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Dr. Jacob Teitelbaum explores fibromyalgia symptoms and diet solutions

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Fibromyalgia Full Resolution

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Fibromyalgia has become known as the disease that baffles many doctors. One notable exception: Dr. Jacob Teitelbaum, author of "The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy" (click to order). In an exclusive interview, Dr. Teitelbaum explained the symptoms, diet solutions and dietary supplements involved with this condition.

Symptoms of **fibromyalgia** include feeling tired, aching all over, problems thinking clearly (referred to as "brain fog") and sleeping issues that last longer than three months. If you suffer from severe insomnia despite feeling exhausted and also have widespread pain and brain fog, "you have **fibromyalgia** until proven otherwise – even if you have other illnesses such as lupus that may be causing the pain," says Dr. Teitelbaum, whose other books include "Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now" (click for details) and "From Fatigued to Fantastic" (click to order).

Playing a key role in **fibromyalgia**: **Diet**. "The large amounts of sugar in the modern diet, with 140 pounds of sugar being added to the diet per person per year in food processing, is a major aggravating problem for

fibromyalgia," cautions Dr. Teitelbaum. "Because of this, it is critical that people cut back on sugar—especially sodas and fruit juices." But the good news: "Small amounts of chocolate can improve energy and are quite healthy."

Other diet tips to follow: Be sure to drink enough water and avoid restricting salt too much, adds Dr. Teitelbaum. Salt restriction can cause problems because the adrenal gland is underactive. What should you emphasize in your daily menus? Protein. "A **high-protein diet** helps prevent the drops in blood sugar that often plague people with fibro," he says. By keeping your protein level high, eating enough salt and drinking enough water while avoiding sugar, you can benefit in multiple ways. Learn more about what to eat on a high protein diet by reading "Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health—in Just Weeks!" (click to order).

And enhancing your diet with **supplements** also can make a difference, says Dr. Teitelbaum. His recommendations follow:

- Ribose (Corvalen). "Our recently published study showed that taking 5 grams 3 times a day increased energy an astounding average of 61% after 3 weeks in people with **fibromyalgia**." Note: You can find this supplement at local health food stores or online, and examples include **Doctor's Best Best D-Ribose** - click for details.
- The Energy Revitalization System vitamin powder (Enzymatic Therapy). One drink a day replaces over 35 tablets of vitamins and **supplements**, supplying almost all of the needed vitamins, minerals, amino acids, and energy cofactors, says Dr. Teitelbaum. You can find this powder in various flavors, such as **Enzymatic Fatigued To Fantastic Energy Energy Revitalization, Tropical Citrus Delight Flavor** - click for details.
- Revitalizing Sleep Formula (Enzymatic Therapy). "This mix of 6 herbs is excellent for sleep," according to Dr. Teitelbaum. For details on this product, [click here](#).
- Adrenal Stress End (Enzymatic Therapy). For adrenal support, especially for people who get irritable when hungry: Get more information [by clicking here](#).
- Vectomega (EuroPharma). This one tablet daily supplies the omega-3 essential fatty acids found in 8 large fish oil capsules – without the fish oil burps
- "For pain, the herbal mixes End Pain and Curamin are very effective," says Dr. Teitelbaum. Learn more about **Enzymatic Therapy, Fatigued to Fantastic! End Pain** by [clicking here](#).

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