Healing by Design

Fibromyalgia

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. A diet of raw fruits and vegetables will be best for this condition. Eliminating dairy, grains, sugar and meat will allow the body to heal and repair.

2. Eat ALKALINE. This is an acidic body condition. You want to eat lots of fresh greens, salads, fruits, vegetables and drink water. If your diet includes anything else, let it go, it's acidic! Amazing tools to alkalize the body include 1/2 teaspoon baking soda in water twice daily on empty stomach, lemon juice in your water, adding electrolyte minerals to your water and try pH Quintessence by NHI which is a 40:1 Alfalfa concentrate designed to more quickly alkalize an acidic body.

3. Cleanse! To remove toxins and acid wastes from the body I would recommend starting with the kidneys and lymphatic system. The lymph is the sewer system of the body that removes the majority of toxins. The lymph waste must leave via the kidneys! Do the Spirit of Health 21 day kidney cleanse and 21 day lymphatic system cleanses.

4. If you are really suffering and want to get out of pain, go on a JUICE FAST. Drink only fresh vegetable and fruit juices (mostly veggies ideally and a fruit for taste) for anywhere from 3 days minimum up to 40 days. It will get you out of pain!

5. Neprinol by Arthur Andrew Medical will remove built up fibrin from the muscles. The scar tissue that builds up in the muscle must be removed. A study showed that after 6 months, 66% of patients had no symptoms of fibromyalgia and the other 33% had only slight symptoms. It works.

6. Earthing Sheets help you connect to the earth. You can and should also be outside and play outside. Earthing sheets help you sleep better, reduce stress and anxiety and relieve pain conditions. Standing outside barefoot is actually better and many notice pain conditions go away when outside on the earth.

7. Pain is a big deal for fibromyalgia. The best we know us is CBD oil by Miracle Balance. It helps with stress, anxiety, pain, inflammation, etc. Dodeci by ByPro is a wonderful anti-inflammatory that gives great results.

8. Holy Basil by Cedar Bear (liquid) or LA Naturals (gel-cap). If you put it under your tongue you will very quickly feel the amazing benefits of holy basil. You will feel calm, balanced, relaxed and able to handle stress much better. And it doesn't make you tired, just calm and relaxed!
9. Use magnesium! Magnesium calms and relax muscles and nerves. This can be a huge relief for pain conditions, especially fibromyalgia where the pain is usually in the muscles. The best source is called magnesium chloride and we recommend the magnesium oil foot soaks by Health and Wisdom. This helps with stress, anxiety, sleep, pain, inflammation and so much more. You can also use bath salts.

10. Consider infections as a cause. Something is causing the acidity and toxins in the body and muscles. Often a parasite, virus, bacteria, fungus, mold, candida and the like can damage a body and create a higher toxic load on the body. Doing the Spirit of Health Microbe Cleanse would help with this.

11. Bonus: Antioxidants can really help. The best is called Astaxanthin. BioAstin by Nutrex has a large dose of astaxanthin to help relieve oxidative stress in every part of the body.