

For your Health and Wellness!

Fibromyalgia: Debilitating but Treatable with Chiropractic Care

(taken from Medical News Today)

The Foundation for Chiropractic Progress, a not-for-profit organization dedicated to increasing public awareness of the benefits of chiropractic, announced today that chiropractic care has been shown to reduce the agonizing pain, debilitating fatigue, and joint stiffness associated with fibromyalgia. While fibromyalgia, a medically unexplained syndrome affecting the muscles and connective tissues, responds to various treatments, chiropractic care in particular has grown sharply in popularity among the millions of sufferers for dramatically reducing chronic, widespread pain and restoring patients to healthier lives.

"Fibromyalgia involves turmoil of the central nervous system, yielding a situation known as Central Sensitization, which causes heightened nervous system responses," explains Gerry Clum, D.C., spokesman for the foundation and president of Life Chiropractic College West University. "Overall health and wellness is affected by an individual's nervous system, an area in which chiropractors are proficiently trained to address, making chiropractic care a viable option for fibromyalgia patients."

While scientists continue to develop a better understanding of fibromyalgia, chiropractors aim to correct subluxations of the spine and pelvis through chiropractic adjusting. As joint motion improves, fibromyalgia patients discovered that the excruciating pain can be reduced or, in some cases eliminated. Once this pain is under control, other symptoms associated with fibromyalgia such as fatigue, sleep deprivation and depression also diminish.

Chiropractic care has helped thousands of patients return to their normal lives. Retired Brig.General Becky Halstead, the first woman general in the US Army to command in Iraq, suffered from fibromyalgia during her service. "The adjustments and *nutritional* advice I received from my chiropractor helped in treating the fibromyalgia and made me feel better on a day-to-day basis", raves the West Point graduate.

Dr. Caprile has had much success with the treatment of fibromyalgia patients using chiropractic care and Nutrition Response Testing (NRT). Chiropractic care improves the function of the nervous system and Nutrition Response Testing helps improve the health of the body by providing whole food supplements which are the building blocks that the body uses for repair. Much of the new research on fibromyalgia points to a nutritional cause. Without the proper nutrition, serious byproducts are formed in the body which can cause pain. Other thoughts are stressors such as exposure to heavy metals, environmental toxins, even food allergies and immune challenges cause breakdown of the body and fibromyalgia symptoms. We can detect these stressors with NRT using our homeopathic test kits. You will be amazed and pleased with the results!.



Compliments of Dr. Robert Caprile, Chiropractor

181 Maple St. E. Longmeadow MA 01028 413-5256293

www.eastlongmeadowfamilychiropractic.com

Chiropractic care and Nutrition Response Testing