

Managing Fibromyalgia Symptoms with Vitamins

Fibromyalgia, or Fibromyalgia Syndrome (FMS), is generally characterized by pain in the muscles and bones, multiple tender points located on different parts of the body, trouble sleeping (or waking up still feeling tired). FMS, while different for everyone who has it, tends to come and go throughout life. It is not a deforming, degenerative, life-threatening condition, but for those afflicted with it, it is very real. For anyone who suffers from Fibromyalgia the symptoms can be almost unbearable at times. Equally unbearable to many can be the side effects of the medications used to treat the condition. Although prescription medications may be necessary for a great number of Fibromyalgia sufferers, there are vitamins that can be taken in conjunction with prescription medication to provide relief from some, although probably not all, of the symptoms of Fibromyalgia. First, before discussing any vitamin supplements that can be beneficial to those suffering from Fibromyalgia, I must stress that you should discuss any diet changes and supplements with your physician before making any changes to your diet. Although not common, certain vitamins, minerals and herbal supplements can react adversely with medications. Be sure to consult your physician before adding anything new to your diet. I'm going to detail some of the most common and most effective vitamins that can be used to help relieve and manage symptoms of Fibromyalgia. Below is a list of those vitamins: * Phosphatidyl choline and phosphatidyl serine (300 mg per day) may help depression and improve memory. * B vitamins help reduce the effects of stress: B-complex (50 to 100 mg per day), B6 (100 mg per day) and niacinamide (100 mg per day) and assist in adrenal function to assist with muscle weakness, pain and sleep disorders and immune function. * Chromium picolinate (200 mcg with meals) may reduce reactive hypoglycemia which may make your symptoms worse. * Vitamin C (250 to 500 mg twice per day) reduces swelling and helps your immune system function better. * Magnesium (200 mg two to three times per day) with malic acid (1,200 mg one to two times per day) relieves pain and fatigue. * Melatonin (0.5 to 3 mg one time before bed) may help sleep. * 5-Hydroxytryptophan (100 mg three times per day) may help with depression and insomnia. * Coenzyme Q10 (50 to 100 mg one to two times per day) improves oxygen delivery to tissues and has antioxidant activity. * Zinc (30 mg per day) is essential for proper immune function. Depending on what symptoms you have you can use the list above as a guideline for vitamins to discuss adding to your diet with your physician. Not all people with Fibromyalgia have the same symptoms, for instance you may not have difficulty sleeping or may not have trouble with your immune system. Consider carefully the symptoms you have and then make a list of vitamins you would like to add to your diet. The vitamins listed above should be used in conjunction with medication and exercise recommended by your physician. Over time you may find that certain medications can be reduced and, possibly stopped altogether. However this is a decision that should be made under medical supervision. The best treatment for Fibromyalgia is an approach that treats your whole body, inside and out with proper diet, exercise and when needed medication. Copyright 2006 PillFreeVitamins.com

About the Author

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