

Fibromyalgia Gluten's Dirty Deed?

by
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Have you been diagnosed with fibromyalgia? Do you know someone who has? Before you take another pain medication. Before you suffer through another day of agony and irritability. Before your friend calls again and says, "I can't go with you today, I'm in a lot of pain," consider gluten as a criminal suspect.

Fibromyalgia is a complex pain syndrome, with a multitude of different symptoms and without a single known cause. There are many symptoms. Here are some of them:

Increased sensitivity , stiffness on awakening, arthritis like pain with or without joint involvement, fatigue , lack of refreshing sleep (tired on awakening), fitful sleep, muscle pain, tendon pain, hormonal imbalance, headaches and Migraines, brain Fog, depression, inability to exercise without fatigue, frequent infections, stomach and bowel irritations, Irritable Bowel Syndrome, TMJ/ jaw pain.

These symptoms and many more are also listed for Celiac Disorder and gluten intolerance . Since no one knows what causes fibromyalgia it makes sense to find out if you have been misdiagnosed. Celiac Disease is the most commonly under diagnosed disorder in the United States. Doctors who are interested in treating the cause of disease instead of the symptoms will certainly want to pursue testing for Celiac Disease and gluten intolerance.

According to WebMD there are 7 food additives and food types to avoid in order to reduce or eliminate the symptoms of fibromyalgia. Italicized words are my comments.

Aspartame, (sweetener found in diet drinks and other foods) According to the Aspartame Consumer Safety Network Fact Sheet, side effects include: headaches, nausea, vertigo, insomnia, numbness, blurred vision, blindness and other eye problems, memory loss, slurred speech, depression, personality changes, hyperactivity, stomach disorders, seizures, skin lesions, rashes, anxiety attacks, muscle cramping and joint pain, loss of energy, symptoms mimicking heart attacks, hearing loss and ear ringing, and loss or change of taste. For a scientific study on why 0 calorie products cause weight gain go to <http://www.boresharesearch.com/> Metabolic Research on Non-Nutritive Sweeteners.

MSG (monosodium glutamate) and nitrates. Side effects may include paralysis, inability to breath, tingling, and swelling. Negative reactions can be so severe that MSG consumption could be deadly for some people. For this reason, socially responsible restaurants and food manufacturers no longer use MSG as a flavor enhancer, and have switched to natural seasonings instead. *MSG is a neuro-chemical flavor enhancer that unnaturally increases flavor. It triggers a chemical reaction in the brain that causes you to think the food laced with it tastes better. Your brain is literally lying to your taste buds.*

High Fructose Corn Syrup, *the number one ingredient after carbonated water in soft drinks. It seems that HFCS is much worse than plain old sugar. It is no surprise that when sugar was replaced by HFCS in soft drinks in the 1970's obesity, diabetes and metabolic syndrome rose rapidly and continues to rise.*

Caffeine, found in coffee, colas, and chocolate. In moderation caffeine is ok. But the patient with fibromyalgia will rely on these products for a quick energy boost and then suffer the consequences later.

Gluten and possibly yeast. There are surprisingly positive improvements for those who are switching to gluten-free food. *Gluten's dirty deed irritates and hardens the villi in your small intestine. This glue-like protein causes a multitude of issues, ranging from minor symptoms to full blown illness of every description. The symptoms of Fibromyalgia coincide with those of a celiac sufferer. Yeast is still up for debate because many people feel better with gluten-free products that contain yeast.*

Nightshade Plants: Tomatoes, chili and bell peppers, potatoes, and eggplant. Sensitivity to these plants are varied. Some research show flare ups occur when eating these foods.

It is best to eliminate one food or food group at a time and then track your positive or negative results. Be sure to read all food labels. The benefits of knowing what is in the products and eliminating the suspect chemical additives and foods will be a blessing.

Imagine waking refreshed and healthy. All because you took the time to help yourself become the healthy person you were meant to be.

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