

Fibromyalgia & Chronic Fatigue Syndrome

These two conditions have very similar symptoms and onsets. Women over 45 are most likely affected. Medically there is no cure and several, often powerful, medications are given to relieve symptoms. But, how safe are they? All medications have warnings and side effects. There is a natural approach.

Fibromyalgia is centered on pain. The pain may be dull, sharp, burning, radiating, constant or intermittent; it may always be in one spot or shift around. Usually there is more pain as the day progresses or with increased activity. Because of all the pain, fatigue and depression are often associated with fibromyalgia along with difficulty sleeping.

Chronic Fatigue is a fatigue that is debilitating; it doesn't respond to sleep or rest. Oftentimes pain and depression play a large role in this condition also. Many women experience memory difficulties and foggy thinking.

Our bodies have a powerful drive to be healthy. Our bodies will do everything it can to regenerate and everything it can to not degenerate. If we can understand how our body's function, respect the delicate balance between the glands and the brain, give the body what it needs to perform properly, this amazing and powerful innate drive will steer the body toward health and healing every time.

The symptoms of Fibromyalgia and Chronic Fatigue Syndrome are the symptoms of hormone imbalance. Our hormones are powerful substances found in tiny amounts in the blood. These hormones play a delicate dance amongst each other. When one is out of balance, it will affect the other hormones. Minerals play a vital role in the balance of hormones. When minerals and/or hormones are out of balance, muscle and joint pain can occur, depression, anxiety, difficulty sleeping, memory and foggy thinking.

Testing hormone and mineral levels and their relationship to each other will determine imbalances within the body. These can then be corrected with natural supplements and herbs allowing your body to once again function as it was so perfectly designed.

For more information: www.NaturalBodyinBalance.com