

Your Health Reference Sheet

Topic: Fibromyalgia

By Carol Ritberger, PhD, Medical Intuitive

Fibromyalgia is one of those mysterious ailments that seem to add insult to injury. The person suffering from it knows something is seriously wrong, but is not sure what. The doctors can't find anything wrong through diagnostic testing, so they're not even sure it's a real illness let alone know how to treat it. Consequently, everyone involved is frustrated and not sure what to do. All the person who suffers from it knows is that the pain is real, excruciating, and constant. When asked to describe the seemingly indescribable so doctors can try to match the symptoms with an illness, most people will rely on figures of speech, like the following, to explain what they're feeling:

- *It feels like acid is running through my veins.*
- *It's like a steamroller ran over me.*
- *The fatigue is so bad it's as if my batteries have run down.*
- *It feels like someone took a sledgehammer to my body.*
- *My brain feels like a ping pong ball bouncing back and forth, yet never finding what it's looking for.*
- *It's like being trapped in a body where there is no freedom of movement.*

With descriptions like these, can there be any doubt that fibromyalgia isn't real or that it doesn't change the quality of someone's life to the point that they need something more than the diagnosis that it's all in their head? Telling someone it's psychosomatic and that they're just depressed, and putting them on antidepressants, isn't the answer.

According to The National Fibromyalgia Association, more than 10 million Americans suffer from fibromyalgia, and most of those people are mid-life women. With this many people suffering from this ailment and the numbers increasing every day, perhaps it's time for allopathic medicine to rethink their perspective on fibromyalgia and change the way it's treated.

While medical data has been slow to publish some of the new developments around fibromyalgia, change is on its way. Here is what researchers are learning about what causes this debilitating and life-altering ailment:

- It can occur immediately after an injury to the body.
- It can occur shortly after an emotional trauma. Many people who suffer from PTSD (post-traumatic stress disorder) show a higher predisposition for fibromyalgia.

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The information expresses a holistic and energetic perspective of illness and isn't intended to replace professional medical advice and care. Please consult a medical professional or a qualified practitioner if you have any health concerns.