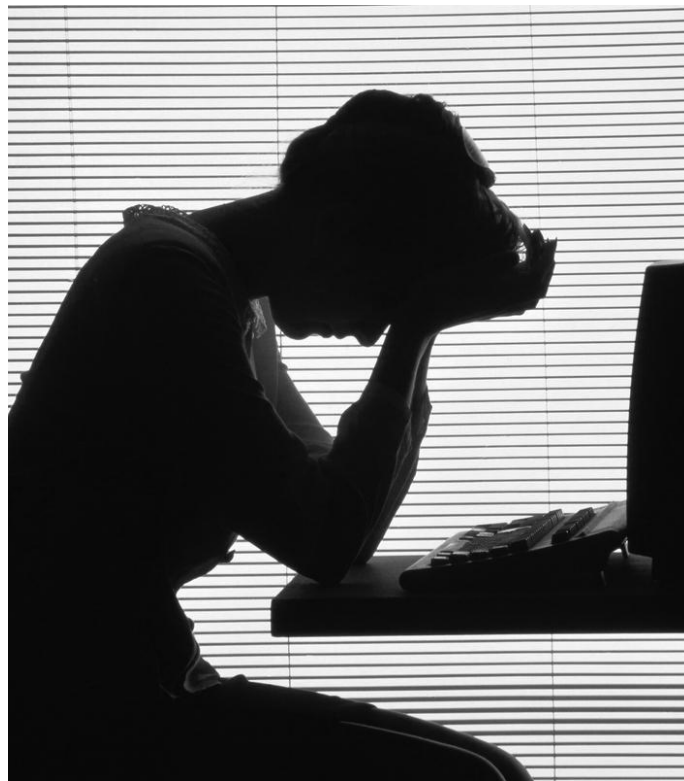


How Stress Effects Fibromyalgia and Chronic Fatigue



Dr. Bruce A Nelson Jr.

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Holistic Chiropractic Physician, Quantum Energy Bio-Feedback Practitioner, Reiki Master, has been a pioneer in developing energy techniques since the 1980's. He's treated over 1,000 Fibromyalgia and Chronic Fatigue Syndrome clients with amazing results. He is the founder of TNT (The Nelson Technique), is a Fibromyalgia Author in National Magazines, and appears on Television and National radio talk shows including being the featured speaker at National Fibromyalgia Conventions and National Health Federation Conventions. He has given many international seminars and specialized in pain and energetic healing since the 1980s. Dr. Nelson has helped thousands of people, with all kinds of debilitating illnesses for decades.



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Fibromyalgia and Chronic Fatigue syndrome

Many people think Fibromyalgia is a “disease”. Fibromyalgia is NOT a disease. By definition, “Fibro” means fiber, “mya” means muscle, and “algia”, means pain. The word simply means, pain in the fibers of the muscles. One has pain in the muscles associated with a cause or a group of causes.



Muscle Fibers

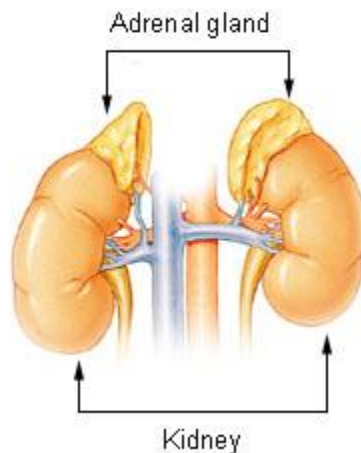
Many believe Fibromyalgia to be incurable. I do not believe this. My mother told me, like a lot of other mothers have told their children, to “never say never”! Since 1992, I have personally helped hundreds of people be free from Fibromyalgia and Chronic Fatigue Syndrome.

Stress, the catalyst to disease

I Believe that accumulated stress overload is the beginning of all diseases, including FM/CFS. Stress is associated with innumerable causes!

Dr. Hans Selye was nominated for the Nobel Peace Prize for his revealing work on how stress energetically imbalances the body, specifically the adrenal glands.

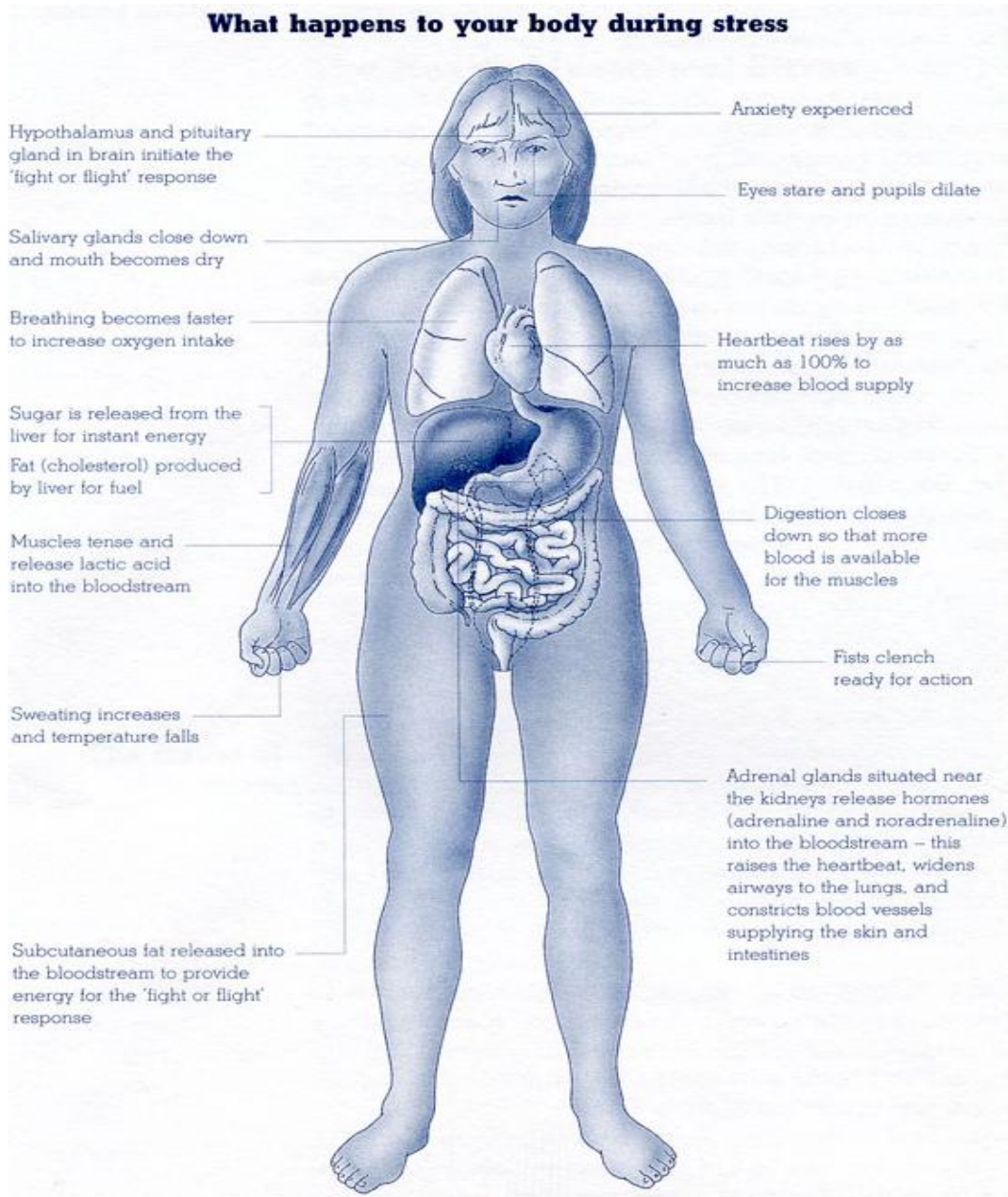
Adrenal Gland



The adrenal glands are the triangular-shaped endocrine glands that sit on top of the kidneys. They are chiefly responsible for releasing hormones in conjunction with stress, including cortisol and adrenaline. Though connected to the kidneys, these glands play no role in the functioning of, or health of the kidneys. The adrenal glands are part of the endocrine system, and the kidneys are part of the urinary system.

The Body's Response to Stress

The diagram below shows the body's response to stress. Think of what stresses you, like driving in heavy traffic or job and coworker conflicts, relationship conflicts, being late to an appointment or a sudden shock. This is what happens to your body with stress.



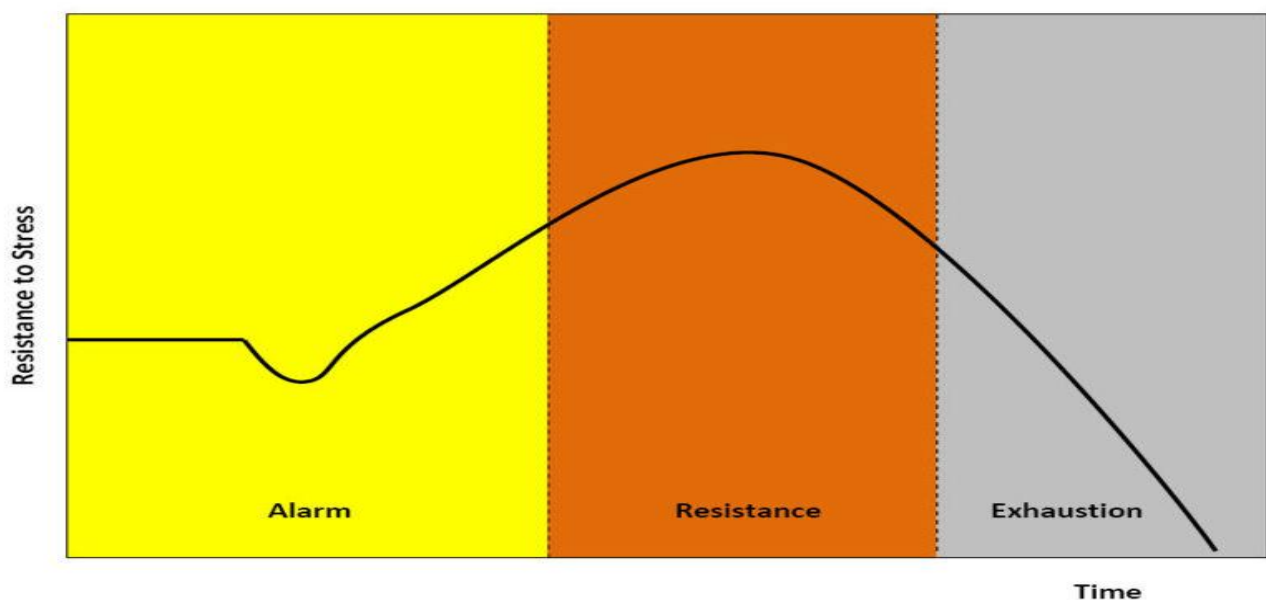
Alarm-Adaptation-Exhaustion

Stress can be real or imagined. It is simply a stimulus that causes a reaction. Some stressors affect us immediately and are short term. Chronic stressors reoccur or are constant and wear one down over time.

Selye researched the effects of stress and first published papers defining stress in 1936. Our body reacts in many ways to stress.

There is “good stress” and “bad stress”. Good stress called eustress, would be things like, buying a new house, getting married, winning the lottery. I shouldn't have to list the “bad stress” most people know plenty of that.

Alarm - Our body reacts to all stress in the same pattern. It “alarms” when a stressor first comes into the body, be it a strong emotion, an injury, sickness or infection or any other stressor. This is called the “fight or flight” response.



Adaptation - The second stage. (Also called Resistance) If the stressor or stressors persist, the body tries to cope with the stress. The body tries to adapt to the stress but starts to become depleted in the trying. The body is slower to react to new stresses and slower to recuperate or bounce back.

Exhaustion - The third stage. With continued stress the body's resources eventually become depleted and the body is unable to maintain normal function. At this stage the body is too tired to react. If the exhaustion stage is extended very long, the immune system becomes exhausted and all systems and functions of the body can be impaired.

One stressful situation can bathe the body in stress hormones for up to 48 hours.

Things That Come “IN” to the Body

Our bodies are all made the same. I believe this to be a true and correct statement.

We all have the same components to our bodies, blood, bones, organs, systems and energetic template, etc. Since we are all made the same, I believe that our bodies also break down the same ways.

I have found this to be true; a stressor or stressors come “in” to the body that should not be there, or something goes “out” of the body that should be in the body. (I’ll explain the “out” later.)

Some of the stressors that can come “in” to the body are, allergies, parasites, emotions, bowel problems, infections, toxins, heavy metals, yeast, fungus, molds, and intolerances.

A virus or infection causes stress. A healthy body will alarm and call on our defense systems to do whatever it needs to do to bring the body back to normal.

I have found that some viruses and bacteria can stay in the body for many years. They can actually deactivate and reactivate at times. Have you felt fine in the morning when you awaken, only to feel feverish and not well later in the day? Does this occur often? There may be a virus in the system. This can create constant stress in the body.

Yeast, fungus and molds are prevalent in the world and in our bodies. Our body has different kinds of yeast that naturally live harmoniously within us and help our body. Under certain stressful conditions, let’s say you have an infection and take an antibiotic. The antibiotic may get rid of the infection but at the same time damage the yeast balance in the body causing what is called a yeast infection.

It has been shown that yeast can mutate into fungus and further mutate into mold. Mold is one of the major organisms in nature that is there to recycle another organism back into the earth. Have you seen how fast moldy fruit rots and decomposes?

I have found mold to be a very common problem with Fibromyalgia and Chronic Fatigue patients. Mold and Mycotoxins, produced by mold can create big health problems.

Things That Go "OUT"

I have discussed things that come "in" to the body that should not be in the body. Now I would like to touch on the things that can go "out" of the body that can create stress.

Being a chiropractic physician I have been taught that structural health is very important to our health. If a bone of the spine is "out", or out of place it can pinch a nerve pathway causing pain. The electrical energy flow is also blocked when a bone is out of place. Bones, muscles and discs are all part of the structure of the body that need to be in place.

Other things that can go "out" of the body are, nutrition, including vitamins, minerals and much more.

Hormones can become out of balance.

There are energy circuits in the body that can be stressed "out" of balance. I liken this to all the lights being on in a house. Plug in too many appliances in a room and a circuit may blow causing the lights to go out in the bathroom. A stressed energy circuit is very similar.

Balancing energy Meridians is important. Meridians are a complex network of energy patterns associated with acupuncture points. These can go "out" of balance and become blocked.

Chakras can be closed down or out of balance. They form part of our subtle energy body, along with energy channels. A lot has been taught of the 7 energy chakras; however, I have found that every organ and endocrine has a chakra. Muscles even have chakras.

Energy systems in the body can lose their ability to function due to stress overload. The immune system is one of these. Some other systems are the digestive system, circulatory/cardiovascular system, respiratory system, nervous system, endocrine system, and lymphatic system. Any of these systems can be “out” of balance as a collective system.

Fibromyalgia

The term *fibromyalgia* was coined in 1976 from the Latin *fibra* (fiber) and the Greek words *myo* (muscles) and *algos* (pain).

Fibromyalgia = Pain in the fibers of the muscles

Symptoms

- Pain in muscles, commonly wide spread
- Localized pain, like back, hips, neck, or other areas
- Pain that migrates from one place to another
- Jaw pain and TMJ Disorder
- Disturbed sleep
- Depression
- Daytime tiredness
- Headaches
- Altering diarrhea and constipation
- Numbness and tingling in the hands and feet, often needle-like
- Feelings of weakness
- Memory difficulties, “brain fog”
- Dizziness
- Muscle spasms and twitches
- Skin sensitivity, tenderness to light touch
- Weakness in limbs
- Numbness
- Nerve pain
- Chronic bladder conditions
- Hypoglycemia
- Some people feel more pain when they try to relax or sleep and less when they are active, busy or exercising.

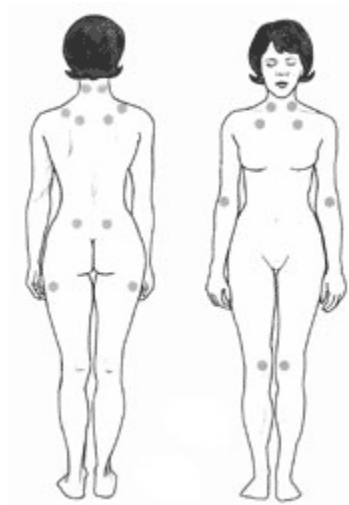
Not all people have all symptoms or even the same symptoms

Fibromyalgia can, but does not always start as a result of some trauma (such as a traffic accident or a fall), major surgery, or disease.

Symptoms can have a slow onset, and many people have mild symptoms beginning in childhood that are often misdiagnosed as “growing pains”.

Symptoms are often aggravated by unrelated illness or changes in the weather.

Many people with Fibromyalgia find that the condition prevents them from performing activities such as driving a car or walking up stairs.



There are currently no medical laboratory tests available for diagnosing Fibromyalgia. The chart above shows an example of the tender points that are touched to determine pain in the body.

Chronic Fatigue and Immune Dysfunction Syndrome

CFS and CFIDS

Although the name trivializes the illness as little more than mere tiredness, Chronic Fatigue and Chronic Immune Dysfunction Syndrome brings with it many debilitating symptoms.

Symptoms

- Incapacitating fatigue, experienced as profound exhaustion
- Extremely poor stamina
- Short term memory
- Flu – like symptoms
- Pain in the joints and muscles
- Un - refreshing sleep
- Tender Lymph nodes
- Headache
- Exhaustion after exercise
- Impairment of speech and or reasoning
- Visual disturbances, blurring, sensitivity to light, eye pain
- Depression
- Irritability
- Anxiety
- Panic attacks
- Personality changes
- Mood swings
- Chills and night sweats
- Shortness of breath
- Dizziness and balance problems
- Sensitivity to heat and or cold

- Irregular heartbeat
- Irritable bowel, abdominal pain, diarrhea, constipation, intestinal gas
- Low grade fever or low body temperature
- Numbness, tingling, or burning sensations in face or extremities
- Dryness of the mouth and eyes
- Gynecological problems including PMS and endometriosis
- Chest pains
- Rashes
- Ringing in the ears (tinnitus)
- Allergies and sensitivities to noise/sound, odors, chemicals, and medications
- Weight changes without changes in diet
- Fainting
- Muscle twitching
- Seizures
- Worsening of symptoms following physical or mental exertion occurring within 12-48 hours of the exertion and requiring an extended recovery period

The symptoms of CFIDS are highly variable as you can see from the pages of symptoms. The symptoms can fluctuate in severity. Most symptoms are invisible, which makes it difficult for others to understand.

This has been called **Post Viral Fatigue Syndrome** also.

The “IN’s” the “OUTS” and Other Things

In the previous pages I have shown some of the symptoms of Fibromyalgia and Chronic Fatigue Syndrome. Whether you have been diagnosed with one of these conditions or are a “normal” seemingly healthy person, you probably had a few of the symptoms listed.

Stress comes in various forms, like pregnancy, trauma (an automobile accident for example), infections, allergies, surgery, emotional trauma, exposures to heat and cold to name a few examples that I have already given.

Basically, these stressors stretch our body to its elastic limit. If we rebound from these stresses successfully then we can go back to being normal and healthy. If not, our body is overcome by the stress and we begin sliding down a slippery slope that ends in illness. I believe that all illness and diseases result from this process.

Stress activates the adrenal glands in the “fight or flight” response causing a cascade of reactions in the body. Over stressing or continual stressors eventually causes this reaction to be stuck in an “on” response. The liver, thymus, and spleen become energetically imbalanced. These are the main organs and glands of the immune system.

Besides affecting the adrenal glands, in my opinion, stress also causes the body’s PH to drop below 7. Ideal PH level is about 7.4. PH levels below 7 are considered acidic. Very ill people usually have very low PH levels.

To receive a diagnosis of fibromyalgia a person must be tender in 11 of the 18 specific points. This is puzzling to me because of the word fibromyalgia's definition of "pain in the fibers of the muscles". If you had pain in less than 11 of the 18 tender spots, would you still have pain in the fibers of the muscles? Yes, you would. My point is that Fibromyalgia is not a disease, but a name put to a group of symptoms related to muscle pain.

I believe that in order to regain your health from any disease or sickness the cause or causes must be found.

The body breaks down from a stressor allowing something to "come in" to the body that shouldn't be there, and or stressors causing something to "go out" of the body that should be in the body.

Stress over time can cause good health to diminish and may eventually end in disease.

I believe that the cause must be found and balanced to bring the body back into harmony and health. The body must be cleansed of toxins. Nourished with proper nutrition and energetically balance. Bones, discs, muscles, fascia and ligaments must be balanced.

I have helped many people to be free of what is called Fibromyalgia and Chronic Fatigue Syndrome.

What is in a name any way? Shakespeare wrote "a rose by any other name would smell as sweet", meaning, **what matters most is what something is, not what it is called.**

Dr. Nelson helps his patients through Remote Distant Energy Balancing.

Dr. Bruce A Nelson Jr. is a Pioneer in Bio-Energetic Healing. He is one of the foremost specialists in energetic balancing.



Dr. Nelson practices via long distance. This allows him to effectively work with people all over the world to get the help they need WITHOUT HAVING TO TRAVEL.

For more information see his website.

www.drbrucenelson.com

Disclaimer Dr. Bruce Nelson makes no claims as to healing or recovery from any illness. This information is not meant to replace any medical treatment. This information is not a substitute for medical care. This information is not intended as medical advice and should not be used for medical diagnosis or treatment. Consult with your own health care professional before starting any diet or food plan.

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