

Dr. Smith Live

Energy Medicine: The New Frontier

July 17, 2025

Topic: How to resolve Fibromyalgia without Drugs?

- What exactly is fibromyalgia?
- Is fibromyalgia an autoimmune disease?
- What are the symptoms related to it?
- What are the multiple factors that cause fibromyalgia?
- What vitamins can alleviate the symptoms of fibromyalgia?
- What foods should fibromyalgia patients stay away from?

With co-host Patricia Sihlanick

When: July 17, 2025 at 07:00 PM Eastern Time (US and Canada)

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Fibromyalgia

"Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson Take the road less travelled!

Fibromyalgia is rapidly becoming one of the most common chief complaints in doctor's offices. Why?

1. What exactly is fibromyalgia?

Ans. Fibromyalgia is a disorder characterized by widespread musculoskeletal pain.

This malady is considered primary when not linked to other systemic problems such as Lupus (connective tissue disease), cancer, hypothyroidism (under active thyroid), trauma, and various forms of arthritis. Research shows fibromyalgia patients tend to have severe inflammation in their body, including their nervous system and brain.

2. Is fibromyalgia considered an autoimmune disease?

Ans. No. Research suggests the nervous system is involved.

3. When was this malady defined?

Ans. This "disease" entered the medical lexicon in 1990. An estimated ten million Americans suffer with numerous symptoms. There is a cluster of clinical symptoms- generalized musculoskeletal pain, stiffness and chronic aching accompanied by reproducible trigger points (tender areas).

4. Are there other symptoms related to fibromyalgia?

Ans.

- Trigger points or tender areas of at least 11 of 18 specific anatomical sites
- Chronic aching
- Stiffness
- Sleep disturbances (insomnia)
- Pain (includes headaches)

- Severe chronic fatigue
- Anxiety (secondary to pain)
- Depression (related to changing physical status)
- Gastrointestinal disturbances (diarrhea and abdominal bloating)
- Subjective soft tissue swelling
- Cardiovascular problems (dizziness, palpitations)

5. Does fibromyalgia affect a particular group?

Ans. There is a statistical prevalence for middle-aged Caucasian women (90%) between 30 and 50 years of age.

6. Is there any definitive tests to diagnose fibromyalgia?

Ans. No. Making a definitive diagnosis can be difficult since there is no inflammation associated with the disease and laboratory blood tests, X-rays, and tissue biopsies fail to show any pathological findings.

7. What does the medical establishment attribute its cause?

Ans. **Chronic disorder of unknown cause.**

- **Genetics.** Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.
- **Infections.** Some illnesses appear to trigger or aggravate fibromyalgia.
- **Physical or emotional events.** Fibromyalgia can sometimes be triggered by a physical event, such as a car accident. Prolonged psychological stress may also trigger the condition.

8. Does the medical profession have a cure for fibromyalgia?

Ans. They state that there is NO cure.

9. If there is no cure, how do they treat it?

Ans. Symptomatically with a combination of medication, exercise, managing your stress, and lifestyle changes including healthy habits and diet may ease the symptoms enough that you can live a normal, active life.

- **Pain relievers.** Over-the-counter pain relievers such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin IB) or naproxen sodium (Aleve) may be helpful.
- **Antidepressants.** Duloxetine (Cymbalta) and milnacipran (Savella) may help ease the pain and fatigue associated with fibromyalgia. Your doctor may prescribe amitriptyline or the muscle relaxant cyclobenzaprine to help promote sleep.
- **Anti-seizure drugs.** Medications designed to treat epilepsy are often useful in reducing certain types of pain. Gabapentin (Neurontin) is sometimes helpful in reducing fibromyalgia symptoms, while pregabalin (Lyrica) was the first drug approved by the Food and Drug Administration to treat fibromyalgia.

10. Is the use of marijuana effective in reducing the inflammation and pain?

Ans. Yes. The cannabinoid receptors that produce the “high” in response to THC in marijuana also helps regulate inflammatory reactions in your brain

11. From your fifty plus years of clinical practice, what’s your take on the cause of fibromyalgia?

Ans. Patients with chronic pain problems invariably have multiple factors that provide the underlying sources for the pain. In my clinical experience I have found the following conditions to be major contributors to fibromyalgia:

- **Hypothyroidism:** All the symptoms of fibromyalgia encompasses the symptoms of a low thyroid: diffuse musculoskeletal pain, muscle spasms, insomnia, memory problems, fatigue, and mood swings.
- **Folic acid deficiency:** It should also be noted that a folic acid deficiency has the same symptoms as fibromyalgia. Most people do not eat enough greens on a daily basis.
- **Heavy metals:** mercury, cadmium, aluminum, lead can migrate along nerves.

- **Viruses:** Herpes simplex, cytomegalovirus, Epstein Barr, and others can affect the nerves.
- **B-complex deficiency:** The B-complex vitamins are essential for nerve function.
- **Acid pH:** A processed food diet will lower one's pH and cause pain.
- **Fluoride toxicity:** fluoride causes deposition of calcium into soft tissues causing stiffness. Fluoride also depresses thyroid function.

12. Are there vitamins that can help alleviate the symptoms of fibromyalgia?

Ans. Glucosamine and Bovine Cartilage are used in the body to manufacture cartilage components necessary for joint and tissue repair.

- **Methyl Sulfonyl Methane (MSM)** is an important source of dietary sulfur. Sulfur plays an integral part in the proper function of many proteins, hormones, and other substances that are critical in keeping muscles and joints healthy.

- **Boswellia serrata** is a natural anti-inflammatory agent. It has been shown to reduce joint swelling, increase mobility and decrease morning stiffness.

- **Vitamin B6** is an important co-factor in the production of several important neurotransmitters such as serotonin (depression & CNS), gamma-amino butyric acid (GABA- natural calming agent) and dopamine (mood and emotions, pain processing, sleep, memory, stress response).

- **L-cysteine** plays a critical role in the prevention of skeletal muscle deterioration and fatigue conditions.

- **Melatonin** is a hormone that assists us in attaining deep levels of sleep; it's also a powerful antioxidant. Melatonin regulates the **sleep-wake cycle, helps increase sleep onset, helps maintain sleep through the night and helps us reach deep sleep (REM sleep).**

- **Griffonia simplicifolia** (natural source of 5-hydroxytryptophan or 5-HTP) is a plant rich in 5-HTP, which has been effective against many conditions of fibromyalgia, including **reducing muscle pain, anxiety, and pain intensity.** It also has been shown to **help induce sleep, improve sleep quality, and reduce fatigue.**

- **Pregnenolone** is one of the critical neurosteroids that has the ability to modify EEG sleep in humans. This also suggests one of pregnenolone's potential benefits as a **memory enhancer.**

- **Creatine** is a nutrient naturally found in our bodies. It is made from three amino acids (arginine, glycine and methionine). Creatine is used in our muscles to **create energy (adenosine triphosphate or ATP):** Creatine restores energy in fatigued muscles.

- Kava kava is used for its natural calming effects. Kava helps you relax and promotes a good night's rest.

13. Are there foods that people with fibromyalgia should stay away from?

Ans. Yes. There are five foods that will aggravate the pain:

- a. Foods high in carbohydrates and gluten: bagels, muffins, and pasta. These carbs breakdown into sugar, which increase insulin and systemic inflammation.

- b. French fries and other processed foods: high in trans fats, which are linked to chronic systemic inflammation; other examples are

soybean oil, corn oil and
sunflower and safflower oils.

adulterated omega 6 oils:

c. Blackened and barbecued foods: contain Advanced Glycation End Products (AGEs: they form when sugar interacts with proteins or fats in the bloodstream) are highly inflammatory. Foods cooked at high temperature (broiling, frying and grilled).

d. Night Shade Vegetables: tomatoes, potatoes, eggplant, peppers, tobacco; all contain trace amounts of a very alkaloid, solanum, that can be harmful. They affect calcium metabolism. Deposits calcium in ligaments, tendons, and joints.

e. **Sugar:** Increases insulin, which increase systemic inflammation and fibrosis.

14. Is there a magic bullet for fibromyalgia pain?

Ans. Yes. That magic bullet is a systemic enzymes. The best one on the planet is Zymessence. It dissolves away excess fibrin, is anti-inflammatory, destroys foreign protein in the blood, bactericidal, and mildly antiviral.

15. Are there other enzymes to combat pain?

Ans. Yes. **Bromelain:** anti-inflammatory, removes wastes from the body.

- **Turmeric:** powerful antioxidant that destroys free radicals which contribute to pain and swelling. Turmeric is safer than aspirin in stopping pain and without the gastrointestinal side effects.
- **Papain:** anti-inflammatory, attacks tumor cells and boosts the immune system. Contains a wide range of proteolytic enzymes that breakdown proteins.
- **Devil's Claw:** effective in reducing pain.

- **Boswellia Extract:** effective in reducing pain and inflammation; supports healthy blood circulation.
- **Ginger Extract:** Effective against nausea, pain, and inflammation; reduces prostaglandin E2, which causes pain and inflammation.
- **Rutin:** strong anti-inflammatory effect and is a powerful antioxidant.
- **Citrus Bioflavonoids:** Aids in the absorption of vitamins and it acts as an important antioxidant. They inhibit collagenase and elastase two enzymes responsible for the breakdown of connective tissue. Also protect against free radical damage.

16. Is it important to maintain a high vitamin D₃ level?

Ans. Yes. 60 to 80 ng/ml. Vitamin D₃ supports the immune system, brain, and nervous system. May enhance the anti-inflammatory effects of glucocorticoids.

17. Is it true that the ketogenic diet massively decreases brain inflammation?

Ans. Yes. Research published last year suggests ketogenic diets — which are high in healthy fats and low in net carbs — are a particularly powerful ally for suppressing brain inflammation.

18. Is it also true that the ketogenic diet helps relieve fibromyalgia pain?

Ans. Yes. Reducing inflammation also helps alleviate pain.

19. Should fibromyalgia patients stay on a ketogenic diet for extended periods?

Ans. No. Starving the body is only good for short periods. One should cycle in healthy carbs to about 100 to 150 grams on days that one exercises.

Fibromyalgia is rapidly becoming one of the most common chief complaints in doctor's offices. Why?

- Toxins such as chlorine, fluoride, bromine, and soy suppress the thyroid.
- Adulterated fats transform our cell membranes into plastic.
- We are inundated with the herbicide glyphosate which is an endocrine disruptor, causes leaky gut and leaky brain, is classified as a carcinogen, chelates important minerals, destroys the microflora in our intestines, inhibits the cytochrome P450 enzyme needed to detox drugs and chemicals, inhibits release of thyroid stimulating hormone, causes gluten sensitivity, interferes with the production of neurotransmitters, and it binds toxic heavy metals like aluminum and bypasses the intestinal barrier making it more toxic to the body.
- Most people are deficient in folic acid, which has the same symptoms as fibromyalgia.
- All toxins create inflammation which causes fibrosis which is a potential cause of fibromyalgia.
- Most people have intestinal toxemia, which provides a source for pain.

“If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse.” Jim Rohn