

Fibromyalgia

Fibromyalgia is when a sufferer feels pain in certain areas of the body. The pain has been there for more than three months and is not connected to another illness. It is more common in middle-aged women.

Fibromyalgia and chronic fatigue are often linked but there are some differences between the two conditions. Other common symptoms in Fibromyalgia are stiffness, headaches, sleep problems, depression, anxiety, brain fog and irritable bowel syndrome.

These are some of the things that can contribute to Fibromyalgia:

SIBO

A study of people with fibromyalgia found that 100% of them also had small intestine bacterial overgrowth (SIBO).

Thyroid dysfunction

Suboptimal levels of thyroid hormones are often seen in cases of fibromyalgia.

Food sensitivities

Eating foods to which we are sensitive can activate the immune system, contributing to inflammation.

Infections and toxins

Viruses, heavy metals and even mould can damage the mitochondria, the energy-producing factors of the cell. This can lead to fatigue.

Early-life trauma

A feeling of lack of safety, particularly in early life, can lead to a state of hypervigilance, which makes pain worse.

A poor diet

This does not cause fibromyalgia, but excess sugar, processed foods and trans fats can increase the inflammatory processes in the body.