

What You May Not Know About Chronic Fatigue, Fibromyalgia, Chronic Pain and More

NOTE: Don't forget to watch the video listed below.

The following are just some of the references supporting claims that infections, hormone deficiencies, thyroid conditions, adrenal fatigue, nutritional deficiencies, poor sleep quality, and neurotransmitter imbalances contribute to the pathology of these syndromes. Combine these articles with the PDFs about sleep, adrenal fatigue, stress, hormone imbalance, The Road Back Foundation, Tension Myositis Syndrome, Tips for Chronic Pain, and other related information you come across here. I invite you to come in for a conversation. If you or someone you know has been suffering despite many treatments and attempts to get well, please take your time, read the following and read that PDF. There is hope, and there is help.

Please copy each of these web addresses to access the material. Some take a bit longer than others to access. Please be patient.

Concerning the infection connection:

<http://www.immunesupport.com/library/showarticle.cfm/id/4168/searchtext/co-inf>

<http://www.haciendapub.com/article24.html>

<http://www.springerlink.com/content/pw0j0ek2wc3tdyj6/>

An important journal article about an effective, comprehensive approach:

http://www.townsendletter.com/Oct_2002/fibromyalgia1002.htm

Concerning another effective multi-faceted approach:

<http://www.chronicfatiguesupport.com/library/showarticle.cfm/ID/3725>

Finally, I invite you to glance at the other PDF titles in this Section Two for other important information. In addition to those whose titles are obviously pertinent, please look at the Neuroscience PDF listed in this section. When you arrive at the website click on "Institute of Education", then click on "Introduction to the Nervous System." Then find Chapter 4: "How neurotransmitter imbalances affect health." Read through the symptoms related to imbalances of these various brain messenger molecules (neurotransmitters). Do you see any of your symptoms listed?

Note: There is also an insidious phenomenon that has come to be called Pain Amplification Syndrome. Basically, it describes the means by which acute pain becomes caught in an endless loop between body and brain. Pain signals which should have been “turned off” remain “turned on”, instead. This can lead to a form of chronic pain that has a substantial mind/body component. While pharmaceutical and non-pharmaceutical prescriptions are important, here is where psychotherapy, hypnotherapy, visualization, and muscle relaxation are critical adjunctive therapies.

Finally, please take a look at the videos on youtube.com that eloquently explain the role of the mind in ALL KINDS OF CHRONIC PAIN.

CHRONIC PAIN - - FIBROMYALGIA, LOW BACK PAIN, SCIATICA, NECK PAIN, IRRITABLE BOWEL SYNDROME, HEADACHES OF ALL KINDS, AND OTHER VERY REAL PAIN IN OTHER PARTS OF THE BODY ARE AFFECTED, AGGRAVATED, AND PERPETUATED BY ASPECTS OF THE WAYS THE MIND WORKS.

WATCH THE VIDEOS AT:

<http://www.youtube.com/watch?v=ldyl7mJG2EA&NR=1>

THERE ARE MANY EFFECTIVE TREATMENTS TO HELP YOU WITH THE KIND OF CHRONIC PAIN THAT HAS NOT RESPONDED TO OTHER MEDICAL STRATEGIES. YOU HAVE NOT “MADE UP” NOR “IMAGINED” YOUR PAIN, BUT YOUR MIND HAS AFFECTED IT IN VERY REAL, PHYSIOLOGICAL AND BIOCHEMICAL WAYS. HAVING BEEN TRAINED AND HAVING RECEIVED LICENSES IN BOTH THE WORLDS OF THE MIND AND THE BODY, I WANT TO HELP YOU TREAT THIS PAIN WITH THE MOST PROVEN POWERFUL ONE-TWO PUNCH AVAILABLE: YOUR MIND AND YOUR BODY.