

A Holistic Approach to Managing Fibromyalgia



Fibromyalgia is a debilitating condition characterized by chronic pain in the muscles and surrounding structures. The two major complaints of people suffering from fibromyalgia are pain and fatigue, though many other symptoms are possible (insomnia, depression, brain fog, dizziness, headache, irritable bowel syndrome, etc.).

Because these symptoms are so diverse, fibromyalgia is frequently misdiagnosed and under-recognized, which is why the condition is often referred to as "the invisible disease." Because fibromyalgia sufferers don't look sick, they often receive inadequate support from medical professionals, friends, and family members.

In the past, your doctors have probably offered you antidepressants or pain-relieving medications to help you cope with your condition. There isn't much more that conventional medical doctors can do! Here in our clinic, we opt for a more holistic approach. This means treating you as a whole person, rather than just focusing on the physical symptoms of your disease. We believe that your food habits, stress levels, and personal problems can all contribute to the condition in which you find yourself today. Rather than treating your symptoms, we'll help you understand how every part of your life is affecting your body. Our treatments aim to address the causes of illness and help the body get well - and remain well - in the long-term.

If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Joint and Muscle Relief
- Pain Relief System
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

[Your Logo]

[12345 Main St.]
[Your Town, ST 12345]

[(555) 555-5555]
[Your Hours M-F]

Enhance Your Program for Fibromyalgia Management

Nutrition and Juicing for Better Health



The nutritional guidelines outlined in your program manual are ideal for treating fibromyalgia. That's because these guidelines emphasize the importance of eating nutrient-rich vegetables and avoiding toxic processed foods. This type of diet is extraordinarily beneficial for a wide range of health conditions, so you may find that other symptoms (unrelated to your fibromyalgia) begin to clear up too!

Though these dietary strategies will make a world of difference on their own, you may want to consider adding fresh vegetable juice into your diet as well. If you do decide to add juice, you can either use it to supplement your regular diet (for added nutrients) or you can extend your liquid-only cleanse to include a few days of just juice. Talk to your doctor to determine whether this might be helpful for you.

To have fresh juice available, you'll need to make the juice yourself. The vegetable juices that you find in the store (V8, for example) are usually made from concentrate and can contain unhealthy artificial additives. Store-bought juice is also pasteurized at a high heat, killing all of the beneficial enzymes and substantially reducing nutrient content. When you make vegetable juice yourself, it's guaranteed to be free of the additives you don't want and full of the nutrients that you do! To make homemade juice, you will need a juicer or a high-speed blender. Though a juicer will give you a smoother texture (a traditional juice), a blender will provide you with all of a fruit or vegetable's original fiber (with a texture more like a smoothie). You can use either method to achieve equally incredible results.

Lifestyle Strategies That Ensure Your Success

Get Enough Sleep

Pain and sleep problems are a double-edged sword. Chronic pain makes it more difficult to sleep, and sleep loss exacerbates pain. Studies show that even a few nights of disrupted sleep can significantly decrease your pain threshold, increase fatigue, and cause general discomfort! This discomfort can, in turn, make it even harder to sleep going forward. To break free of this vicious cycle, we recommend utilizing our "Sleep" supplement and establishing a bedtime routine. For example, if you know you need to be asleep by 10 pm, you'll need to start getting ready for bed by 9 or 9:30.

Stress Less

If you've ever been under a great deal of stress, you probably know that it can trigger a flare in your symptoms. Conversely, you're feeling more relaxed, you may notice that your symptoms don't bother you as much. On this program, we recommend that you do all you can to keep your stress levels under control. We especially recommend Self-Mastery Technology (SMT) for its incredible stress-reducing potential!

Exercise More

Chronic pain can make it difficult to prioritize physical activity. Some days you probably don't feel well enough to get out of bed, let alone make it to the gym! However, if you can work up the strength to exercise (especially on your "good" days), you'll find that your quality of life improves immensely. When you exercise, your body releases powerful pain-reducing endorphins that make it much easier to cope with the debilitating symptoms of fibromyalgia. Once you're in the habit, you'll find that your daily workout is something you can't do without!



Supplements for Health and Healing

Though you'll need several supplements to maximize your nutritional intake and reverse the course of your disease, there are a few that are worth discussing in detail:



Joint and Muscle Relief is a powerful herbal blend that can make a big difference for achy muscles and joints!



When taken together before bedtime, **Liquid Calcium** and the **Multivitamin/Multimineral** can help you fall asleep and stay asleep throughout the entire night. That's because calcium and magnesium - one of many nutrients in the Multivitamin/Multimineral - work together to regulate sleep cycles and combat insomnia.

The supplements listed above are already included in your program, but there are a few additional supplements that you may want to try:



The **Pain Relief System** combines a powerful, pain-relieving supplement pack with the Nutritional Shake and the Anti-Inflammatory Gel. These incredible resources can help you find quick and lasting pain relief!



Sleep is designed to promote healthy sleep, which can be difficult if you're suffering from fibromyalgia. If your pain makes you restless, this supplement may make it possible for you to sleep deeply through the night!



Serotonin Support helps to improve your mood and reduce irritability. Many people who suffer from fibromyalgia also suffer from some form of anxiety and/or depression. This mood-boosting supplement can help you maintain an optimistic attitude as you transition into a healthier lifestyle!