Lowery

"The service and people are excellent...they make the patient feel really comfortable"  
John Myers

Well, that's about it. I hope you have learned something from this report. I also hope that I have enabled you to make good, educated decisions about your health.

I appreciate the time you have spent reading this report and wish you only the best in health and wellness!

Sincerely,

Dr. David A. Bohn

*Thank You*

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