

FIBROMYALGIA RELIEF

A program for those with fibromyalgia, myomyalgia, polymyalgia and chronic fatigue syndrome.

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Welcome to the Fibromyalgia Relief program. Using this program you will learn all you need to know to make yourself well. Yes, this means symptom free! Many of our clients using the Fibromyalgia Relief program report no symptoms of Fibromyalgia or Chronic Fatigue Syndrome. Consistency is the name of the game. If you can make these changes a regular part of your life, you are guaranteed to feel better. Our basic program addresses five important elements necessary for achieving health in several stages. Your Fibromyalgia Relief Counselor will help guide you through the program. The first two stages are outlined for you and should be followed carefully. The later stages you design yourself, using the program guidelines. Some people may be able to complete each stage in two weeks. Others may need to take 3 months or more. Choose your own pace to work through this program.

The basic program has 5 elements. Each of these is important and an integral part of the whole:

- I. Diet
- II. Hydration
- III. Nutritional Supplementation
- IV. Exercise
- V. Mental Well-being

FIRST STAGE

Commitment to the First Stage of the Basic Program includes:

1. Drink 8 cups (8 oz. each) of water each day.
2. Take a single serving of a basic foundation of nutrients using high quality food supplements (not synthetic or 'natural')* daily. Add 1-2 servings of cold water washed soy protein isolate shakes and 1-2 servings of calcium magnesium supplement daily. Your Healthy Weights Counselor will help you obtain these products and determine exactly how much you need*.

3. Replace 3 servings of foods containing sugar or flour with fresh fruits or vegetables in your daily diet. (One serving of fruits or vegetables = one whole fruit or one cup.)
4. Walk or stretch for a minimum of 10 minutes per day.
5. Spend time with an uplifting person or engage in an uplifting activity for at least 15 minutes daily.
6. Make daily entries in your Food and Health Diary: a simple diary in which you make daily entries of what you eat and how you feel.

SECOND STAGE

Graduate to the Second Stage between two and four weeks after starting the program.

Commitment to the Second Stage of the Basic Program includes:

1. Drink a minimum of 10 cups of water each day.
2. Continue using the basic nutrient program developed in Stage I. Now add one serving of a microencapsulated probiotic and one quarter serving of a gentle colon cleansing herbal that is approved for children daily. **This step is critical to your recovery.** Begin with using each of these prior to retiring each night. The number of servings may change depending on you needs. Discuss with your Fibromyalgia Relief Counselor how to determine the optimal number of servings for you and what time of the day it is best to use them.
3. Include a minimum of 2 servings of fruits and 3 servings of vegetables in your daily diet. Limit foods containing any sugar or flour to 2 servings per day.
4. Walk or exercise 10 minutes per day (min.) and stretch 10 minutes per day (min.).
5. Add an additional uplifting activity each day. Suggestions or ideas are listed below under Element V., Mental Well-being.
6. Expand the use of your Food and Health Diary by including observations of trends, patterns or changes.

Although you may be feeling much better now, there is still more to do. To achieve optimal health and relief from your fibromyalgia symptoms, advance to Stage Three and Beyond.

STAGE THREE AND BEYOND

When you feel confident at having mastered the second stage for at least two weeks, choose and commit to making 5 or more points worth of lifestyle changes from the lists below. As you move from stage to stage, balance the points among the 5 elements of the basic program. Each stage is completed when you can maintain and are comfortable with the lifestyle changes you have made. Move through **Stage Three and Beyond** at your own pace. It is recommended to spend at least two weeks at each stage in order for these new habits to become comfortable, permanent and a part of who you are. Your success is measured by the regaining of your good health and not by the length of time it takes to move through the stages. Each time you notice a symptom that has gone away for a week or more, record the date in your Food and Health Diary. Don't be discouraged if the symptom returns. It is normal to have temporary regressions during the healing process. Be patient, the only way to fail is to quit.

Element I. Diet

- ___ Include a **minimum** of 3 servings of protein daily. Good sources of protein are soy, fish, eggs, chicken and turkey (all antibiotic and hormone free). Sources of more fatty proteins that are allowable are: lean pork, lean beef, bison, venison, elk, almonds, cashews, filberts, macadamias, and pistachios. Limit fatty proteins to 1 serving per day. (2 pts)
- ___ Add 1 point if you increase to 4 to 5 servings of protein daily. (1 pt)
- ___ Include 1/4 cup per day of whole nuts or seeds (no peanuts or soy nuts). (1pt)
- ___ Include 2 to 3 servings of fresh fruit each day, limiting to 1 banana, peach, OR 1 cup of grapes. (2 pts)
- ___ Include 3 to 4 servings of vegetables each day. (2 pts)
- ___ Make 2 servings of your vegetables raw each day. (2 pts)
- ___ Maintain a diet that includes 35 grams of fiber daily. (4 pts)
- ___ Eliminate artificial sweeteners. (2 pts)
- ___ Eliminate preservatives and food additives. (3 pts)
- ___ Eliminate flour, semolina, and durum. (4 pts)
- ___ Eliminate fried snack foods. (2 pts)
- ___ Eliminate peanuts and peanut oil. (1 pt)
- ___ Eliminate all foods that have any of these sugars in the first 5 ingredients:
barley malt, cane juice, concentrated fruit juice, corn syrup, date sugar, dextrose, fructose, galactose, glycogen, glucose, honey, invert sugar, lactose, maltodextrin, maltose, mannitol, maple syrup, molasses, rice syrup, sorbitol, sorghum, sucanat, sucrose, sugar, turbinato, washed cane crystals, xylitol.
Acceptable replacements are stevia powder, and or 100% vegetable glycerine. For each 1/4 cup sugar in recipes, use 1 to 2 tablespoons glycerine, 1/4 teaspoon stevia rebaudiana (green) powder, or 1/8 teaspoon stevia extract (white) powder. (4 pts)
- ___ Eliminate corn, corn syrup, and corn starch. (1 pt)
- ___ Eliminate potatoes. (1 pt)
- ___ Eliminate fruit juices. (You can add back one 4 oz. serving 2 times per week,

one month after you reach 25 to 35 grams of fiber daily and take 1 Optiflora* serving daily (1 pt)

Element II. Hydration

- ___ Increase your water intake to 1/2 of your body weight in ounces/day. (If you weigh 150 lbs, you would drink 75 oz. of water/day.) You will need to drink more when participating in heavy exercise or when living in a hot and/or dry climate. (2pts)
- ___ Carry a water bottle with you everywhere and drink from it regularly. (1 pt)
- ___ Eliminate beverages with caffeine from your diet. (2 pts)
- ___ Eliminate carbonated beverages. (2 pts)
- ___ Eliminate artificially sweetened beverages. (2 pts)

Element III. Nutritional Supplementation

- ___ Take 2 servings of a microencapsulated probiotic with FOS, inulin and Jerusalem artichoke such as the Optiflora System*, per day. (4 pts)
- ___ Add alfalfa to your daily supplementation. The supplement must be free of all material from the flower or pollen of the alfalfa plant. (3 pts)
- ___ Add a milk thistle based liver detoxification product, such as Liver DTX* to your daily supplementation. (3 pts)
- ___ Add 1-2 servings of a high grade borage seed oil, such as GLA Complex* to your daily supplementation. (3 pts)
- ___ Add 1-2 servings of eicosapentaenoic acid with DHA, such as Essential Omega-3 Fatty Acid Complex* to your daily supplementation. (2 pts)
- ___ Add 2 raw cloves of garlic or 2-4 garlic tablets* (not odorless or aged). (2 pts)
- ___ Add a high quality, food supplement grade B-complex* to your daily supplementation (2-3 servings/day). (3 pts)
- ___ Add one serving of a mixed carotenoid supplement* to your daily supplementation. (2 pts)
- ___ Add 1-2 servings of a natural mixture of tocopherols* to your daily supplementation. (1 pt./serving)
- ___ Add 2-4 grams citrus or rosehip based food supplement, such as Sustained Release Vitamin C Complex* to your daily supplementation. (1 pt./2 grams)
- ___ Add 1 serving of Coenzyme Q10 plus Resveratrol* to your daily supplementation. (1 pt.)

Element IV. Exercise

- ___ Do assisted stretching 15 minutes per day. (2 pts)
- ___ Increase individual stretching to 30 minutes, 5 days per week. (3 pts)
- ___ Walk 15 minutes per day. (2 pts)
- ___ Add activities such as Yoga, Quigong, or Tai Chi classes 1 time per week. (2 pt)
- ___ Add 2 extra points for every 2 days of added Yoga, Quigong or Tai Chi practiced each week. (2 pt)
- ___ Add swimming: minimum of 1 time per week. (2 pts)
- ___ Add 2 extra points for swimming 3 times per week. (2 pts)
- ___ Use the jacuzzi, whirlpool, or get a gentle massage 1 time per week. (1 pt)

- ___ Add 2 extra points or using the jacuzzi, whirlpool or gentle massage if 3 times per week. (2 pts)
- ___ Add a sport activity of your choice 1 to 3 times per week. (2 pts)
- ___ Ride a gentle horse at a walk at least once per week. (2 pts)

Element V. Mental Well-being

- ___ Practice meditation for 20 minutes a minimum of 2 times per week. (1 pt)
- ___ Add 1 extra point if your meditation includes visualization of free, joyful movement and happy, healthy living. (1 pt)
- ___ Eliminate reading the newspaper. (1 pt)
- ___ Add 1 extra point if the newspaper is replaced with uplifting reading material. (1 pt)
- ___ Eliminate watching the TV news. (1 pt)
- ___ Add 1 extra point for each addition of reading uplifting material or activity such as funny movies, fun activities, or fun social activity. (1 pt each)
- ___ Engage in a new creative activity a minimum of once per week. Some possible ideas are: writing, sewing, quilting, drawing, painting, building bird houses, stenciling furniture, decorating flower pots, redesigning your landscaping, making hand made gifts or cards, etc., etc., etc. (2 pts)
- ___ Engage in an activity involving animals such as walking, riding or grooming a horse, walking, grooming or petting a dog or cat, etc. (1 pt)
- ___ Travel or have a change of scenery. (1 pt)
- ___ Select one extra project per week and complete it. Some ideas are: wash or detail your car, clean out a junk drawer, catch up on filing, write a letter, clean a closet, rearrange the furniture, etc., etc. This can be anything you've wanted to do and haven't gotten to or you have been avoiding. (1 pt)
- ___ Spend a minimum of 1 hour per week gardening. (1 pt)
- ___ Add an extra point if your gardening includes growing and eating green, leafy vegetables. (1 pt)
- ___ Eliminate soap operas. Replace them with uplifting materials or activity. (1 pt)
- ___ Limit interaction with the most negative people you know. (2 pt)
- ___ Practice your faith or engage in spiritual growth activities. (2 pt)
- ___ Get 6 hours of sleep or more per 24-hour day. (2 pts)
 - Some aids that may help you sleep if it is difficult may include sitting in a jacuzzi or warm bath before bed; listen to soothing music when you go to bed; have a cup of hot tea before bed (chamomile, Sleepy Time*, etc.); take herb valerian (Gentle Sleep Complex*) and/or ½ serving of calcium magnesium supplement as sleep aids; take naps during the day.
- ___ Add 2 extra points if you average 9 or more hours of sleep per 24-hour day. (2 pts)
- ___ Add to your Food and Health Diary a list of what you accomplished each day. This includes small accomplishments as well as large. (1 pt)
- ___ Add 1 extra point for consistently making entries in your Food and Health Diary each day. (1pt)
- ___ Make new goals for your life and affirm and visualize them daily. (3 pts)

____ Write positive affirmations about your health; read and visualize them daily. This is something that your Fibromyalgia Relief counselor can help you achieve. (3 pts)

*It is very important that you choose supplements which are of the highest quality to obtain the best results and reduce the chance of exacerbating your symptoms due to quality control issues. Please contact the WISH office or a Healthy Weighs Counselor in order to gather information about where to obtain the various supplements listed above.