

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 5

Total Health Center is a full service physical/occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Fibromyalgia Syndrome- Breaking the Cycle

The diagnosis of Fibromyalgia syndrome has long posed a challenge to health care practitioners of all types. Fibromyalgia influences all aspects of daily life including family, work and leisure activities. The exact cause of the syndrome is not well defined but it is known to be more common in females than males.

There are several signs and symptoms that are common to this diagnosis which include:

- 0 Generalized, wide spread pain
- 1 Stiffness
- 2 Fatigue
- 3 Common painful trigger point areas
- 4 Multiple tender points, 11/18 is the criteria
- 5 Poor muscular endurance
- 6 Emotional stress/depression
- 7 Skin fold tenderness
- 8 Decreased pain threshold
- 9 Decreased tissue compliance
- 10 Concentration problems
- 11 Paresthesias
- 12 Normal laboratory findings (unless other primary pathology)

There are several conditions associated with fibromyalgia including spastic colon, bursitis, TMJ dysfunction, sinus and thyroid problems, vertigo, irritable bowel syndrome, thoracic outlet syndrome, and chronic fatigue syndrome. People may also show an increased sensitivity to noise, caffeine and temperature.

The good news is that there can be improvements with proper rehabilitation.

Pharmacological treatment is sometimes attempted but as many as 50% of patients fail to respond to medications. This is where physical therapy comes in. Physical therapists can address cardiovascular fitness training, stretching, manual therapy (including myofascial release), postural re-education, and strengthening.

Nutrition is an important factor to consider as well because research has shown vitamin/mineral deficiencies to be a perpetuating factor of trigger points.

Following are some tips on nutrition and fibromyalgia:

Eliminating 4 foods completely from your diet will help you.

1. Chocolate
2. Carbonated beverages
3. Coffee
4. Alcohol



Call us at (269) 968-0888
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Fridays 7am-4pm



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Healthy Recipe of the Month

Salmon Lentil Tabouli

INGREDIENTS:

1 cup green lentils (green is not required)
3 cups water
1/4 cup extra-virgin olive oil
1/2 cup lemon juice
1 small garlic clove, minced
4 scallions, trimmed and thinly sliced
1 cup flat leaf parsley, roughly chopped
1/2 seedless cucumber, peeled, diced
1/2 pint grape tomatoes, quartered
2 teaspoons sea salt, or more to taste

For the Salmon

1 1/2 pounds salmon fillet, wild Alaskan *if possible*
1 lemon, juiced
1 teaspoon salt
3 teaspoons olive oil

Place lentils and water in a small pot. Cover and bring to a boil. Reduce to a simmer and cook, covered, for 15 minutes. In a bowl, toss together olive oil, lemon, garlic, scallion, parsley.

The 12 items to avoid are:

1. High fat dairy foods
2. White sugar and white flour
3. Fried foods
4. Preservatives, junk food, and salt
5. Red meat (especially salt cured, cured bacon, smoked, or nitrate cured)
6. Coffee and caffeinated teas
7. Colas, soda pop, and carbonated beverages
8. Liquid with your meals
9. Alcoholic beverages
10. All forms of tobacco
11. Prolonged periods of direct sun exposure
12. Nutrasweet and saccharine

There has been little information available from the scientific community on nutrition and diet for Fibromyalgia patients. Research has not yet proven that any specific foods affect Fibromyalgia, positively or negatively. But we do know that eating a good balanced diet helps everyone's body function at its best. Good nutrition can help in your health and healing. Eating healthful foods including those low in fat and high in immunity boosting antioxidants and phytochemicals may work together to help maximize energy and alertness and minimize constant fatigue and lethargy.

Some unsubstantiated studies claim that carbonated beverages leak phosphorus from your bones, and the aspartame (NutraSweet) in sodas cause memory loss. Others have claimed the sugar in carbonated beverages (some as many as 12-14 teaspoons) may contribute to yeast problems.

Caffeine in soda and other beverages is a diuretic, which means you need to drink additional water to replace the lost water. Scientists at Washington State University found that caffeine makes people lose calcium in their urine faster than they usually do. Caffeine can also put added stress on the adrenal glands and the liver. Since most Fibromyalgia sufferers may have adrenal malfunction due to chronic stress and inadequate nutrition it is probably wise to avoid the caffeine and carbonated drinks.

If you subject your body to highly refined, over-processed foods, sugar, caffeine, junk food, highly processed starches, additives and preservatives, and highly acid foods, it is possible that your body will suffer because of an already compromised immune system that may be found in many Fibromyalgia sufferers.

Most processed foods are often adulterated by heating, and are full of additives, preservatives, colorings, salt and sugar. Fried foods and salt have been found to aggravate pain or swelling in some Fibromyalgia patients. By the way, most drinks purchased at a store have been processed including soda, bottled juices, coffee, alcohol and others. Since many Fibromyalgia patients are sensitive to food, drugs, chemicals and pollutants in the environment anyway it is important we do not subject our bodies to more than what's necessary.

Even many non-processed foods or "natural" foods can be hazardous to the health of Fibromyalgia patients. Many Fibromyalgia patients are chocoholics. Chocolate is high in fat and caffeine. According to Mark Pellegrino in his book,

cucumber, tomatoes, and salt. When lentils are finished, drain, rinse with warm water, add to bowl, and toss. Wash fish with lemon juice and salt, rinse under cold water; dry with a paper towel.

Coat with two teaspoons oil and cut into six pieces. Oil a grill pan with last teaspoon of oil. Place salmon on heated grill. Cook for six to eight minutes per side (until fish flakes easily with a fork).

Serve over tabouli. Serves six.

Patient Testimonials

Everyone is very patient and kind.- Evelyn

In my opinion, I don't think there is anything you could do to make things better. You already have an A+ in my book. Both times I have come for different reasons. - Janet

Everyone is very pleasant and helpful. The therapist is excellent and my knee is so much better. The pain is much less. - Norma

The staff is great. The exercises are wonderful! Nothing needs to be changed. I love the atmosphere.- Vicki

Fibro Survivor, reducing fatty intake could increase energy. Don't be fooled when buying dietary chocolate, which has no added sugar. Although they may have replaced the sugar with manitol or NutraSweet the fat caloric content still remains high. Therefore a low fat diet is recommended. This means chocolate should not be ingested or should be eaten in moderation.

Certain foods have been found to cause fatigue. Some Fibromyalgia patients find that highly acidic foods such as citric, foods in the nightshade family like tomato, potato, eggplant, and peppers, red meat, cow milk products, brown and white wheat flour products, sugar containing foods, coffee, chocolate all seem to trigger more muscle pain.

Different foods affect each individual Fibromyalgia patient differently. For instance some Fibromyalgia patients have severe food allergies for dairy, wheat, corn, nightshade family plants, etc. whereas others do not. You can discover your own food sensitivity by eliminating foods that trigger pain. Keeping a *food diary* can help. In your diary write down everything that goes into your mouth and at the same time track your Fibromyalgia pain. By comparing the two you may discover that certain foods may trigger allergies or pain.

Some Fibromyalgia patients have a low carbohydrate intolerance or reactive hypoglycemia (low blood sugar) that occurs after eating carbohydrates. This can cause problems metabolizing carbohydrates, inability to lose weight, fatigue, carbohydrate craving and worsening symptoms. Carbohydrates stimulate insulin production. Excess insulin can cause an increased uptake of sugar into muscle and liver, which can be stored as fatty acids in fat cells, and prevent carbs from being used.

Because of the biochemical changes in Fibromyalgia patients, it makes good medical sense to try a low carb, high protein diet. Protein diets can decrease cravings, increase energy, lose weight and help with hypoglycemia. Watching carb's like *bread, potatoes and refined sugars*. There are many fad protein diets like Sugar busters, Zone, Adkins and other low carb diets. However, some Fibromyalgia patients do not tolerate a protein diet as well as others, so experiment and find what works for you. Typically a 30/30/40 ratio of carbohydrate, fat and protein works well to maintain an optimum weight.

During the transition time to healthier eating, try not to indulge in sugar, fat and processed foods. These cravings are normal and will become fewer and further between as time goes on. Of course, people who do not suffer from Fibromyalgia also have the same cravings.

People with Fibromyalgia need to take extra care to eat well. Try to incorporate **raw foods** into your diet. Eat a piece of raw fruit or vegetable for breakfast and a raw vegetable or salad for lunch. Raw foods contain enzymes that can assist in the digestion of foods. Raw foods are full of antioxidants and phytochemicals that help boost the immune system.

Along with vegetables, and fruits, omega 3 fish oil contains anti-inflammatory properties. Eating well does not mean you have to starve yourself or totally eliminate all the foods you love. Rather make **small gradual changes and focus on the foods you enjoy**.

Along with nutrition and physical components, there are also psychological aspects. A patient's outlook and perception of their symptoms helps to determine the outcome of rehabilitation. As with all pain syndromes, a vicious cycle can occur where pain, inactivity, de-conditioning and injury become interrelated and self-perpetuating.

Exercise of the Month

Start a walking program: One of the most effective forms of exercise for combating fibromyalgia has been shown to be aerobic exercise. Try to walk or perform other aerobic exercise for at least 30 minutes/day.