

NEW CLIENT READING

Read prior to consultation

Hydration Policy and Pointers

Autonomic Recovery Program

Be the Solution

Core Essence Protection

No Exits Game

How to Get a Good Nights Sleep

Posture Alignment Training

Rare Steak, You've Got To Be Kidding

Flying Protection

Cancellation Policy

78 Reasons to Avoid Sugar



Fibro Wellness Hydration Policies & Pointers

Because it is IMPOSSIBLE to get the desired results from the Fibro Wellness program of care without sufficient hydration, the following POLICIES have been adopted:

- During the entire program of care, the number of quarts must be counted each day and ready to be reported to the doctor when asked. An estimate isn't sufficient.
- All new patients must have drunk at least 1 quart of water for every 50 lbs of body weight per day for a minimum of one week prior to starting care. It is recommended that this be accomplished while waiting for the initial test results. This allows onset of care immediately following the report of findings.
- All patients must drink at least the minimum prescribed amount of water on a daily basis while under care. Failure to do so for two days in a row will stop care until the patient has once again drunk at least the minimum required amount for a period of seven consecutive days.
- In order for the water consumed to count toward the minimum daily requirement, it must be unaltered, meaning no flavorings, sweeteners or nutritional supplements added. Water from other sources (e.g. juice, fruit, tea, soda) does not count toward the minimum daily requirement. The water may be tap, reverse osmosis, spring, distilled or filtered.
- The daily requirement must be consumed after waking up in the morning and before retiring in the evening.
- It is STRONGLY encouraged that the minimum daily water requirement be liberally exceeded. This accelerates the healing process.

POINTERS:

- Only drink water.
- Get a water bottle you REALLY like and stick with it. Take it EVERYWHERE you go. EVERYWHERE!
- Drink tap water. It is the easiest to obtain. Once you have reached your minimum and want to be picky about which water you drink, go right ahead.
- Drink from a bottle that has a large opening.
- Drink from a clear container that allows you to watch the water while you drink. Doing so better activates the muscles of deglutition (swallowing) and makes it easier to drink and generally eliminates the drowning sensation.
- Take large drinks. Sipping takes too long and you will get discouraged.
- Drink room temperature water. It is easier to swallow and generally easier to obtain.
- Get your teeth photomagnetically sealed shortly after every dental appointment. Failure to do so typically results in neurotoxic metals mixing with the water you drink and may cause your body to resist water.
- One liter is approximately one quart. 32 fluid ounces is one quart.
- Drink from a bottle that is at least a quart or liter in size. This makes it easier to drink the required amounts and keep track of volume.
- Know that the frequent trips to the restroom are normal at first and, for the most part, temporary. This is mostly due to your bladder expanding and more water evaporating through your skin and lungs.

Rare steak? You've got to be kidding!

No, I'm not kidding. I have found that rare steak offers more nutrients and supports a quicker recovery from a stress-related condition, such as fibromyalgia, than any other food.

First off, what is red meat?

We consider beef, venison, buffalo, and elk red meat. Pork, chicken, turkey, fish are not.

Isn't red meat hard to digest?

In short no, not unless it's cooked. Rare meat, which is basically warmed, but not cooked, is quite easy to digest. However, when it is cooked to the point that it could be used as a hockey puck, which is how most people cook it, well, yes.

Isn't it dangerous to eat rare beef?

First off, all properly cared for meat is sterile, except on the outside. Microbes do not normally live in muscle. The area of the steak where the butcher's knife has cut it could be a problem though. That is why you want to sear the top and bottom to sterilize them. Additionally, the stomach is at a pH of 1 which will virtually sterilize a well chewed piece of meat. If you are not making hydrochloric acid, then that wouldn't be the case and hydrochloric acid will need to be taken with meals.

Why can't it be cooked?

In short, I don't know. I've just found clinically that rare steak supports recovery far better than cooked steak or hamburger. We do know that enzymes inherent in all living things are destroyed with cooking.

Won't it make my cholesterol go sky high?

Not in my experience. I tenaciously follow my patient's lipid profiles and consistently see abnormal cholesterol and triglycerides actually improve with a diet high in red meat. In fact, overall I've seen dietary fat have a positive effect on lipid profiles, which is the opposite of what those making money off of cholesterol drugs are telling people.

Doesn't beef have all kinds of hormones, antibiotics and other toxins in it?

Well, yes, unless it was naturally raised. But so does about any food stuff you purchase. There are a myriad of problems with food production in America. So what does one do? First off, I encourage quantity over quality. What I mean is that first focus on getting the right quantity of the foods you need, then, if you have the inclination and resources, worry about quality. If you don't mind spending 2 – 3 times the amount for your food or have an interest in raising your own beef, chicken, fruits and vegetables, go right ahead. Each person has to create their own balance. Additionally, keep in mind that when a body is supplied with adequate nutrients, is well hydrated and physically active, it can deal quite adequately with the toxins that are almost unavoidable in today's world.

Why is it so good for me?

The real answer is because you have been genetically adapted to it. In other words, if you don't like that you need to eat red meat then direct your anger toward your ancestors. Our progenitors had vegetables part of the year, fruit part of the year and even grains part of the year, but meat was always available and animal foods a staple. As a result, the body has centered many of its physiological processes on animal foods, particularly animal proteins and fats. A couple of these include blood sugar, which is actually brain sugar, regulation and hormone production. Look at the rise of diabetes, depression and obesity in the United States since red meat and animal fat in general has been labeled "bad" by the nutritional "authorities."

Additionally, red meat is high in the essential amino acid methionine. Because it is a "methyl donor", it is essential for effective detoxification in the liver, because it is incorporated into the "N-terminal" position of all proteins, it is essential in the production of proteins within the body. Vegetables, fruits and legumes contain very little methionine.

How do I cook a steak rare?

Start with a hot surface. A briquette grill is my personal favorite. When I cook indoor I use a cast iron grill pan, but a flat surface can work as well. To keep the steak from sticking, especially if it is a lean cut, I will apply some butter. I then grind fresh pepper and apply salt to each side and rub it in with my fingers. Then I place the steak on the grill and, with a ¾ inch thick cut, leave on each side for about 90 – 120 seconds. If the steak is thinner, the time needs to be reduced. Just long enough to take the refrigerator coolness out of the center. When finished it should be warm, but completely raw in the center with about 1/8 inch of gray on each surface. If you overcook it, it will "bleed" liquid onto your plate. That means that you have ruptured the cell membranes and destroyed some of the delicate nutrients.

But I don't like the taste of it!

Then start out with small portions. Over time you will develop a taste for it. I was a vegetarian for 8 years and almost threw up when I first ate meat. Now, however, a rare steak is one of my most favorite foods, right up there with ice cream!

AUTONOMIC RECOVERY PROGRAM

(Formerly the Sugar Control Program)

The guidelines illustrated below were developed by Dr. Victor Frank, co-founder of Total Body Modification (TBM) and have been expanded upon by Dr. Kevin Millet. This program is used in conjunction with TBM procedures to re-establish the sugar control mechanism and restore healthy functioning to the autonomic nervous system. It must be adhered to with precision during the initial phase of care until the successful completion of the “challenge meal (approximately 3 weeks).” As your condition improves, various foods will be added. The object is to return you to a well-balanced, healthy diet as soon as your body will allow it.

Note: Prior to beginning this Sugar Control Program, consult with your current health care professionals. Although this program is based on recommendations that have been utilized for decades and have been proven to be effective and completely safe, there are certain individuals and medical conditions that can make elements of this program unsuitable.

DO'S

WATER: Drink a MINIMUM of one quart of water per fifty pounds body weight each day, unless otherwise directed. This must be water without added minerals, juices, flavorings, lemon wedge, etc. Tap water or water that has been “purified” by any means (e.g. distilled, reverse osmosis, filtered), is acceptable.

Weight (lbs)	Quarts	Weight (kgs)	Liters
Up to 49	1	Up to 22	1
50 to 99	2	23 to 45	2
100 to 149	3	46 to 68	3
150 to 199	4	69 to 92	4
200 to 249	5	92 to 114	5
250 to 299	6	115 to 137	6
300 to 349	7	138 to 158	7
350 to 399	8	161 to 181	8

SALT: Salt food to taste. Note: Salt avoidance when drinking healthy amounts of water can be unsafe. To reduce aluminum exposure and to provide other trace minerals, we recommend avoiding standard commercial salt and using unrefined salts instead (e.g. Real Salt®, Celtic Sea Salt®, Himalayan salt).

ESSENTIAL PROTEIN: A MINIMUM of nine ounces of “essential protein” must be eaten per week. For most this is beef, venison, buffalo, elk. Scandinavians must add fish. Arabians and Australians may substitute lamb. Some Indians must eat goat while others are to avoid meat entirely. Failure to honor your inherited essential protein requirement results in sickness!

EAT FREQUENTLY: Be sure to eat a protein-rich meal for breakfast each day. You must eat AT LEAST every two hours. A snack is sufficient. Suggested snacks: cheese, fruit, plain yogurt with your own fresh fruit added, hard boiled eggs, raw cashews or raw brazil nuts, toasted sprouted bread with butter, Sucanat® and cinnamon added, bacon, and shrimp. DO NOT FAST FROM FOOD OR WATER WHILE ON THE SUGAR CONTROL PROGRAM.

SWEETENERS: Small amounts of completely unrefined sugar cane granules or syrup (e.g. Sucanat, Rapadura, and Steen's).

ANIMAL PRODUCTS: Except for milk, you may eat any and all animal products you desire (e.g. eggs, meats, cheeses, butter, yogurt, poultry, shellfish).

RICE: Consume, as desired, whole grain rice which has been roasted in a dry skillet to a golden brown (approx. 5 min.). It is normal for some of the kernels to pop. Prepare it as you would prepare rice normally. Note: large amounts may be "browned" in advance, cooled then stored for later use.

BREAD: Consume no more than two slices per day of one hundred percent sprouted bread (Alvarado Street®) or rice bread. Do not consume Ezekiel® bread, as it contains soy.

GREEN & RED VEGETABLES: Consume, as desired, any and all green and red vegetables (e.g. peppers, tomatoes, broccoli, cucumbers, zucchini, etc.).

YELLOW & ORANGE VEGETABLES: Consume up to 3 servings per week of yellow and orange vegetables (e.g. corn, carrots, yellow squash, etc.).

ALLIUMS: Consume, as desired, any and all edible alliums (onion, garlic, leeks).

NUTS: Consume ONLY raw cashews and Brazil nuts.

FRUITS: Consume any and all raw, whole fruits as desired. Canned fruit may be consumed only if it is canned in water or its own juice. Juices may be consumed in moderation if they are juiced fresh and diluted 50% with water.

COFFEE & TEA: Consume only hot beverages that do not contain caffeine.

LISTEN TO YOUR BODY: Ask your brain, not your mouth, if a particular food is right for you at this time. If it simply "tastes good," it is probably a poor choice.

78 REASONS TO AVOID SUGAR

1. Sugar can suppress the immune system.
2. Sugar can upset the body's mineral balance.
3. Sugar can cause drowsiness and decreased activity in children.
4. Sugar can cause hyperactivity, anxiety, concentration difficulties and crankiness in children.
5. Sugar can adversely affect children's school grades.
6. Sugar can produce a significant rise in triglycerides.
7. Sugar contributes to a weakened defense against bacterial infection.
8. Sugar can cause kidney damage.
9. Sugar can reduce helpful high density cholesterol.
10. Sugar can promote an elevation of harmful cholesterol.
11. Sugar may lead to chromium deficiency.
12. Sugar may cause copper deficiency.
13. Sugar interferes with absorption of calcium and magnesium.
14. Sugar may lead to cancer of the breast, ovaries, prostate and rectum.
15. Sugar can cause colon cancer with an increase risk in women.
16. Sugar can be a risk factor in gall bladder cancer.
17. Sugar can increase fasting levels of blood glucose.
18. Sugar can weaken eyesight.
19. Sugar raises the level of a neurotransmitter called serotonin, which can narrow blood vessels.
20. Sugar can cause hypoglycemia.
21. Sugar can produce an acidic stomach.
22. Sugar can raise adrenaline levels in children.
23. Sugar can increase the rise of coronary heart disease.
24. Sugar can speed the aging process, causing wrinkles and gray hair.
25. Sugar can lead to alcoholism.
26. Sugar can produce tooth decay.
27. Sugar can contribute to weight gain and obesity.
28. High intake of sugar increases the risk of Crohn's disease and ulcerative colitis.
29. Sugar can cause a raw, inflamed intestinal tract in persons with gastric or duodenal ulcers.
30. Sugar can cause arthritis.
31. Sugar can cause asthma.
32. Sugar can cause Candidiasis (yeast infection).
33. Sugar can lead to the formation of gallstones.
34. Sugar can lead to the formation of kidney stones.
35. Sugar can cause ischemic heart disease.
36. Sugar can cause appendicitis.
37. Sugar can exacerbate the symptoms of multiple sclerosis.
38. Sugar can indirectly cause hemorrhoids.
39. Sugar can cause varicose veins.
40. Sugar can elevate glucose and insulin responses in oral contraction users.
41. Sugar can lead to periodontal disease.
42. Sugar can contribute to osteoporosis.
43. Sugar contributes to saliva acidity.
44. Sugar can cause a decrease in insulin sensitivity.
45. Sugar leads to decreased glucose tolerance.
46. Sugar can decrease growth hormone.
47. Sugar can increase total cholesterol.
48. Sugar can increase systolic blood pressure.

49. Sugar can change the structure of protein causing interference with protein absorption.
50. Sugar causes food allergies.
51. Sugar can contribute to diabetes.
52. Sugar can cause toxemia during pregnancy.
53. Sugar can contribute to eczema in children.
54. Sugar can cause cardiovascular disease.
55. Sugar can impair the structure of DNA.
56. Sugar can cause cataracts.
57. Sugar can cause emphysema.
58. Sugar can cause atherosclerosis.
59. Sugar can cause free radical formation in the bloodstream.
60. Sugar lowers the enzymes' abilities to function.
61. Sugar can cause loss of tissue elasticity and function.
62. Sugar can cause liver cells to divide, increasing the size of the liver.
63. Sugar can increase the amount of fat in the liver.
64. Sugar can increase kidney size and produce pathological changes in the kidney.
65. Sugar can overstress the pancreas, causing damage.
66. Sugar can increase the body's fluid retention.
67. Sugar can cause constipation.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can cause hypertension.
71. Sugar can cause headaches, including migraines.
72. Sugar can cause an increase in delta, alpha and theta brain waves, which can alter the mind's ability to think clearly.
73. Sugar can cause depression.
74. Sugar can increase insulin responses in those consuming high-sugar diets compared to low sugar diets.
75. Sugar can increase bacterial fermentation in the colon.
76. Sugar can cause hormonal imbalance.
77. Sugar can increase blood platelet adhesiveness, which increases risk of blood clots
78. Sugar can increase the risk of Alzheimer Disease.

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BE the Solution

What does “BE the Solution” represent?

“BE the Solution” refers to being the solution to the number one cause of death in the United States.

What is the number one cause of death?

Conventional medicine.

What do you mean?

Just that, 783,936 deaths per year is caused by conventional medicine. The next two major killers as of 2001 are heart disease at 699,697 deaths and cancer at 553,251.

How does conventional medicine result in the death of so many Americans?

There are several different ways; the most common are fatal drug side-effects, unintentional overdoses, prescription errors, hospital-caused infections, bedsores, and surgical mistakes. I highly recommend that you read a report that appeared in the August 2006 edition of Life Extension magazine titled “Death by Medicine.” It is available at http://www.lef.org/magazine/mag2006/aug2006_report_death_01.htm.

Isn't conventional medicine necessary?

It absolutely is. It's simply overused and isn't a substitute for healthy living and addressing the causes of symptoms. However, that's exactly how most people use it.

How can I “BE the Solution?”

Start by listening to your body. Symptoms are the language of the body. They are asking to be responded to not repress. Next, begin doing the things that you know will promote health. The basics are hydration, healthy diet, exercising, taking basic nutritional supplements and sleep. Third, find ways to eliminate reduce or replace your pharmaceuticals with non-toxic forms of treatment. Chiropractic, nutraceuticals, massage therapy, Rolfing, physical therapy, acupuncture, life coaching, counseling, and TBM are a few of the many options available. Keep in mind that any and all changes in medications should be done with the involvement of pharmacists and the prescribing doctors. Fourth, be patient. Healing takes time and ongoing commitment.

Why are the wrist bands violet and why do I need two?

Violet is the highest color in the visible spectrum, is known as a “cool” color and therefore has a calming effect. The Chinese consider violet to be the “harmony of the universe” because it is a blend of yin (blue) and yang (red). To the ancient Egyptians the violet gem amethyst was believed to offer protection from negative energies. Maybe this is why TBM practitioners have found that wearing violet around both wrists eliminates the nausea, fatigue and sympathy pains that are often triggered while working with patients. Some of our patients have found that wearing violet wristbands has resulted in greater peace of mind and an overall improvement in their symptoms.

Invitation to Play a “No Exits Game”

Here at Fibro Wellness, our intent is for each of our patients is to COMPLETELY heal and have it last for their entire life.

Persons with chronic, debilitating illnesses usually have many entrenched habits that keep them from healing. In order to completely heal, these habits or tendencies must be overcome or passed through.

To assist you in sticking with the healing process to the finish, we recommend you play a “No Exits Game.” A “No Exits Game” is one where you cut off the opportunities for giving up. Much like General Washington’s smashing the boats, after he crossed the icy Delaware River on Christmas of 1776 to face the Hessian soldiers at Trenton. He knew that his men would fight very differently if they had no means of retreat. He was right, against all odds, they won! Much in the same way, if you know that you are committed to completing the Fibro Wellness program “no matter what,” then you won’t be repeatedly deciding whether or not you will continue when you are faced with difficult and/or painful emotional, physical and financial issues.



There are many ways you can accomplish this. **First** of all, simply decide that under no circumstances will you quit the healing process. Make a firm commitment, share this commitment with those who will hold you to it and offer their support and encouragement.

Second, do your best to foresee any obstacles that you will likely have to face during the year while you’ll be in the program. Set in place, from the get go, the people, items, money and the like that you know will help you overcome those obstacles.

Third, prepay for as much of the program as you possibly can. Because pre-payments are non-refundable, they not only save you the hassle of writing a check every time you come in, but are an incredibly effective way of saying, “I’m in!” It cements your commitment; it cuts off your avenues of retreat. Additionally, if you prepay for an entire phase of care, you will receive a substantial discount on our services and products.

Fourth, seek support along the way. Be open and honest with those who can support you about your fears and concerns. Welcome their help. Be willing to get professional help when needed. We have many superb professionals who we can refer you to when a barrier seems insurmountable.

Doing all you can do to create a “No Exits Game” will help insure your completion of the healing process. We are excited to work with you and to be one of the key elements in your healing. We hope you will draw upon our support now and throughout the year as you come to experience TOTAL WELLNESS.

How to Get a Good Night's Sleep

Sleep deprivation is a potent deterrent to healing. In fact, getting a 'good nights sleep' is arguably the most important ingredient to good health, along with adequate hydration and the like. Insomnia is one of the diagnostic criteria for Fibromyalgia Syndrome. So many Fibromyalgia sufferers are taking sleep aids and still not feeling rested in the morning. The key is to let the body sleep, not force it to sleep. There is nothing like natural sleep. Medication induced rest just isn't the same.

The primary reason that fibromyalgia patients don't sleep is dysautonomia, but other causes include hormonal imbalances, nutritional deficiencies, pain and digestive problems. Each of these must be diagnosed and addressed. However, if direct efforts are not made to re-establish the circadian sleep cycle or daily sleep rhythm, addressing the causes of poor sleep may be insufficient. The following recommendations are to help you do just that. They should be followed until the circadian rhythm has been re-established and each time it gets disrupted.

Sleep in the dark: Completely darken your room. This includes turning off or covering light sources with electrical tape (e.g. cell phones, alarm clocks, smoke alarms, DVD players, televisions) and reducing light that peaks through the windows and doors. Feel free to wear a light-blocking sleep mask. If you need a light to go to the bathroom, grab your cell phone and turn it on to light your way. Make sure, however, that the cell phone is at least four feet away from you body during the night.

Minimize sounds: Reduce noise interference as much as possible throughout the night. If necessary, use noise-reducing ear plugs. A third option is soothing music or 'white noise' generators to minimize disrupting sounds. If you have a partner whose sounds are waking you, you may want to sleep alone. Once you are sleeping regularly you may be able to return to sleeping together normally.

Go to sleep and wake up at the same time each day: Choose an approximate time that will work every night to fall asleep and a time every morning to wake up and stick to it! Only go to bed when you're tired though. If you wake up before your designated time and can't get back to sleep, get out of bed. If you stay in bed it will work against developing a healthy sleep pattern. Here are two exercises you can do to help improve your sleep.

1. **At bedtime:** To activate your bodies sleep mechanism rub both mastoid bones (the bumps just behind the ears) until you feel a 'wave of sleepiness.' This usually occurs in 10 to 15 seconds. If, after 90 seconds it doesn't occur, it probably won't help and you need to look at calming your body and/or your mind down through reading, stretching, sexual intimacy, conscious breathing or meditation. Rub the mastoid bones each night at the time you chose as your bedtime until you find your body's rhythm has adjusted. Do this anytime you lie down and are finding it difficult to go to sleep. Also do this if you wake during the night and are having difficulty going back to sleep.
2. **Upon arising:** To program your body's wakefulness time, rub the Spleen 21 point (left rib cage halfway between the armpit and the bottom of the rib cage) for 30 seconds. Immediately following, rub both ears beginning at the bottom and working toward the top as if you were trying to unfurl or flatten the ears with the thumb on the back of the ear and the index finger rubbing backward on the front. Do one pass up and one down. NOTE: This also works with programming infants sleep cycles.

Avoid all stimulants and stimulating activities after dinner time or approximately 7:00pm: This includes sugary foods, caffeine, nicotine, medications and supplements that have stimulating ingredients, bright lights, arguments, aggressive physical activity, watching television, using the computer, thrilling novels and the like. Also be sure to avoid using a cordless or cellular phone. An ear piece that is connected to the phone (not Bluetooth) is permissible.

Meditate prior to going to sleep. We recommend the 5 minute "Stress Calming" visualization available in audio and print at Fibro Wellness.

Get outside. Expose your body to sunlight for at least a few minutes every day.

Be active. Maintain at least one hour of brisk physical activity every day, based on your current fitness level.

Posture Alignment Training (PAT)

Establishing mechanically sound posture or living in your skeleton instead of hanging on your muscles.

PAT Steps to establish mechanically sound posture:

1: Activate your core: Think of sucking in your stomach to prepare for a punch or like you do when sneaking behind someone at Thanksgiving dinner.

2: Feet two fists apart: Make sure that your feet are about two fists apart from the front to the back (the whole length of the foot).

3: Put your tabletop over your table legs: Make sure that the weight of your body is resting on the full foot, not just on the balls of the foot. If you are you will be able to lift either your toes or your heels without having to dramatically shift your body forward or backward.

4: Shoulder blades in back pockets: At all times you should sense that your shoulder blades have dropped down ever so slightly toward your waist. You can check in on this by raising your shoulders up, relaxing them down, and then imagine putting them into your back pockets. Remember, this is a SMALL movement

5: Get your melon on your post!: What we mean is to keep your head centered over your shoulders not allowing it to protrude forward as if you're a turkey! Do not drop the chin, but rather keep the head level as you bring it back over your torso.

6: Soften the knees: Do not lock your knees backward. To check this, move both knees forward and back and locate a neutral place where knees do not feel "tight". Have other people take a look at them to double check.

Other pointers:

How are you getting along with your skeleton? In other words ask yourself, **"How can I do this in such a way that keeps me in my skeleton and doesn't hurt me** (strain my muscles and joints). You are in the same skeleton no matter what you are doing!

If you start to hurt you know you are not, but rather hanging on your muscles. OUCH! **Take pauses several times a day to check if you are in your skeleton.** After 40 days or so it will become habit and you won't have to think about it.

Remember that everything from your nose to your toes is connected. One thing will affect everything else and make a difference in how your system supports you. Use the ground to support the stability in your body.

Choose to be aware!

NOTE: PAT was developed by Sue Horton, PT

10 Things You Can Do Until You Get the Fibro Wellness Testing Completed

(AND nearly all of them are FREE!!)

- 1) **Drink 1 quart of water for every 50 pounds of body weight, every day.**
Increasing your water intake cleanses your body, enhances digestion and immune function and increases metabolism. Don't worry about what kind of water, just drink the water that you enjoy the most and that is the most convenient for you! As you drink more water also increase your salt intake.
- 2) **Take core supplements.**
In addition to hydration and healthy eating, basic supplementation is essential. We recommend a daily supplement program that includes: calcium, trace minerals, vitamins, essential fatty acids, and anti-oxidants. But before you buy any, check with friends and relatives. Most people have supplements they aren't using that they might give you!
- 3) **Eat at least 9 oz. of red meat each week.**
Red meat is essential to the utilization of all other proteins and is phenomenal at stabilizing blood sugar. Unstable blood sugar is the cause of carbohydrate cravings. And don't cheat yourself by buying into all of the negative press red meat has gotten over the past 20 years. Our bodies need it!
- 4) **Participate in moderate exercise regularly.**
It can be at whatever level of exercise your body can tolerate. We're big fans of Curves for Women fitness centers and the book "8 Minutes in the Morning."
- 5) **Get back and neck rubs.**
Nothing is quite as healing as human touch. It doesn't have to be a professional, a friend or family member will do for now. Want to relieve some tension, have them massage your ears as well!
- 6) **Minimize your carbohydrate intake.**
YES, carbs are cheap! YES, they are easy to prepare! YES, they taste good! BUT, they don't offer much in the way of nutrition and they are fattening and addicting! Snack on hard boiled eggs, string cheese, carrots, raw cashews or celery. Save the sweets for VERY SPECIAL occasions! Speaking again of misleading press, stay away from ALL soy products, as well (your thyroid will thank you!).
- 7) **Minimize your medication usage.**
Let's face it, all drugs are risky. You can't open a newspaper without reading about the latest drug that's been pulled off of the shelf due to dangerous side-effects. It may be until you have made some huge strides in your healing before you can be free of drugs, but until then you can help yourself by using them as sparingly as possible.
- 8) **Sleep and rest as much as possible.**
Since most of you aren't sleeping well, the second best thing is rest. There's a good reason why your body isn't energetic, a reason we'll uncover when we do the testing, but until then you're not doing yourself a favor by using stimulants (chocolate or diet Coke anyone?) or sheer will power to keep pushing yourself.
- 9) **Study natural healing and fibromyalgia.**
Knowledge is power! Your body is your number one asset. There are lots of great books out there (and a lot of misleading ones too!). Here's a few we recommend: Reversing Fibromyalgia (Natural Fibromyalgia Healing) – Joe Elrod, The Sugar Control Bible (Nutrition) – Jacqueline Paltis, The Schwarzbein Principle (Nutrition) – Diana Schwarzbein, Your Body's Many Cries for Water (Nutrition) – F. Batmanghelidj, 8 Minutes in the Morning (Exercise) – Jorge Cruise, Feelings Buried Alive Never Die (Emotional Healing) – Karol Truman.
- 10) **Spend more time with people you enjoy.**
We are all social creatures. Chatting, playing games or simply hanging out with friends and others is good for our soul. A girl's night out to a restaurant or a gathering of guys around a pool table may be just what you need!
- 11) **Extra Credit!**
Ok, I know we said "Ten," but we thought you might want an extra tip: Acidophilus and digestive enzymes! These things are magic when it comes to improving digestion and therefore overall health!

How to Get a Good Night's Sleep

Sleep deprivation is a potent deterrent to healing. In fact, getting a 'good nights sleep' is arguably the most important ingredient to good health, along with adequate hydration and the like. Insomnia is one of the diagnostic criteria for Fibromyalgia Syndrome. So many Fibromyalgia sufferers are taking sleep aids and still not feeling rested in the morning. The key is to let the body sleep, not force it to sleep. There is nothing like natural sleep. Medication induced rest just isn't the same.

The primary reason that fibromyalgia patients don't sleep is dysautonomia, but other causes include hormonal imbalances, nutritional deficiencies, pain and digestive problems. Each of these must be diagnosed and addressed. However, if direct efforts are not made to re-establish the circadian sleep cycle or daily sleep rhythm, addressing the causes of poor sleep may be insufficient. The following recommendations are to help you do just that. They should be followed until the circadian rhythm has been re-established and each time it gets disrupted.

Sleep in the dark: Completely darken your room. This includes turning off or covering light sources with electrical tape (e.g. cell phones, alarm clocks, smoke alarms, DVD players, televisions) and reducing light that peaks through the windows and doors. Feel free to wear a light-blocking sleep mask. If you need a light to go to the bathroom, grab your cell phone and turn it on to light your way. Make sure, however, that the cell phone is at least four feet away from you body during the night.

Minimize sounds: Reduce noise interference as much as possible throughout the night. If necessary, use noise-reducing ear plugs. A third option is soothing music or 'white noise' generators to minimize disrupting sounds. If you have a partner whose sounds are waking you, you may want to sleep alone. Once you are sleeping regularly you may be able to return to sleeping together normally.

Go to sleep and wake up at the same time each day: Choose an approximate time that will work every night to fall asleep and a time every morning to wake up and stick to it! Only go to bed when you're tired though. If you wake up before your designated time and can't get back to sleep, get out of bed. If you stay in bed it will work against developing a healthy sleep pattern. Here are two exercises you can do to help improve your sleep.

1. **At bedtime:** To activate your bodies sleep mechanism rub both mastoid bones (the bumps just behind the ears) until you feel a 'wave of sleepiness.' This usually occurs in 10 to 15 seconds. If, after 90 seconds it doesn't occur, it probably won't help and you need to look at calming your body and/or your mind down through reading, stretching, sexual intimacy, conscious breathing or meditation. Rub the mastoid bones each night at the time you chose as your bedtime until you find your body's rhythm has adjusted. Do this anytime you lie down and are finding it difficult to go to sleep. Also do this if you wake during the night and are having difficulty going back to sleep.
2. **Upon arising:** To program your body's wakefulness time, rub the Spleen 21 point (left rib cage halfway between the armpit and the bottom of the rib cage) for 30 seconds. Immediately following, rub both ears beginning at the bottom and working toward the top as if you were trying to unfurl or flatten the ears with the thumb on the back of the ear and the index finger rubbing backward on the front. Do one pass up and one down. NOTE: This also works with programming infants sleep cycles.

Avoid all stimulants and stimulating activities after dinner time or approximately 7:00pm: This includes sugary foods, caffeine, nicotine, medications and supplements that have stimulating ingredients, bright lights, arguments, aggressive physical activity, watching television, using the computer, thrilling novels and the like. Also be sure to avoid using a cordless or cellular phone. An ear piece that is connected to the phone (not Bluetooth) is permissible.

Meditate prior to going to sleep. We recommend the 5 minute "Stress Calming" visualization available in audio and print at Fibro Wellness.

Get outside. Expose your body to sunlight for at least a few minutes every day.

Be active. Maintain at least one hour of brisk physical activity every day, based on your current fitness level.

Rare steak? You've got to be kidding!

No, I'm not kidding. I have found that rare steak offers more nutrients and supports a quicker recovery from a stress-related condition, such as fibromyalgia, than any other food.

First off, what is red meat?

We consider beef, venison, buffalo, and elk red meat. Pork, chicken, turkey, fish are not.

Isn't red meat hard to digest?

In short no, not unless it's cooked. Rare meat, which is basically warmed, but not cooked, is quite easy to digest. However, when it is cooked to the point that it could be used as a hockey puck, which is how most people cook it, well, yes.

Isn't it dangerous to eat rare beef?

First off, all properly cared for meat is sterile, except on the outside. Microbes do not normally live in muscle. The area of the steak where the butcher's knife has cut it could be a problem though. That is why you want to sear the top and bottom to sterilize them. Additionally, the stomach is at a pH of 1 which will virtually sterilize a well chewed piece of meat. If you are not making hydrochloric acid, then that wouldn't be the case and hydrochloric acid will need to be taken with meals.

Why can't it be cooked?

In short, I don't know. I've just found clinically that rare steak supports recovery far better than cooked steak or hamburger. We do know that enzymes inherent in all living things are destroyed with cooking.

Won't it make my cholesterol go sky high?

Not in my experience. I tenaciously follow my patient's lipid profiles and consistently see abnormal cholesterol and triglycerides actually improve with a diet high in red meat. In fact, overall I've seen dietary fat have a positive effect on lipid profiles, which is the opposite of what those making money off of cholesterol drugs are telling people.

Doesn't beef have all kinds of hormones, antibiotics and other toxins in it?

Well, yes, unless it was naturally raised. But so does about any food stuff you purchase. There are a myriad of problems with food production in America. So what does one do? First of, I encourage quantity over quality. What I mean is that first focus on getting the right quantity of the foods you need, then, if you have the inclination and resources, worry about quality. If you don't mind spending 2 – 3 times the amount for your food or have an interest in raising your own beef, chicken, fruits and vegetables, go right ahead. Each person has to create their own balance. Additionally, keep in mind that when a body is supplied with adequate nutrients, is well hydrated and physically active, it can deal quite adequately with the toxins that are almost unavoidable in today's world.

Why is it so good for me?

The real answer is because you have been genetically adapted to it. In other words, if you don't like that you need to eat red meat then direct your anger toward your ancestors. Our progenitors had vegetables part of the year, fruit part of the year and even grains part of the year, but meat was always available and animal foods a staple. As a result, the body has centered many of its physiological processes on animal foods, particularly animal proteins and fats. A couple of these include blood sugar, which is actually brain sugar, regulation and hormone production. Look at the rise of diabetes, depression and obesity in the United States since red meat and animal fat in general has been labeled "bad" by the nutritional "authorities."

Additionally, red meat is high in the essential amino acid methionine. Because it is a "methyl donor", it is essential for effective detoxification in the liver, because it is incorporated into the "N-terminal" position of all proteins, it is essential in the production of proteins within the body. Vegetables, fruits and legumes contain very little methionine.

How do I cook a steak rare?

Start with a hot surface. A briquette grill is my personal favorite. When I cook indoor I use a cast iron grill pan, but a flat surface can work as well. To keep the steak from sticking, especially if it is a lean cut, I will apply some butter. I then grind fresh pepper and apply salt to each side and rub it in with my fingers. Then I place the steak on the grill and, with a ¾ inch thick cut, leave on each side for about 90 – 120 seconds. If the steak is thinner, the time needs to be reduced. Just long enough to take the refrigerator coolness out of the center. When finished it should be warm, but completely raw in the center with about 1/8 inch of gray on each surface. If you overcook it, it will "bleed" liquid onto your plate. That means that you have ruptured the cell membranes and destroyed some of the delicate nutrients.

But I don't like the taste of it!

Then start out with small portions. Over time you will develop a taste for it. I was a vegetarian for 8 years and almost threw up when I first ate meat. Now, however, a rare steak is one of my most favorite foods, right up there with ice cream!

Flying Protection

Take two (2) **Flying Protection vials**, place them on the body, in a pocket is fine, within five (5) minutes of boarding plane. Immediately place all five (5) fingertips together and tap the mid forehead once, tap the top of your head with the back of your hand once, tap the forehead again with all five (5) fingers, tap the chest with your arms in an "X" configuration while your fingers are extended and your thumbs pointing away from you, one time, then finish by grabbing the right wrist with the left hand and, while holding your hands together, make a light thrust (downward) over the pubic area. Within five (5) minutes of leaving the plane, repeat above sequence then remove the vials from your body. Repeat this with every boarding and debarking of an airplane.

<https://www.youtube.com/watch?v=m2uTHzzXT98>