

# Fibrositis



**F**ibrositis is a painful condition that is characterized by widespread pain with multiple tight and tender spots in the muscles. These are felt as cordlike fibers of muscle in the surrounding, relaxed musculature. Symptoms include pain, fatigue, stiffness, sleep disturbances, an irritable bowel, muscle twitching, frequent urination, premenstrual syndrome, headaches, anxiety, mood swings, poor concentration and memory, and balance problems, among others. The condition appears to be exacerbated by damp weather, intense activity, and stress.

Sufferers are predominantly female Caucasians, and the severity (in this case, the number of tender spots on the muscles) increases with age. The cause is largely unknown, although it is thought to be related to allergies, chemical sensitivities, and toxicity, as well as an individual's stress and anxiety.

## TREATMENT

**DIET AND NUTRITION** Reduce intake of refined carbohydrates, processed foods with artificial additives, and carbonated drinks. Increase your intake of fresh fruit and vegetables, and their juices. A combination of biochemic tissue salts may be appropriate. Supplementation with multivitamins and minerals, especially vitamins C and B complex and zinc may be suggested in order to address any deficiencies that may be causing or exacerbating the condition.

**ACUPRESSURE** Tender points will be addressed.

*Consult a qualified practitioner/therapist for:*

**ACUPUNCTURE** Treatment can be used to control pain; moxibustion will be used for excesses of cold, wind, or dampness.

**AROMATHERAPY** Lavender, sandalwood, and rosemary oils may be suggested.

**CHIROPRACTIC** Treatment will be aimed at specific joint adjustments for improved flexibility and muscle release.

**HERBAL MEDICINE** Your herbalist will treat you according to your individual condition, but

suggested herbs may include valerian, bog bean, golden seal, willow and primula, taken as teas, twice daily.

**HOMEOPATHY** Treatment will be constitutional, but specific remedies may include Rhus tox. 6, Arnica 6, and Bryonia 6.

**HYPNOTHERAPY** Studies show that this therapy has been useful where others have failed, particularly in reducing pain and inducing sleep.

**MASSAGE** Shiatsu and massage for relaxation may be undergone. An aromatherapeutic massage might include the essential oils of thyme, lavender, and eucalyptus.

**MYOTHERAPY** This treatment will be aimed at trigger point release to ease the pain.

**OSTEOPATHY** Specific treatment improves general well-being by encouraging the body's own healing processes. Adjustments improve joint mobility, and gentle mobilization techniques work on the musculoskeletal system to reverse fibrous changes. These in turn help to reduce the fatigue and alleviate associated symptoms.

**HEALING** Healing provides a mind-body-spirit release.

**ROLFING** This treatment will include body "expansion," release, and centralization of the body's line of gravity.

Osteopathy is a very useful therapy for fibrositis. Only the gentle adjustments are used.

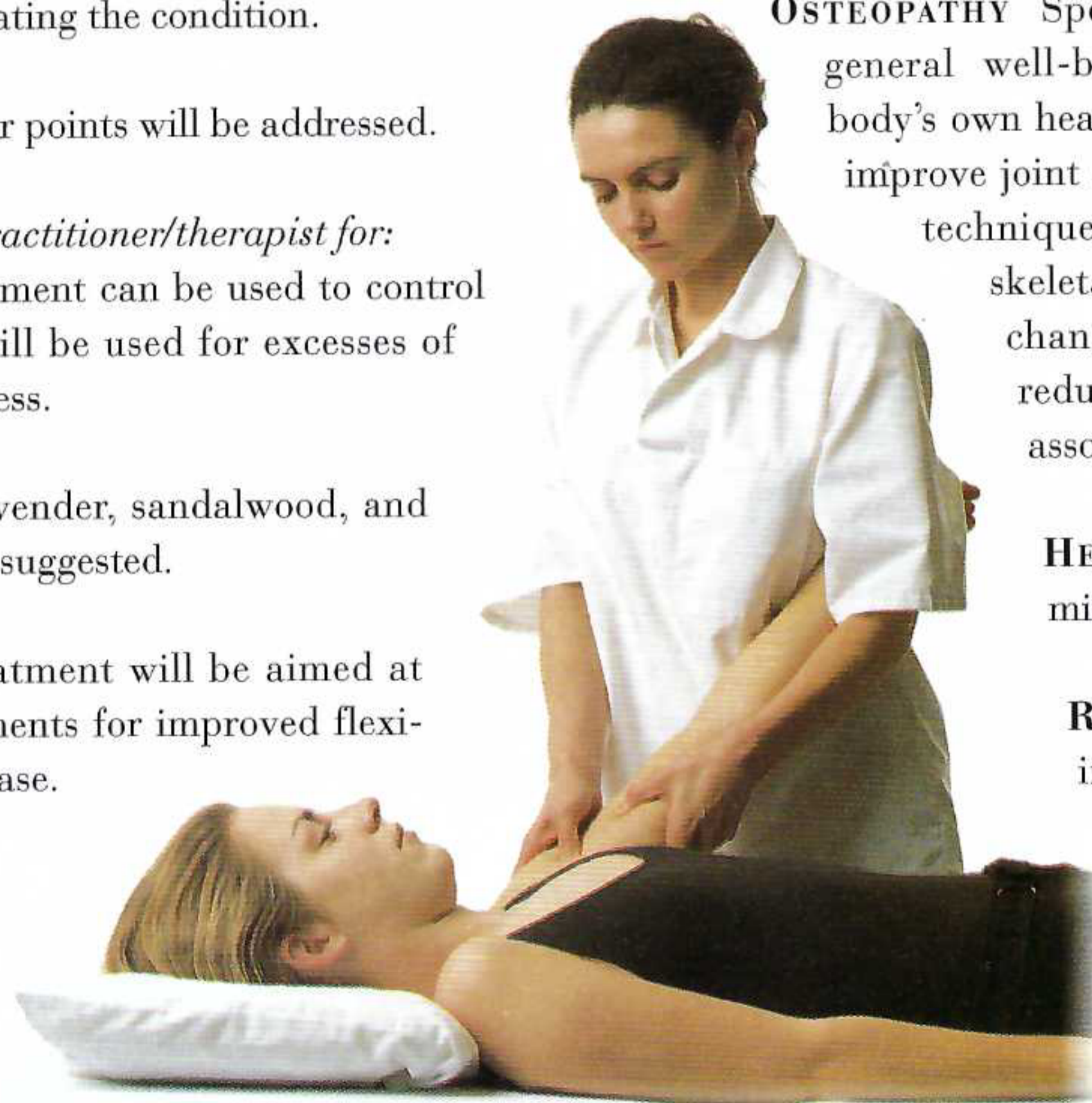
## CAUTIONS and CONTRAINDICATIONS

Fibrositis is often caused by occupational or postural habits, and if left untreated can cause muscles to tear.



## SELF-HELP

Exercise will be helpful, undertaken according to energy levels and ability. Yoga is particularly useful.



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HERBAL MEDICINE see page 67 • HOMEOPATHY see page 83 • HYPNOTHERAPY see page 112 •  
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# Hips,



causes of hip pain, there may be osteoarthritis, or a more serious condition. When pain spreads to the lower back or pelvic region, it may be a sign of a more serious condition.

## HIP COMPLAINTS

These complaints may occur in the hip, knee, and ankle, and may be caused by a variety of factors. The causes of these complaints are manifold and may include mechanical factors, such as a dislocation, or infection, or a systemic infection.

## TREATMENT

It is vital to get the condition under control.

## CAUTIONS and CONTRAINDICATIONS

The following conditions may cause pain in the hip and should be diagnosed and treated by a qualified practitioner: abscesses, secondary cancer, infections, severe osteoarthritis and osteoporosis.

## ALEXANDER TECHNIQUE

This will be taught. Chiropractic is a common method of treating the problem of the hip.

## HOMEOPATHY

Suggested: Arnica