

Fibromyalgia: A Modern Day Female Plague

Fibromyalgia is a chronic condition characterized by widespread pain at multiple areas of the body. In addition to the constant pain, it can include fatigue, brain fog, depression, and an inability to function many times up to 50 percent of the normal activity level. Fibromyalgia can mimic other types of syndromes like myofascial pain syndrome and other non-inflammatory rheumatic disorders. For this reason, newer terminology is being put in place in an attempt to integrate all these symptoms into one complex called central sensitivity syndrome (CSS). With these and other similar syndromes, there is a hypersensitivity or amplification of pain coming from the nervous system. In the past, it has been difficult for many doctors to believe this is a real health condition because of the diversity of symptoms and clinical findings. Since there is no definitive lab test that is exclusive for fibromyalgia, there is no specific medication; however, various and sundry medications are used to help with depression, sleep, and pain. Unfortunately, this can be frustrating because a medication that helps with pain, sleep, or depression temporarily may end after the body gets used to it and another medication is needed to fill in the gap. Most patients that I have encountered with fibromyalgia continue to have these symptoms despite they are taking multiple medications for the symptoms.

After spending 24 years in the healthcare arena dealing with these syndromes from a natural standpoint, it is apparent to me that there are missing links that patients have not been evaluated on to help them control and resolve fibromyalgia. It is my personal opinion that fibromyalgia cannot be solved by using one treatment therapy or modality. It takes a multifaceted approach to make sure the patient is being treated nutritionally, metabolically, and neurologically. There have been very few people that I have interviewed that have had this extensive wide range workup to assess both metabolically and neurologically the status of their health. The next problem to solve is once you gather all the data, what is the correct treatment or game plan to get this condition under control?

I am excited to say that taking all the techniques and information of the last 24 years and putting them into a workable solution has paid off tremendous dividends and patients are now seeing unbelievable changes in their health status. Fibromyalgia is real. It is not a group of symptoms thought up by the patient and it is reversible. It has not proven to be corrected or managed effectively by medication alone and so it is my desire to help as many of these patients take back the life that has been controlled by this dreaded modern day plague. If you or a loved one suffers from fibromyalgia, call to get a free DVD or get set up for a workshop.

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