

What the Pharmaceutical Companies Don't Want You to Know

Pharmaceutical companies really do help people but let's get to the truth of the matter and how it relates to you and your Fibromyalgia. The PC's (pharmaceutical companies) have a duty to protect their stockholder's interests. You see the stockholders invest some of their money into the company and expect a big payout at the end on their investment. If a PC doesn't produce or actually loses some of their money then the PC company will be in dire straits. You see, investors never want to lose money.

Okay Hailey, so what does this mean to me and my Fibromyalgia? Well, because of this, it means that they don't have the consumer's best interests in mind all the time when they make new drugs to treat conditions and diseases. They slap a patent on the new drugs and sell them at astronomically high prices, which you and I get to foot the bill for, either through our insurance or straight from our pocket.

I am getting to the part where your fibromyalgia comes in. There are lots of reasons why you may be interested in natural cures and therapies for your fibromyalgia. You can remove yourself from their strangleholds with some of these therapies. You may know that there is not a cure for fibromyalgia but I can attest that there is help to eliminate all your symptoms of

fibromyalgia. Prescription drugs may be costing you a lot of money, or you are just looking for some answers that don't cause all the devastating side effects that some conventional medications can cause. Whatever your draw to natural therapy, the benefits are many and include physical, mental, emotional and financial.

One more aspect of pharmaceutical companies that I would like to mention is that they have made great breakthroughs. However the one thing that they sometimes fail to mention is that for a lot of conditions and diseases there are natural cures or alternatives that can help just as much. The truth is that in many cases, there are a lot of different remedies for one particular condition or disease. Pharmaceutical companies, however, don't make any money off of these natural cures though because they can't get a patent on plant based treatments. This in turn means no money for them.

So what this means to you is that there are lots of natural remedies for little or no cost to you, and the good news is that they can help you to eliminate your fibromyalgia symptoms.

In this report, I am going to mention just a few natural remedies and treatments that may help you with a few of your fibromyalgia symptoms.

All fibromyalgia sufferers know that this condition can mimic arthritis in many ways. It also has symptoms of anxiety, depression, IBS, heartburn, ulcers, constipation, etc. Here are a few natural therapies that may help you.

Natural Arthritis/Fibromyalgia Remedies

There is no cure for fibromyalgia. However, there are a number of drug free therapies that you can try to help alleviate symptoms and pain associated with fibromyalgia. You can beat the symptoms of fibromyalgia and live symptom free.

- One of the best ways to alleviate arthritis pain if you are overweight is to drop the weight. Some hold that simply fasting for a period of time can help alleviate the symptoms. However, there is no conclusive evidence that this really works. Actually dropping the weight is the best way to help reduce the pain.
- Glucosamine with Chondroitin is a very popular and effective way to alleviate fibromyalgia and arthritis pain. Glucosamine helps rebuilt the cartilage in the affected areas while the Chondroitin acts as a lubricating agent by drawing fluid into the cartilage, thus helping provide shock absorbance in the area as well. Glucosamine and Chondroitin are typically available in a combined supplemental pill in vegan or regular form. The regular pills are derived from shellfish, so those with shellfish allergies should be sure to choose a vegan variety that is typically derived from corn.

- Fish oils, ginger and MSM are all known to help reduce inflammation and can be useful to help treat arthritis and fibromyalgia.

Natural Anxiety Remedies

Anxiety is typically the result of too much physical or emotional stress. We FM sufferers know this firsthand. If you allow your anxiety to fester, it can cause chemical imbalances in the brain that in turn cause overreactions and anxiety. Fortunately, anxiety is a condition easily treated without the use of drugs or intervention.

- At the first signs of stress and anxiety, it's important to take time out to relax. Breathing deeply and trying to relax yourself in spite of any stressful situations you might be dealing with at the time. Try to set aside at least 10 minutes an hour, especially while working to relax. You'll find that you'll work more productively and you'll keep the stress and anxiety from building up.

- Limit your caffeine intake to no more than 2 or 3 beverages a week. Larger quantities can hinder normal body functions and increase stress.

Natural Ulcer Remedies

Before you reach for the antacid, there may be some things you can do to help. Prescription drugs are often not necessary and changes in diet or other simple changes may be all that are needed.

- There are a variety of foods and other substances that are known to irritate ulcers. Steering clear of one the following foods may help reduce your ulcer pain: cigarettes, alcohol, coffee, tea, aspirin, ibuprofen, as well as spicy or fatty food.
- Milk and other dairy products should also be avoided because it can inhibit the ulcers from healing.
- Deglycyrrhizinated Licorice or DLG is a revolutionary treatment, derived from licorice root that has been proved to have results equal and in many cases superior to many prescription medications

available for ulcer control. DLG works by stimulating mucus production which helps protect the stomach lining. DLG is typically available in supplemental form.

Natural Constipation Remedies

Although over the counter medications can do the trick, these pills often use ingredients that can hinder your normal urge to have a bowel movement. This means that over time you can become dependent on the pills and unable to have a bowel movement on your own. Fortunately, for most folks, the answer doesn't lie in pills or medications. Most simply need to increase the amount they exercise, make simple changes in diet or drink more fluids.

- Apricots and prunes are an excellent natural laxative. Both apricots and prunes are high in fiber, a natural bowel stimulate.. If you try dried apricots, try to find those that are made without sulfur dioxide. Sulfur dioxide causes many people upset stomachs. It is also important to avoid constipation causing foods such as cheese, milk, rice and bananas.

- Another popular remedy is dandelion tea. It's easy to drink and helps relieve constipation quickly.

Probiotics are also a great idea to help with constipation, bloating, and other IBS symptoms. Probiotics are found in the refrigerated section of your local nutrition store.

Natural Heartburn Remedies

Poor or inadequate diet is often the cause of heartburn. Greasy foods like pizza or gas forming foods like cucumbers can be the culprits of many cases of heartburn. Many people can cure their heartburn by choosing a healthier diet, not overeating and not smoking right before a meal. You may also want to take a short walk after meals to help stimulate your digestive system.

- Keeping a food diary can help you to pinpoint the exact trigger of heartburn so you know exactly what foods you should eliminate. Inversely, it can help you determine what foods help you feel your best. This can help with your IBS greatly if you are experiencing these symptoms with your fibromyalgia.

- If these changes in diet do not work for you, ginger is a wonderful time-tested remedy for heartburn and nausea. Fresh ginger can be added to food, drunk in tea form or taken as a supplemental pill. If a supplemental pill is taken, the recommended dose is 500mg. Ginger is also a popular aid for pregnant women experiencing morning sickness.

There are many more natural remedies for many more ailments. To learn more about which natural alternatives work best for fibromyalgia, visit www.ridfibromyalgia.com for info on the Heal Your Body System which targets eliminating fibromyalgis symptoms for good. You can live pain and fatigue free again.

Thank you for taking the time to read this special report.

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