

FIBROMYALGIA

Make a commitment to do this program for 120 days. At the end of the 120 days evaluate your state of health and see if the program can be reduced.

The body is robbing protein from the muscles causing weakness and inflammation. The body needs workers and protein.

Multiples Digestive Enzymes: 5 caps 5 times a day. If you eat 3 meals a day then 5 with each meal and 2 times out of a meal on an empty stomach.

Take these ingredients twice a day taken in a smoothie, water, juice, milk substitute, etc.:

- 3 tablespoons Nutritional Essential
- 2 tablespoon Barleylife or Whole Foods
- 1 heaping tablespoon Mega Omega (Fortified flax seed powder from Natural ovens). Doses can be adjusted for taste until you get use to powders.

Probiotic Blend (good bacteria) – 8 capsules at night right before bedtime, away from food for at least one hour. Do this for one month then decrease to 4 at night. You can always increase Probiotic Blend when you have a health crises. When you are traveling it is always good to increase your bacteria.

MSM – 6 – 10 capsules a day.

Calcium/Magnesium: Calcium citrate should be used and magnesium should be double the amount of the calcium.

Herbal Blood Cleanser: As directed on the label.

You can also do carrot and beet juice.

Proancynol and Cellsparc would be beneficial but not as necessary as the others.

Drink plenty of water – at least one gallon a day – more would be beneficial. The water you are taking with above supplements will count towards your water intake. Put a little sea salt on your tongue with each glass when possible. Get the salt from a health food store – Real Salt is a good one. Do not use the regular salt because it does not contain the minerals needed to put the water into the cells where it is needed.

Remember you have a body that knows health, all you are doing is giving your body some tools to work with to bring that health back. Multiple Digestive Enzymes and Probiotic Blend are the workers. When you are rebuilding a broken down house (body) the more workers you have the faster it gets done. Giving the carpenter a rotted board to put into the house is very much like you eating processed refined foods, the correct repair will not happen. Whatever brought you to were you are must be

corrected. There may be some diet changes that need to be made so think about that. Raw fruits and vegetables are very important (organic if possible).

May God bless you and multiply your efforts. email – asknancy@bellsouth.net