

Discover Fibromyalgia Trigger Points

The term fibromyalgia trigger points may be used to describe areas or spots on a patient's body where intense pain is felt. The term is also used to describe points where pressure triggers pain in other parts of the body. "Tender points" is also a phrase sometimes used to mean fibromyalgia trigger points; there are 18 different points on the body which are unusually sensitive to slight pressure in fibromyalgia patients. No one knows what causes fibromyalgia syndrome and there is disagreement in the medical community about treating it. Some experts believe that research shows that a proper fibromyalgia diet, nutrition and exercise play important roles, as well as herbs, botanicals and prescription medications. But, disagreement among practitioners about which of these treatments is best and what causes the condition still abounds. It can get even more confusing because there is also disagreement about whether a fibromyalgia diet, nutrition supplements or regular exercise programs are effective at all. Unfortunately, this type of clashing of opinions often exists among those who treat patients with chronic pain and other non-life threatening conditions that are difficult to treat. Some doctors are also critical of other physicians who focus on the importance of fibromyalgia trigger points. Indeed, some doctors have trouble locating fibromyalgia trigger points at all, even though they are reportedly easy to identify by those who suffer from the condition and people who are close to them. One theory is that the muscle tissue surrounding fibromyalgia trigger points have too much oxidation and too little oxygen. This is why anti-oxidants are usually added to a fibromyalgia diet. Despite differing opinions, we at restore-your-health.com personally believe nutritional supplements are often necessary, because of a lack of nutritive value in many of the foods we eat nowadays. Anti-oxidants are naturally occurring components that may reverse and/or prevent the effects of oxidation. Oxidation is a part of aging, happens over time and is due to the effect that oxygen has on the body. A number of powerful anti-oxidants called xanthones have been identified in a fruit called the mangosteen. The mangosteen and its xanthones are the subjects of numerous scientific studies (over 1,000 of them, in fact, which you can see for yourself at the prestigious PubMed). A product containing mangosteen rind and fruit may be a helpful addition to a complete fibromyalgia diet. Nutritional supplements containing mangosteen are sold under several brand names in the form of a juice or puree, Xango™ being one example. In fact, Dr. J Templeman, M.D., a prominent physician, believes mangosteen "...appears to be the most effective treatment for a disease fibromyalgia that afflicts millions." In Dr. Templeman's experience, over 60% of sufferers can achieve "partial or complete" relief of their symptoms. The mangosteen fruit itself is not available in the United States due to a governmental importation ban, so the only way to get it is through juice form. In order to get more oxygen to the fibromyalgia trigger points, most experts agree that this is best accomplished with moderate exercise programs. Exercising in water is often recommended as it is easy on the joints. Yoga has also been studied as a helpful addition to a complete fibromyalgia diet, nutrition and exercise program. Regular exercise can also increase energy levels, which is helpful since fatigue is one of the most troubling symptoms of fibromyalgia. Dietary supplements, such as mangosteen and/or B-complex may also be helpful additions to counteract fatigue. Manipulation of fibromyalgia trigger points using acupuncture or massage therapy is sometimes suggested. As is injecting a glucose solution directly into the fibromyalgia trigger points. The glucose injections have no side effects and are said to promote healing of the fibromyalgia trigger points. But, these injections are not considered to be a "cure" for fibromyalgia. Trigger points will recur if the patient does not follow a complete treatment program that may include a fibromyalgia diet, nutrition supplements, and a specially designed regular exercise program.

About the Author

A raw food diet consists fully of foods which have not been heated above a certain. Many foods in raw food diets are simple to prepare, such as fruits.

Source: <http://www.productsherbal.com>