

PROGRAM FIBROMYALGIA / CFS

Breakfast

Organic oatmeal, milk, soymilk, or goat's milk, 3 Tbsp. fresh ground flaxmeal

Hot brown rice cereal w/cinnamon, green tea

Organic cottage cheese with flax oil, organic fruit or raw nuts (almonds, walnuts), green tea

Organic yogurt (no sugar), 1 Tbsp. flax oil or 3 Tbsp. ground flaxmeal,
½ cup organic berries

Poached organic omega-3 eggs or three egg omelet, sweet potatoes w/rosemary

2 organic eggs any style, 1 slice whole grain toast, 3 tablespoons freshly ground flaxmeal

Lunch and Dinner

Season sardines in water (green and white label), green salad

Flank steak, baked potato, green salad with flax oil dressing

Broiled red snapper, steamed broccoli, baked yams

Large mixed green salad w/ oil and lemon juice, small can of tuna, chopped yellow and
sweet red pepper

Broiled red snapper, steamed broccoli, green beans or other vegetable

Beef, lentil and vegetable soup, (celery, carrots, onion, cabbage)

Chicken salad made with sugar-free mayonnaise, roasted vegetables, spinach salad

1 cup cottage cheese or yogurt, 1 tablespoon flax oil, 1 tablespoon natural preserves

1 chicken breast with rosemary, ½ cup black eyed peas, roasted onions or garlic,
spinach salad.

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Snacks

Protein shakes with freshly ground flaxseeds added, handful of raw almonds, hazelnuts, walnuts, brazil nuts, or sesame seeds, an organic apple, pear, or grapes, sugar-free yogurt, rice cakes with nut butter

Green vegetable juices: three 6 ounce glasses per day, freshly made only from green vegetables (celery, spinach, dandelion, zucchini work well).

Herbal teas: licorice, ginseng, and green tea.

Avoid

Sugar, hydrogenated oils, safflower, sunflower, corn oils, soft drinks, alcohol

Suggestions and goals

Adequate rest and even long vacations is one of the most important strategies for helping manage cfs and fm. Treating digestive disturbances is also critical to the management of fibromyalgia. Also, check for candida, food allergies, and low grade viral infections. Some other causes of fatigue include food allergies, hypothyroidism, hypoglycemia, anemia, and prescription drugs such as anti-hypertensives, anti-inflammatory agents, birth control pills, antihistamines, and corticosteroids. Craniosacral therapy can be very helpful, as can massage and acupuncture.

Fibromyalgia is one of the fastest growing diagnoses in America today with upwards of 6 million people currently being affected. It affects mostly women, typically aged 30 - 50 years. It may be caused by or aggravated by a number of factors including chronic stress, excitotoxins (caffeine, alcohol, refined sugar), leaky gut syndrome, allergies, viral infection, hypothyroidism, blood sugar imbalances, limbic abnormalities, reduced serotonin, pineal dysfunction, physical or emotional trauma, parasites, Candida and CFIDS.

Clinical features include muscle stiffness, trigger points, disturbed sleep and disabling fatigue, brain fog, sensitivity to cold, immune dysfunction, temporo-mandibular joint pain, digestive disturbance, urinary disturbance, sensation of sensory overload, depression and anxiety syndrome.