



From Practice - For Practice Fibromyalgia

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Fibromyalgia - also known as fibrositis syndrome or generalised tendomyopathy - is classified as part of the rheumatoid group of illnesses.

This is a chronic, non-inflammatory, very painful illness of the muscles, tendons and joints, with heightened sensitivity at various pressure-points. It expresses itself in chronic, generalised pain in the musculature, the connective tissue and the bones at typical trigger-points. On the anterior side of the body, these "tender points" are situated at the cartilagenous-bony borders of the second rib and at the epicondyli mediales of the knee-joint; on the posterior side they are at the upper edge of the trapezius muscle, on the medial edge of the scapula (supraspinatus

muscle), on the supraspinal ligaments L4-L5 and distally from the epicondylus lateralis of the elbow joint. Conservative medicine requires at least 11-18 trigger points to be present, before a diagnosis of fibromyalgic syndrome may be made.

The complaints range from depressive behaviour with sleep problems, anxiety, allergies, tiredness, various complaints arising from the general dryness of the mucosa, muscular and articular pains, to swollen lymph nodes.

The manifold causes include stress, traumas (whiplash), viral or bacterial illnesses (e.g. herpes, hepatitis or Epstein-Barr viruses; yersinia, chlamydia), liver disorders of varying

origins and heavy metal intoxication.

In 12-45% of cases there are concomitant thyroid problems present (hypothyroidism).

As well as this, in almost every person affected, a serotonin deficiency may be demonstrated.

Thus, there are a large number of factors either predisposing to fibromyalgia or inducing it.

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Treatment

Experience has shown that cleansing the milieu is the most important and, at the same time, the most crucial component. We begin with the 4 Stages of Isopathic Treatment:

- 1) During the whole course of treatment, ALKALAN, $\frac{1}{4}$ - $\frac{1}{2}$ tsp. in warm water to be drunk twice a day; according to which complaints are dominant: SANUVIS 2X, 5 drops twice a day or CITROKEHL, 5 drops 2-3 times a day, or FORMASAN, 5 drops 2-3 times a day in warm water and sipped. LIPISCOR, 5-10 capsules twice a day, and ZINKOKEHL 3X, 5 drops twice a day (both of these to improve the synthesis of serotonin); VITAMINE Sanum, one injection twice a week.
The diet should be revised to exclude animal protein and fat.
- 2) Simultaneously start on a daily morning dose of 5-10 drops of FORTAKEHL 5X, plus, according to the individual case history, a daily evening dose of QUENTAKEHL 5X / NOTAKEHL 5X or LARIFIKEHL 5X (in each case 5 drops). For whichever of these is selected, the dosage may be increased to 10 drops, depending on how well the patient tolerates it.
After 2-3 weeks, switch to:
- 3) SANKOMBI 5X, 10 drops twice a day, following the 5-2-5-2- pattern (5 = SANKOMBI Mon. - Fri., 2 = the chosen medicine from 2) above on Sat. & Sun. This medication may be indicated for several months.
- 4) Along with SANKOMBI, an additional prescription of 1 UTILIN 6X suppository 3x a week; possibly also SANUKEHL Myc 6X and SANUKEHL Pseu 6X on alternating days, 4 drops of each orally and 4 drops to be rubbed into the hollow of the elbow.

If required, a course of heavy metal detoxification should be added or inserted. In this case, the isopathic treatment is put on hold and then re-started after the detox., the doses being correspondingly smaller.