

**FIBROMYALGIA:  
EXPERIENCED THE RELIEF OF PAIN WITH A HOLISTIC APPROACH**

"I don't want to live on pain medication for the rest of my life, but, I'm in so much pain. I just don't know what to do." These words are common to those suffering with the pain of Fibromyalgia, on a daily basis.

**WHAT IS FIBROMYALGIA?**

Fibromyalgia is characterized by widespread chronic pain with multiple tender points and soreness. Other symptoms may include fatigue, sleep problems, headaches, depression, anxiety, impaired memory and concentration.

**WHAT CAN BE DONE TO HELP THOSE SUFFERING WITH FIBROMYALGIA?**

At Nature's Wisdom our clients have experienced much relief using a holistic approach to health. We have found this to be the most successful way of dealing with fibromyalgia. The four areas that we address with our clients are:

- Diet
- Education on Nutritional supplements
- Ondamed Therapy
- Reflexology

In addressing these four major areas of health, our clients have experienced much relief from the pain and stress of having Fibromyalgia. Let us briefly discuss the benefits of a holistic approach.

**Diet**

We have all heard the saying, "You are what you eat." It may be hard to believe but there is much truth in that saying. Hippocrates the father of modern medicine said, "Let food be your medicine and medicine be your food." A simple illustration may help us to understand the importance of this statement. What is the main thing that our cars need to run properly? Or we might ask, "What is its energy supply?" Gasoline. To run smoothly our auto needs **clean gasoline, with no junk** in it. So to, our body needs pure water, nutritious food, a healthy diet, **with no junk in it** to "run" properly and to have a good energy supply on a daily basis.

**Nutritional Supplements**

Vitamins and minerals all have important functions in our body. When these get out of balance, we may experience ill health. Many are unaware that poor dietary choices can deplete our body of important vitamins and minerals. Supplements, along with dietary changes can help. We can also make the wrong choices in supplements and actually do more harm than good to our health. For example some may take calcium, thinking they need this supplement. However calcium has a reciprocal relationship with magnesium, so both are necessary for optimum health. Calcium can also interfere with the absorption of vitamins, minerals and some medications. It is often, best taken alone at bedtime.

**Ondamed Therapy**

**Ondamed®** is an electromagnetic frequency device that is **FDA approved** for the treatment of pain and general malaise from CHRONIC ILLNESS. **This therapy is a key to the success of those dealing with Fibromyalgia.**

## **FIBROMYALGIA** (Continued)

**Ondamed**<sup>®</sup> frequencies stimulate connective tissue. This stimulation leads to:

- **Enhances the release of toxins leading to improved detoxification**
- **Enhances the absorption of nutrients into the cell**
- **Reduces edema**
- **Increases cellular repair & regeneration**
- **Improves circulation**
- **Increases vitality**
- **Balanced metabolism**
- **Activates lymphatic drainage**

Using the ONDAMED<sup>®</sup> electromagnetic frequency device, a technician scans the body, determines interference fields and blockages and simultaneously delivers the frequencies that your body requires for better balance. Given the right environment, your body can heal itself.

### **Reflexology**

Reflexology is an ancient form of healing, whereby through touch, reflex points in the feet are stimulated. "Reflexologists work from maps of predefined pressure points that are located on the hands and feet." The Theory is, "These pressure points are reputed to connect directly through the nervous system and affect the body's organs and glands. The reflexologist manipulates the pressure points according to specific techniques of reflexology therapy. By means of this touching therapy, any part of the body that is the source of pain, illness, or potential debility can be strengthened through the application of pressure at the respective foot or hand location" At Nature's Wisdom we practice The original Ingham method of reflexology with additional features such as hot stones to enhance relaxation and stress relief . This synergistic blend of the Ingham method with hot stones and at times essential oils has additional benefits to our clients. In short, If you are looking for stress relief or relaxation : Reflexology relaxes the body, mind and spirit.

Go to **[www.natureswisdomwellness.com](http://www.natureswisdomwellness.com)** for more information.

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**DISCLAIMER:** The information provided herein is for educational purposes only and is not intended to diagnose, treat, cure or prevent any health conditions. Please avoid self-diagnosis by consulting a qualified Health Care Professional to diagnose your health conditions. The U.S. Food and Drug Administration has not evaluated statements about health topics discussed here nor any suggested product compositions.

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