

# Fibromyalgia

## **Fibromyalgia, diet and MSG**

Studies show that 100% of fibromyalgia cases improved when avoiding the excitotoxin such as MSG (monosodium glutamate).

## **Super-Nano Green Tea**

One-of-a-kind nanized nutrients in Super-Nano Green Tea, penetrates connective tissue, nourishing and cleansing like no other green tea.

Super-Nano Green Tea promotes flexibility.

Super-Nano Green Tea promotes healthy digestion and absorption of nutrients in the diet, critical to overall health.

## **DHLA (Dihydrolipoic Acid) and Fibromyalgia**

Fibromyalgia often can mean compromised energy metabolism in the affected tissues.

Most fibromyalgia victims complain that their pain symptoms travel, illustrating traveling energy compromise of the affected tissues. Nothing helps restore the high energy ATP (adenosine triphosphate) metabolism like stabilized DHLA capable of regenerating primary antioxidants such as vitamin E, vitamin C, COQ-10, glutathione and more.

DHLA free radical quenching and energy up-regulation, has demonstrated DNA and nerve protection and much much more, which can in turn translate to real help for fibromyalgic sufferers.

## **Agaricus Bisporus mushroom extract**

Studies in Japan have shown Agaricus Bisporus saved 6 out of 9 patients in kidney failure, delivering extraordinary blood purification. A critical player in all fibromyalgia, is waste products building in the blood and in turn, bio-accumulating in lymph and connective tissues throughout the body. Downloading blood toxins has translated to fewer fibromyalgic symptoms in anecdotal case reports.

# Chronic Fatigue

Chronic Fatigue Syndrome (CFS) has been linked to a plethora of problems from heavy metal poisoning, to infection, to toxic body burden from environmental chemicals etc. In each case, high energy ATP (adenosine triphosphate) is compromised.

## **DHLA and CFS**

Not only can DHLA (Dihydrolipoic Acid) help significantly increase ATP, but it can also supercharge free radical quenching known to be a major complication of infection, one of the possible causes of CFS. The bottom line in all CFS is compromised ATP and compromised waste elimination. The build up of toxins shut down the cell's ability to produce energy. DHLA not only increases ATP, it also enhances the cell's ability to eliminate heavy metals such as mercury, arsenic and other poisons at the same time. Most CFS victims feel an immediate relief (in 20-30 seconds) when they take just 50 mg of DHLA. In contrast, ALA (Alpha Lipoic Acid) imparts little or no benefit even hours after administration.

## **Adaptogenic herbs and CFS**

The next major problem the CFS victim endures is wholesale hormone disregulation. The body's endocrine glands become exhausted and the net result is that these glands tell the body to shut down. The following adaptogenic herbs such as Indian Soma Latha, Siberian Maral Root, Artic Root, Rhodiola Crenulata, Fo Ti Tieng and Nopal Cactus are clinic proven to provide rapid recovery of normal hormone / endocrine function. Each of these adaptogenic herbs also function as powerful anti-infectives and small doses work for any body size. The combination of DHLA and these spectacular adaptogenic herbs, provide a wonderful, powerful remedy, delivering the kind of help a CFS sufferer can really notice. In a matter of a week or two, they feel like a new person.

Don't forget, everybody needs basic super nutrition such as greens, fatty acids, coral minerals for healthy pH and if you are eating cooked food, use super digestive enzyme support.