

Fibromyalgia is a growing problem in the United States. More and more people are diagnosed with this condition every year. Fibromyalgia isn't really a disease, it is more of a syndrome. A syndrome is a collection of symptoms that a segment of the population experiences. Syndromes don't typically have a definitive cause, but when enough people complain of the same thing, it gets noticed and then named.

Fibromyalgia is essentially a condition in which its sufferers experience wide spread pain in their bodies. The pain tends to be external more than internal. It is often painful to move the body. Pressure on certain muscles and tendons can also lead to pain. Although inflammation is the primary cause of most pain in the body, it is not a major cause in fibromyalgia. That is why anti-inflammatory medications don't work well for this condition.

There are a lot of theories as to the cause of fibromyalgia. The fact that it is increasing would suggest that it is not primarily a genetic problem, but rather has something to do with our lifestyles and/or environment. It tends to be most common in middle-aged women. Sometimes fibromyalgia develops after a traumatic injury, but that is not always the case.

Some promising research suggests that the cause may be related to poor oxygen use by the body. Lowered body oxygen changes the way that the body produces energy. In this altered process, certain substances are created by the body including pyruvate and lactic acid. These substances increase sensitivity to pain. Also, instead of carbohydrates (sugars) being used to produce energy, the body breaks down muscle tissue to for an energy source. This lowers metabolism and leads to premature aging. If carbs are not used for energy then they are typically stored as fat. Fibromyalgic people have a tendency to be overweight.

There have been a wide variety of treatment approaches to help individuals suffering from this condition, but few have been very successful. The knowledge that fibromyalgia may be caused by low oxygen and abnormal energy production is relatively new and may lead to better treatments in the future.

Some suggested approaches based on this new knowledge is to supplement with magnesium, malic acid, vitamins B1, B2 and B6. All of these substances are necessary for normal energy production. Aluminum has also been shown to interfere with energy production so it might be wise to limit the use of aluminum cookware.

Aerobic exercise is one of the most effective methods of increasing oxygen in the body. It is painful for many individuals with fibromyalgia to exercise, but it is necessary. Over the course of a few months of exercise, the pain will often ease, because the tissues are receiving more oxygen. Combine exercise with the appropriate supplements and many fibromyalgia patients can experience noticeable improvement.

Of course always discuss new treatment options with your doctor.