

# **SIMPLE AND EXTREMELY EFFECTIVE WAYS TO END FIBROMYALGIA SYMPTOMS WITHOUT DRUGS**



**DR. LAUREL GRIFFIN**

# TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>2</b>
<b>WHY NOT JUST TAKE DRUGS</b>	<b>5</b>
Lyrica	5
Cymbalta and Savella	6
<b>STRESS HORMONES</b>	<b>7</b>
Cortisol, a Dangerous Hormone	7
What is the Chronic Stress Response?	7
Natural Ways to Decrease Stress Hormones	8
Massage Therapy	8
Regular Exercise	8
Nutrition	9
Foods That Can Trigger Fibromyalgia Symptoms	9
<b>GETTING HELP FROM A DIFFERENT KIND OF SPECIALIST</b>	<b>11</b>
But I've Seen a Chiropractor and It Didn't Help	13
<b>CONCLUSION</b>	<b>14</b>
<b>UPPER CERVICAL RESEARCH REFERENCES</b>	<b>15</b>



# INTRODUCTION

## **Drug-free relief of fibromyalgia symptoms is possible!**

Thank you for downloading this e-book and I hope that you will find practical and actionable information to help you find hope and healing. My name is Dr. Laurel Griffin, and I have been helping people with fibromyalgia or chronic fatigue syndrome to find natural and drug-free relief for years.

Many people have some form of illness or chronic pain that has plagued them for years. There may have been numerous doctors' visits and promises, often without long-term results. Unfortunately there is a no magic bullet or pill that will simply heal you! The realization of this has led many people to our door.

The process of getting well requires a doctor that is willing to get to the cause of the illness and/or pain not mask the problem with meds; a doctor that understands how to reverse years of degeneration and lastly, a doctor that can create a success plan incorporating ALL of the fundamental facets of health care, not just one. TRUE healing has occurred when you have gotten your body back to the place it once was (or maybe even better) before you acquired the troubles you have today! Yes, that is possible but it takes hard work and consistency.

The fundamentals of upper cervical care re-empower the nervous system so that you can heal properly. It is truly a "miracle" system when done to its fullest potential but it is not enough to create full health. Full health requires the adoption of a proactive healthcare model; doing what it takes to get healthy and stay healthy, not just treating symptoms. This includes a nervous system free of interference, good nutrition, regular exercise and plenty of rest. This recipe will remove the obstacle of "no hope". It is a success system that heals the ONLY effective way...from the "inside out".

Fibromyalgia or chronic fatigue syndrome is a chronic condition that affects an estimated 10 million people in the U.S., the majority being women. It is characterized by widespread pain in the muscles, tendons and ligaments as well as tender points



throughout the body where even the slightest amount of pressure can cause pain.

Most people with fibromyalgia also experience moderate to extreme fatigue, sleep disturbances, sensitivity to touch, light, and sound, and cognitive difficulties. Many individuals also experience a number of other symptoms and overlapping conditions, such as irritable bowel syndrome, lupus and arthritis. For those with severe symptoms, fibromyalgia can be extremely debilitating and interfere with basic daily activities.



Dr. Jacob Teitelbaum a medical doctor and a chronic fatigue and fibromyalgia researcher, has found the drug focused medical approach inadequate. He has also discussed the confusion and frustration that many people with chronic fatigue or fibromyalgia are experiencing. He is quoted as saying:

**“In spite of whatever doctors may have said to you in the past, the disease is real and you are not crazy”**

Teitelbaum himself suffered from fibromyalgia when he was in medical school and had to drop out for a year to recover. The disease left him homeless and sleeping on park benches. Due to this defining period, Teitelbaum has dedicated his professional life to leading scientific research, finding treatments and helping others with these illnesses.

The trouble with CFS and FM — diseases that have afflicted everyone from Florence Nightingale to JFK — starts with differentiating between the two. According to Teitelbaum, they are simply two names for the same process.

**“If you go to see an infectious disease doctor, you will have chronic fatigue syndrome,” Teitelbaum says with a laugh. “If you go out of their offices next door to see a rheumatologist, you will have fibromyalgia.”**

Teitelbaum’s focus on natural approaches to sleep, hormones, nutrition and exercise are well thought out and are discussed more in this report. The area that Dr. Teitelbaum missed is the effect of head and neck trauma on the spine and nervous system in

people suffering with fibromyalgia or chronic fatigue.

Research is showing that those suffering with fibromyalgia and chronic fatigue frequently have a history of head or neck trauma. These traumas can lead to a structural misalignment of the bones in the upper neck which may then lead to changes in blood, cerebral spinal fluid and nerve flow to and from the brain.

In a study published by Dr. William Amalu, an upper cervical chiropractor and researcher, he found a 92% to 100% reduction in fibromyalgia and chronic fatigue symptoms in 23 patients after addressing an upper neck misalignment caused by head and neck trauma. Here's a quote from one of the case studies included in the research report:

**“The patient continued to improve over the next few weeks with complete resolution of her FMS and CFS. The patient returned to full-time work during this time and experienced only two minor temporary exacerbations in her condition. Over the past two years, the patient has been seen on a check-up basis of four times per year. She remains FMS and CFS free with only an occasional sore neck due to long deskwork hours.”**

Keep reading to learn more about these natural and drug-free approaches.

This e-book is for educational purposes only. Before beginning a new diet or exercise routine please consult a physician. This book may not be reproduced in any part without the express written permission of the author.

# WHY NOT JUST TAKE DRUGS

There are three [fibro drugs](#) on the market: Cymbalta, Lyrica, and Savella. (Other drugs may be used off-label, meaning they aren't specifically approved to treat fibro.)

**Like all medications, they can carry certain risks. “The drug with no side effects is only in our imagination,” says Eduardo Fraiefeld, MD, president of the American Academy of Pain Medicine.**

Here are some of the medical treatment options your medical doctor may offer and common side effects:

## Lyrica

This is the first drug approved by the FDA specifically for the treatment of fibromyalgia. While this is a step forward, it is no cure. Lyrica has been shown to cut pain levels in half, but only in 30% of the people who took it and with a number of side effects described below.

- One of the most common side effects of fibro drugs, reported by both doctors and patients, is dizziness. In the clinical trials for Lyrica, the first drug approved specifically for fibro by the FDA, 31% of the patients who took the drug experienced dizziness.
- Lyrica has been shown to cause weight gain. Since weight gain is a common problem in fibromyalgia to begin with taking a medication that has the side effect of weight gain, frequently just compounds the problem. “The average weight gain in fibromyalgia is 32.5 pounds,” says Dr. Teitelbaum. “Adding more weight gain in a disease that most often affects women really lowers their self-images.”
- About 22% of people who took Lyrica in a clinical trial experienced sleepiness (other fibro drugs can make you drowsy as well).
- “Lyrica is chemically related to medications that stimulate your body’s natural Valium, a brain chemical called GABA,” says Dr. Teitelbaum. “Because of that, it contributes to a little lack of mental clarity.” The cognitive cloudiness known as [fibro fog](#) is common even in fibromyalgia patients who aren’t taking medication, so if you feel that you are growing increasingly confused after you start taking a drug that is likely why.
- Lyrica and Cymbalta can also produce some swelling in the legs, hands, and feet.

## Cymbalta and Savella

These medicines may improve sleep and decrease fibromyalgia pain, but once again those improvements come with a number of side effects outlined below:

- An upset stomach is one of the most common side effects of both Cymbalta and Savella, says Jacob Teitelbaum, MD, the medical director of the Fibromyalgia and Fatigue Centers, a nationwide chain of treatment centers. About 20% of Cymbalta users, and roughly 25% of Savella users, stop taking their medication because of nausea and other adverse reactions, he says.
- Cymbalta is a type of antidepressant known as a serotonin-norepinephrine reuptake inhibitor (SNRI). SNRIs raise blood pressure in many people who take the drugs, so patients should be screened regularly for hypertension. Savella, another type of SNRI indicated for fibromyalgia, may also increase heart rate or cause heart palpitations.
- Fibromyalgia is sometimes associated with an autoimmune disorder that zaps your ability to produce saliva (called Sjogren syndrome), and fibro meds can make that dry mouth even worse. Dry mouth might not sound like a big deal, but it can cause cavities and even require people to have their teeth removed, says Dr. Teitelbaum.
- All three of the drugs approved for fibromyalgia by the FDA have prominent warnings about a possible increase in suicidal thoughts or behavior.



If you are tired of these drugs and their side effects keep reading to learn more about natural and drug-free approaches.

# STRESS HORMONES

## Cortisol, A Dangerous Hormone

The [Mayo Clinic](#) states that “the long-term activation of the stress-response system — and the subsequent overexposure to [cortisol](#) and other [stress hormones](#) — can disrupt almost all your body’s processes”. This is one of the key factors involved in fibromyalgia and chronic fatigue syndrome.

Here are some of the consequences of overexposure to cortisol and other stress hormones:

- Heart Problems
- Insomnia
- Digestive problems
- Depression and anxiety
- Obesity
- Changes in memory
- Worsening of skin conditions, such as eczema
- Depressed immune system



[Cortisol](#) is a hormone that is released in response to stress. Too much cortisol or an overexposure for a long period of time will lead to the chronic stress response.

## What Is The Chronic Stress Response?

Our bodies are designed to deal with stress for a short time. This is what’s known as the fight or flight response, which is there to help us fight off a lion or run away from it. But when an initial stress reaction becomes a chronic stress response, that’s when we run into problems.

According to [Wikipedia](#), “**Chronic stress is the response to emotional pressure suffered for a prolonged period over which an individual perceives he or she has no control.**”

High stress jobs, traffic, poor diet, lack of exercise and an inability to unplug and relax has led to the chronic stress response becoming the norm rather than the exception in our society.



In fact, it's estimated that up to 90% of doctor's visits are for conditions in which stress at least plays a role!

## Natural Ways to Decrease Stress Hormones

With all the stress that each of us are dealing with on a daily basis it is important that we have ways for our bodies to adapt to a stressful lifestyle.

### Massage Therapy

Massage therapy has been shown to significantly improve hormone balance. The International Journal of Neuroscience, analyzed a large amount of data associated with massage therapy and stress. They found significant decreases in bad stress hormones such as cortisol (average decrease 31%) with people who regularly receive massage therapy.

And good hormones such as serotonin and dopamine, which have been shown to decrease the chronic stress response, were found to increase due to massage. The average increase was 28% for serotonin and an average increase of 31% for dopamine.

The study authors concluded, "these studies combined suggest the stress-alleviating effects (decreased cortisol) and the activating effects (increased serotonin and dopamine) of massage therapy on a variety of medical conditions and stressful experiences."

### Regular Exercise

When was the last time you exercised?

The effects of fibromyalgia and chronic fatigue syndrome can greatly impact your ability and comfort level when you exercise. But exercise has been shown to reduce stress, anxiety and depression. Many people report they just feel better if they are regularly

exercising. That's because exercise reduces levels of the body's stress hormones, such as cortisol. It also stimulates the production of endorphins, such as serotonin and dopamine. These good hormones are the body's natural painkillers and mood elevators.

## Nutrition

There are certain foods that have been linked to fibromyalgia symptoms. There are also foods that can decrease inflammation and help your body be healthier. We outline those below.



## Foods That Can Trigger Fibromyalgia Symptoms

There are certain foods that have been linked to fibromyalgia symptoms. There are also foods that can decrease inflammation and help your body be healthier. We outline those below.

### Foods That Can Trigger Fibromyalgia Symptoms

- **MSG:** (monosodium glutamate) This is a type of spice which is commonly used in Chinese foods. It is basically a type of salt. However, this type of salt has different chemical properties than the table salt that you probably use. MSG is a potential trigger for fibromyalgia symptoms. This is why you should avoid consuming MSG.
- **Deficiency of Magnesium:** There are many reasons why people may suffer from magnesium deficiency. In most cases, physical stress can cause this. When your body does not have enough magnesium, it can trigger an attack. If you have a magnesium deficiency, you should consume supplements.

- **Sensitivity to Gluten:** There are quite a few people who are sensitive to gluten in wheat and other processed foods. The best way to determine if you are gluten intolerant is to stop consuming gluten altogether. This should be done for at least two weeks. If your mild symptoms improve, then you are likely intolerant to gluten.
- **Inadequate hydration:** Fibromyalgia symptoms can also occur when you are constantly exerting yourself without getting proper hydration. You will also experience similar symptoms if you skip meals. This is because an empty stomach induces stress. If you have migraines, you should consider drinking lots of water and staying hydrated all day long. A good rule of thumb is to drink about half your body weight in ounces of water per day. To make sure you are getting enough nutrition, you should eat 5 to 6 small meals daily. This will keep your body well-nourished and you will be able to avoid symptoms.

**So now is the time to apply these stress reducing behaviors and watch the effects in your own life.**

# GETTING HELP FROM A DIFFERENT KIND OF SPECIALIST

The other natural and drug-free approaches that we have discussed in this e-book may very well decrease your fibromyalgia symptoms. But what we are going to discuss next may get to the underlying cause of the symptoms and end them completely. If you've been suffering from fibromyalgia or chronic fatigue syndrome symptoms for some time you've likely been to countless numbers of doctors, specialists and other practitioners.

But there is one specialist that you have likely never been to...an upper cervical specialist. Upper cervical specialists correct underlying brain stem injuries with incredible results!

Although the cause of fibromyalgia is not fully understood, studies and clinical trials show that fibromyalgia can develop after traumatic neck injuries. Renowned neurosurgeon Dr. Michael Rosner states that when the neck is hyper-extended, the spinal canal narrows, impacting the spine and the brain stem. This can occur in cases of whiplash in automobile accidents, extended dental work in which the head is bent back, or severe bouts of coughing. Even activities like painting a ceiling can cause injury to the neck that can lead to fibromyalgia.

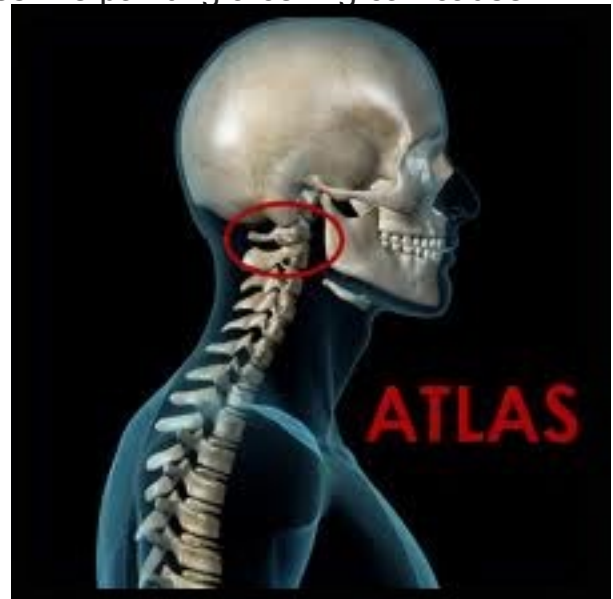
**Have you ever had a car crash, fall, sports injury, or have you been a victim of domestic violence?**

**Have you been knocked unconscious, had a concussion, whiplash, or other injury to your head, neck or spine?**

If you have had a head or neck trauma it is likely that you have suffered an undetected injury to your upper neck (the atlas and axis vertebrae is also known as C1 and C2).

Upper neck injuries are very common, especially in those suffering with fibromyalgia or chronic fatigue syndrome. When the upper neck is misaligned due to accidents and injuries it changes the way the brain is working, including changing the flow of blood and cerebrospinal fluid.

When someone experiences an injury that causes the connective tissue, which hold the spine in place, to be torn loose that injury will then cause the spine to breakdown



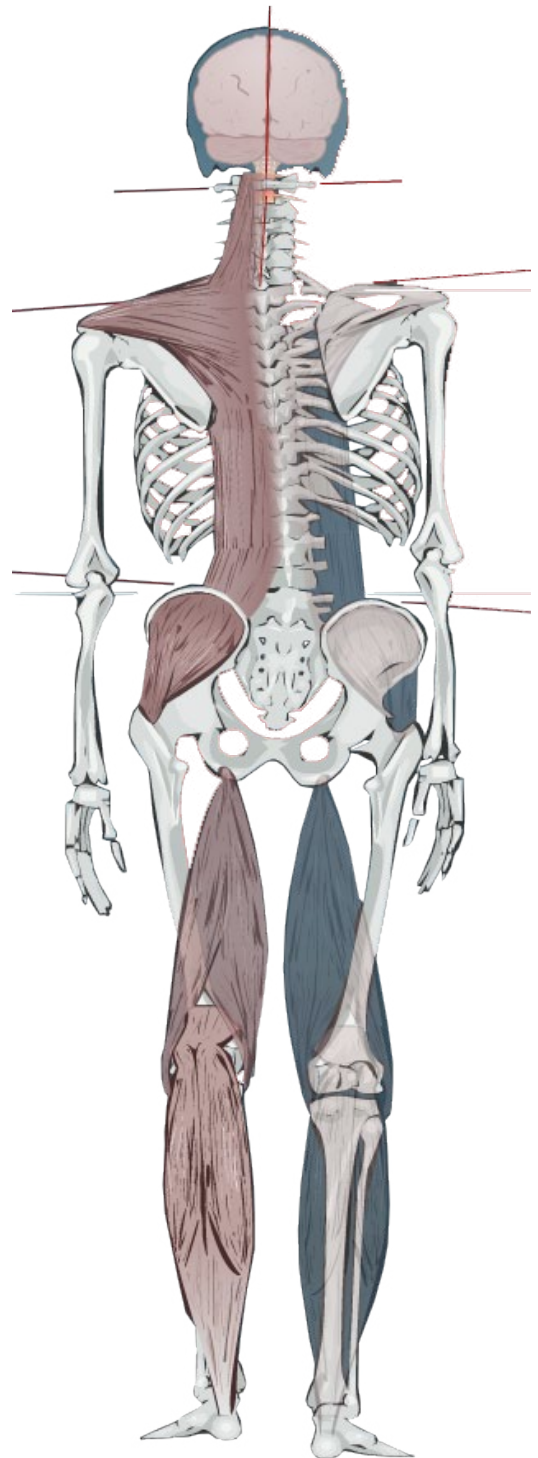
and become locked into a stressed position. The area of the spine that is most frequently affected is the upper neck area because it is the most movable and the most vulnerable to injury. Once this upper neck area is misaligned it will begin to affect the function of the brain stem. This undetected brainstem injury can lead to a variety of problems including dysfunction with the release of cortisol.

Dr. Marshall Dickholtz Sr., an upper cervical doctor from Chicago, along with a medical doctor and a psychiatrist did some very interesting research several years ago looking at the connection between the upper neck and Chronic Fatigue Syndrome. Here's what they found when they compared quality of life measurements using a survey called the SF-36 six months after the initial correction to normal subjects:

- Physical Functioning increased from 58% to 85%
- General Health improved from 35% to 55%
- Vitality improved from 17% to 55%
- Social Functioning increased from 40% to 70%
- Mental Health improved from 50% to 70%

**In addition both the quality and quantity of sleep improved based on all testing and there was significant decrease in the use of sleep medication. Quite possibly the most remarkable result was that all subjects in the study found a normalization of cortisol levels in the morning and evening readings at 6 months into care!**

If you have had an accident or injury that has led to a misalignment of your upper neck, we will be able to locate it and correct it with a specialized upper cervical (upper neck) corrective procedure.



## But I've Seen a Chiropractor and It Didn't Help

At this point you may be thinking, “but I've seen a chiropractor and it didn't help.” Or you may be wondering, “can any chiropractor do this type of procedure?”

The upper cervical corrective procedure that we utilize has been developed over the past 80+ years. The procedure takes rigorous postgraduate training; this is why only approximately 250 doctors worldwide have mastered this technique.

Upper cervical techniques have been demonstrated to improve high blood pressure, neck pain, multiple sclerosis, seizures, sleep problems, migraine headaches, Parkinson's disease and of course, fibromyalgia or chronic fatigue syndrome. The upper cervical correction is very precise and very gentle without any of the popping, cracking, or twisting of the spine involved with a general chiropractic adjustment.

The upper cervical doctor takes extremely precise x-rays of the head and neck to determine the severity and type of the spinal misalignment instead of relying on guesswork. The Doctor will then analyze the x-rays utilizing mathematics, physics and biomechanics to determine a specific upper cervical correction formula that will work to bring your spine back into alignment. After the first upper cervical correction, the Doctor will take two post x-rays to determine the response of the body to the initial correction.

After the initial evaluation the doctor will be able to estimate the number of corrections needed and the length of time necessary for the spine to be stabilized. It's not about being adjusted thousands of times. It's about getting the spine back into a normal and balanced position and keeping it that way for as long as possible.

General chiropractic manipulation is a lot like vague directions. Sometimes you will get to your destination but many times you will miss the mark.

A specific upper cervical corrective procedure is like having a preprogrammed GPS. In that circumstance, you're much more likely to get the results that you were looking for. It is spinal engineering...physics, mathematics and biomechanics applied to the spine.

# CONCLUSION

In this health report I hope you have learned some practical and actionable steps you can take to improve your fibromyalgia or chronic fatigue syndrome symptoms naturally and without drugs. I also hope that you are considering that an undetected brainstem injury may be the reason for your fibromyalgia or chronic fatigue symptoms.



Please feel free to read through the research references below. I hope you will find hope and healing soon.

Thank you for reading this e-book and if you would like to speak with me personally in my West Des Moines office about your fibromyalgia or chronic fatigue syndrome call **515-224-1093** or click the button below:

**Schedule a Consultation**

Be Well,

Dr. Laurel Griffin  
Board-Certified Atlas Othronologist  
Upper Cervical Specialist  
[www.precisionchirowest.com](http://www.precisionchirowest.com)

# UPPER CERVICAL RESEARCH REFERENCES

- Resolution of Fibromyalgia Following Upper Cervical Chiropractic Care: A Case Study, Nimira Alibhoy DC, Journal of Upper Cervical Chiropractic Research ~ June 20, 2011 ~ Pages 39-44
- Improvement in a Patient with Fibromyalgia Following Knee Chest Upper Cervical Specific Care: A Case Report, Christopher Bennett DC & Nicholas Tedder BSc, DC Journal of Upper Cervical Chiropractic Research ~ Issue 1 ~ March 15, 2012 ~ Pages 27-30
- Quality of Life Improvement in Patients With Chronic Fatigue Syndrome Following Upper Cervical Chiropractic Care H. Charles Woodfield, BS Pharmacy, D.C & Marshall Dickholtz, Sr., D.C., FICA Journal of Upper Cervical Chiropractic Research ~ December 11, 2012 ~ Pages 92-99
- Hoh, David. Chronic Fatigue and Immune Dysfunction Syndrome Association of America. May- June 1999. web. 4 December 2012.
- Treatment of bipolar, seizure, and sleep disorders and migraine headaches utilizing a chiropractic technique. Elster EL. J Manipulative Physiol Ther. 2004 Mar-Apr;27(3):E5. <http://www.ncbi.nlm.nih.gov/pubmed/15129207>
- Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients: a pilot study. Bakris G, Dickholtz M Sr, Meyer PM, Kravitz G, Avery E, Miller M, Brown J, Woodfield C, Bell B. J Hum Hypertens. 2007 May;21(5):347-52. Epub 2007 Mar 2 <http://www.ncbi.nlm.nih.gov/pubmed/17252032>
- Upper cervical chiropractic management of a patient with Parkinson's disease: a case report. Elster EL. J Manipulative Physiol Ther. 2000 Oct;23(8):573-7. <http://www.ncbi.nlm.nih.gov/pubmed/11050615>
- The possible role of crania-cervical trauma and abnormal CSF hydrodynamics in the genesis of multiple sclerosis [Damadian RV, Chu D. Physiol Chem Phys Med NMR. 2011;41:1-17. <http://www.ncbi.nlm.nih.gov/pubmed/21970155>](#)
- Neck pain and disability outcomes following chiropractic upper cervical care: a retrospective case series. Rochester RP. J Can Chiropr Assoc. 2009 ug;53(3):173-85. <http://www.ncbi.nlm.nih.gov/pubmed/19714232>