



fibromyalgia

Goji and Fibromyalgia

Goji Fights Fatigue and Boosts Stamina.

It is ranked as one of Asia's premier adaptogens, goji increases exercise tolerance, stamina and endurance. It helps to eliminate fatigue, especially when recovering from illness.

Goji — A Nutritional Powerhouse

Goji possesses a nutrient profile unmatched by any other food. Rich in vitamins, minerals, amino acids and antioxidants, it is also the only known source of immune balancing master molecule polysaccharides. For these reasons, goji has been called the most nutrient-dense food on Earth. Find out more....

Goji and Fibromyalgia

Fibromyalgia is a chronic disorder characterised by widespread muscle pain, fatigue and multiple tender points. The word is derived from the Latin term for fibrous tissue (fibro) and the Greek words for muscle (myo) and pain (algia). Tender points are specific places on the body — such as the neck, shoulders, back, hips and upper and lower extremities — where people with fibromyalgia feel pain in response to slight pressure.

Fibromyalgia can interfere with your ability to carry on normal daily activities. Like arthritis, fibromyalgia is considered a rheumatic condition (one that impairs the joints and/or soft tissues and causes chronic pain). Unlike arthritis, however, fibromyalgia does not cause inflammation or destruction of the joints.

In addition to pain and fatigue, people who have fibromyalgia may experience:

- sleep disturbances
- morning stiffness
- headaches
- irritable bowel syndrome (IBS)
- painful menstrual periods
- numbness or tingling of the extremities
- restless leg syndrome (RLS)
- temperature sensitivity
- cognitive and memory problems (sometimes referred to as “fibro fog”)

Who Gets Fibromyalgia?

According to a paper published by the American College of Rheumatology (ACR), fibromyalgia affects 3-6 million Americans. Between 80 and 90 percent of those diagnosed with fibromyalgia are women, but men and children also can be affected. Most people are diagnosed during middle age, although the symptoms often become present earlier in life.

People with certain rheumatic diseases — such as rheumatoid arthritis or lupus — may be more likely to have fibromyalgia. Several studies have indicated that women who have a family member with fibromyalgia are more likely to have it themselves.

What Causes Fibromyalgia?

Although the exact causes of fibromyalgia are unknown, a number of factors may be involved. Many people develop fibromyalgia in connection with stressful or traumatic events, automobile accidents, repetitive injuries or illness. For others, the condition seems to occur spontaneously with no apparent causative link.

Many researchers are examining other causes, including problems with how the central nervous system processes pain. According to this theory, people with fibromyalgia may have a genetic predisposition to react strongly to stimuli that most people would not perceive as painful.

How is Fibromyalgia Diagnosed?

There are currently no diagnostic laboratory tests for fibromyalgia. Standard laboratory tests fail to reveal a physiological reason for pain. Because of this, some doctors may wrongly conclude that your pain is “in your mind,” or they may tell you there is little they can do.

A doctor familiar with fibromyalgia, however, can make a diagnosis based on two criteria established by the ACR: a history of widespread pain lasting more than three months and the presence of eleven or more tender points on the body.

How is Fibromyalgia Treated?

Fibromyalgia treatment often requires a team approach with your doctor, a physical therapist, possibly other health professionals, and most importantly, yourself, all playing an active role. You may find several members of the treatment team you need at a clinic. Some clinics deal specifically with pain management and others specialise in arthritis and other rheumatic diseases, including fibromyalgia.

At present, there are no medications approved by the U.S. Food and Drug Administration (FDA) for treating fibromyalgia. Doctors treat fibromyalgia with a variety of medications developed and approved for other purposes. These include analgesics (painkillers), non-steroidal anti-inflammatory drugs (NSAIDs) and anti-depressants. Other symptom-specific medications include sleep medications, muscle relaxants and headache remedies.

Treating Fibromyalgia Naturally

People with fibromyalgia also may benefit from a combination of physical and occupational therapy, by learning pain management and coping techniques, and by properly balancing rest and activity.

Many people with fibromyalgia also report varying degrees of success with holistic therapies including massage, Pilates method, chiropractic treatments, acupuncture and various dietary supplements.

What Can I Do to Try to Feel Better?

There are many things you can do to minimise the impact of fibromyalgia on your life. These include:

Getting enough sleep

Getting enough sleep and the right kind of sleep can help ease the pain and fatigue of fibromyalgia. Even so, many people with fibromyalgia have problems such as pain, restless leg syndrome or brainwave irregularities that interfere with restful sleep.

Take Goji for a Good Night's Sleep

Goji has enjoyed long use throughout Asia in the natural treatment of insomnia. In several medical study groups, nearly all patients taking goji reported better quality of sleep.

Exercising

Though pain and fatigue may make exercise and daily activities difficult, it's crucial to be as physically active as possible. Research has repeatedly shown that regular exercise is one of the most effective treatments for fibromyalgia. People who have too much pain or fatigue to do vigorous exercise should begin with walking or other gentle exercise and build their endurance and intensity slowly. Although research has focused largely on the benefits of aerobic and flexibility exercises, a new study is examining the effects of adding strength training. This important study is

supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), a part of the National Institutes of Health.

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Eating well - Although some people with fibromyalgia report feeling better when they eat or avoid certain foods, no specific diet has been proven to influence fibromyalgia. Of course, it is important to have a healthy and balanced diet. Not only will proper nutrition give you more energy and make you generally feel better, it will also help you avoid other health problems.

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Usual Dosage Level

For rheumatic conditions including fibromyalgia, research suggests a maintenance usage of 2 ounces of high-quality standardised goji juice, two to three times per day at mealtime.

During flare-ups, the serving size may be doubled.