



Natural Cure To Fibromyalgia



The 'Natural Cure to Fibromyalgia' Survey 2008

*Helping Us All Gain A Greater
Understanding of Fibromyalgia.*

Jane Thompson

Author of the [Natural Cure to Fibromyalgia](#)

A survey by Fibromyalgia Sufferers for Fibromyalgia Sufferers

Discover the remedies fellow sufferers recommend, what lifestyle changes help...

And the triggers to avoid.

***Disclaimer:** All material in this report is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of the survey findings. Instead readers should consult their physician or other qualified health professionals on any matter relating to health and well-being. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation, or favoring by the publisher.*



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Survey Summary

An invitation to complete The Natural Cure to Fibromyalgia Survey 2008 was sent to a total of 2931 newsletter subscribers in March 2008. Of these people around 670 are considered to be 'very active' subscribers based on email newsletter opening rates.

The survey ran between the 11th March and the 18th March 2008 and a total of 416 people completed the survey, which is 14.1% of the total number contacted, but 62% of the estimated 'very active' group.

The aim of the survey was to identify the respondents' experience with Fibromyalgia, to gather their thoughts on treatments and remedies and what their overwhelming area of concern was.

The high level summary of all the results are:

The respondents were mainly females aged between 36 - 55, with 80% of the respondents having had Fibromyalgia formally diagnosed.

31% of respondents have been suffering with Fibromyalgia for between 3 – 5 years with 28% having lived with the condition for over 10 years.

“Widespread aches & pains” is the most common symptom and 39% stated that their symptoms are present “all the time”.

When given a list of common Fibromyalgia drugs/medical treatments to rate in terms of effectiveness (1 being 'not effective' and 5 being 'very effective'), 5 treatments scored below average (2.5) and 9 scored above average, however the highest score was 3.0. Sleep aids and Muscle relaxants were rated as the most effective medication with an average score each of 3.0.

Alternative treatments for Fibromyalgia were also surveyed with massage therapy and herbal remedies being the most commonly used.

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The responses relating to managing Fibromyalgia symptoms through diet were interesting. The majority of survey respondents (45%) said that they are mostly careful about what they eat. However 56% don't manage their Fibromyalgia symptoms with careful diet choices on a regular basis.

However, when asked to list common triggers that can cause Fibromyalgia symptoms to flare up three out of the top five items were food based. The top three triggers were identified as:

- Sugar / Sugary foods
- Stress
- Alcohol

When asked which products, services or information the respondents found most helpful in coping with Fibromyalgia symptoms 55 respondents said information provided in the Natural Cure to Fibromyalgia newsletter, blog, email and downloadable book.

Note: these results should be viewed in context as it was the “Natural Cure to Fibromyalgia” newsletter subscribers who were asked to complete the survey.

When asked to rate which products, if made available, would be most useful, the respondents chose ‘Pain Elimination Methods for Fibromyalgia Sufferers’ and the second choice was a ‘Monthly Fibromyalgia newsletter with recipes, natural remedies & tips’.

The top three tips for dealing with Fibromyalgia symptoms were as follows:

- 1. Stay positive**
- 2. Educate yourself about Fibromyalgia**
- 3. Don't over do it (even on good days)**

The final question dealt with the respondents biggest concern. There were many different questions, but the one asked the most was ‘What's the cause, how do I get it?’

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The Survey Results in Detail:

The questions and answers are detailed below with the answers displayed in both text and graphical form (where applicable), along with a brief explanation of the findings.

Where open-ended free form questions were asked, only the most common answers have been included in the survey. The remaining details can be found in the appendices.

Please feel free to pass a copy of this survey onto anyone you feel may be interested in the information.

Alternatively send them to the following website where they can sign up for a free newsletter and get a complimentary copy of the Survey Report:

<http://www.eliminatefibromyalgia.com>

Thank you again to all those who took part in The Natural Cure to Fibromyalgia Survey 2008, your input has been invaluable.

A handwritten signature in blue ink that reads "Jane Thompson".

Jane Thompson

Author: [Natural Cure to Fibromyalgia](#)

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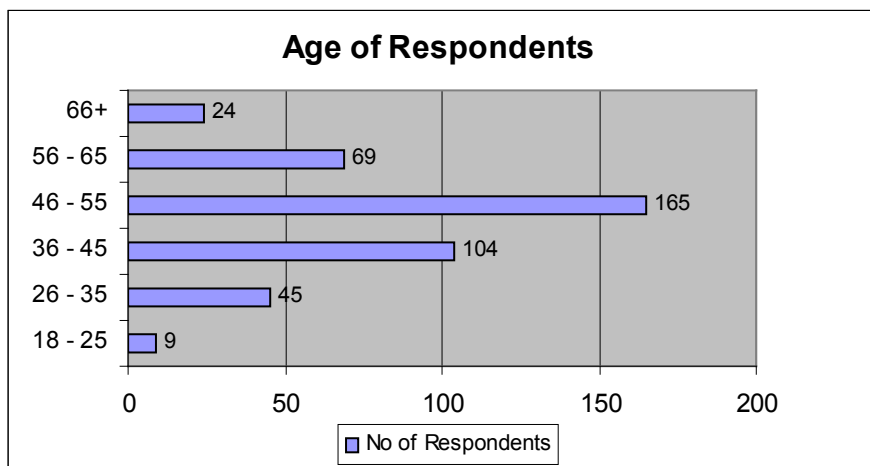


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1. The first question asked was to determine the respondents' age.

<u>Age</u>	<u>No of Respondents</u>	<u>Percentage</u>
18 - 25	9	2%
26 - 35	45	11%
36 - 45	104	25%
46 - 55	165	40%
56 - 65	69	17%
66+	24	6%



What Does This Mean:

The results show that the majority of respondents are aged between 36 and 55. There could be a number of reasons for this result:

1. That there are more people in this age group subscribed to the "Natural Cure To Fibromyalgia" Newsletter.
2. People within this age group who are subscribed to Newsletter are more likely to answer surveys.
3. Fibromyalgia can occur at any age, however it is most commonly diagnosed in women around the age of 50, which ties in with the survey results. This can be because Fibromyalgia can be easily misdiagnosed leading to patients suffering for many years before receiving a proper diagnosis and treatment.

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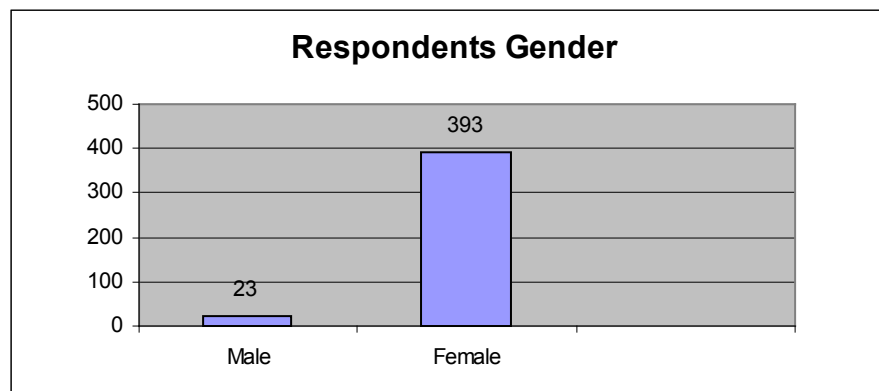


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2. The second question established the respondents' gender.

	<u>No of Respondents</u>	<u>Percentage</u>
Male	23	6%
Female	393	94%



What Does This Mean:

Although Fibromyalgia can effect men and women, the largest proportion of survey respondents were women.

Statistically it has been shown that women are around 4 times more likely to be diagnosed with Fibromyalgia than men are. The results of the survey support this.

Also, the survey was sent to a newsletter subscriber population, which is thought to have a higher female reader percentage.

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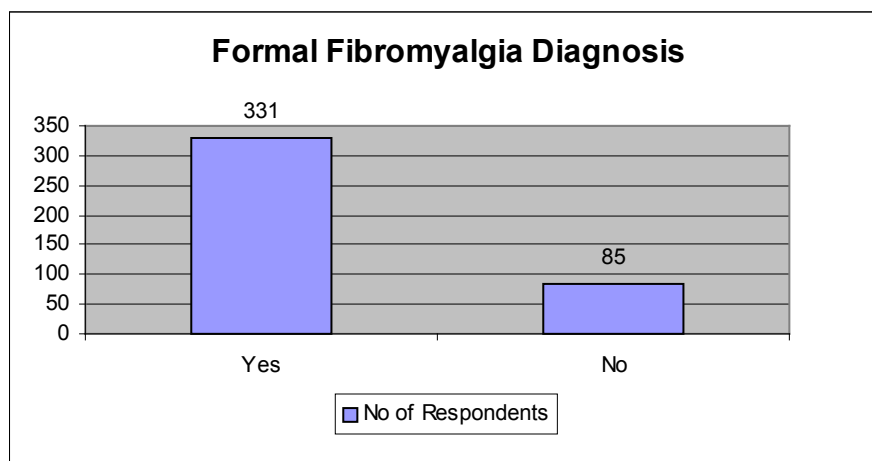


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3. The third question determined whether respondents had received a formal diagnosis of Fibromyalgia.

	<u>No of Respondents</u>	<u>Percentage</u>
Yes (diagnosed)	331	80%
No (not diagnosed)	85	20%



What Does This Mean:

80% of the respondents stated that they had been formally diagnosed with Fibromyalgia.

Considering the often-negative experience received by many who seeks a diagnosis from their doctors, this figure reflects that many do eventually receive a diagnosis for Fibromyalgia, but perseverance may be required to get a proper diagnosis from a qualified practitioner.

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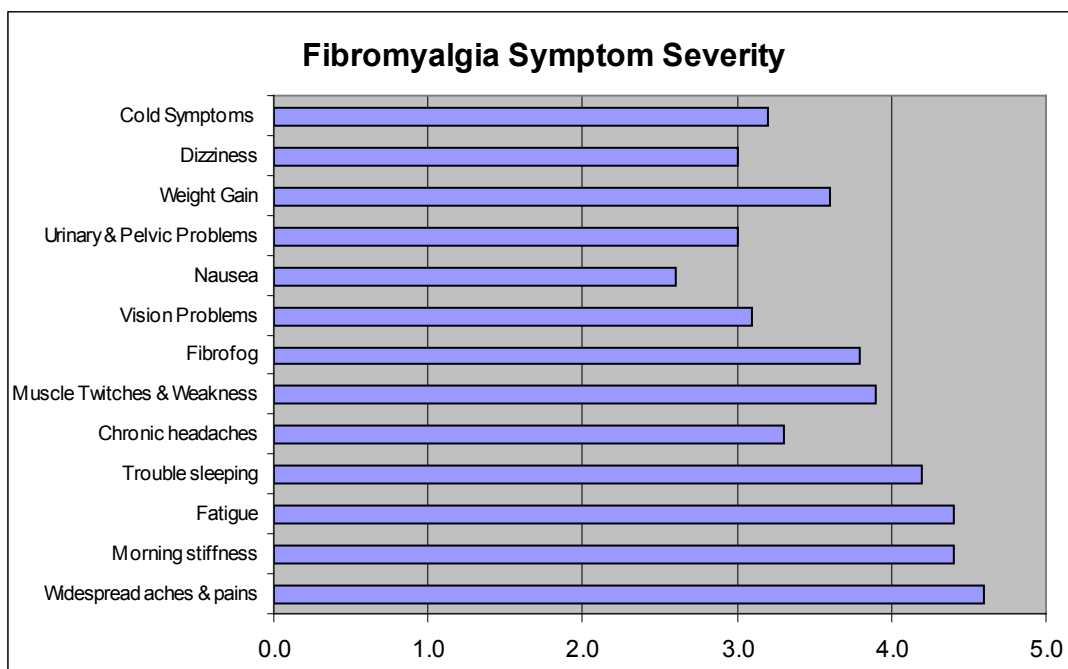


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4. Respondents were asked to rate the following Fibromyalgia symptoms according to frequency of occurrence with 1 being 'rarely' experienced and 5 being experienced 'most frequently' and to choose N/A for any that did not apply.

	<u>Rating</u>
Widespread aches & pains	4.6
Morning stiffness	4.4
Fatigue	4.4
Trouble sleeping	4.2
Chronic headaches	3.3
Muscle Twitches & Weakness	3.9
Fibrofog	3.8
Vision Problems	3.1
Nausea	2.6
Urinary & Pelvic Problems	3.0
Weight Gain	3.6
Dizziness	3.0
Cold Symptoms	3.2



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What Does This Mean:

The most commonly felt symptoms shared by the survey respondents were "Widespread aches & pains", "Morning stiffness" and "fatigue".

The least common were "nausea" and "dizziness".

This result is of little surprise considering Fibromyalgia is often described as “a chronic pain disorder characterised by widespread pain, fatigue and sleep disturbance”.

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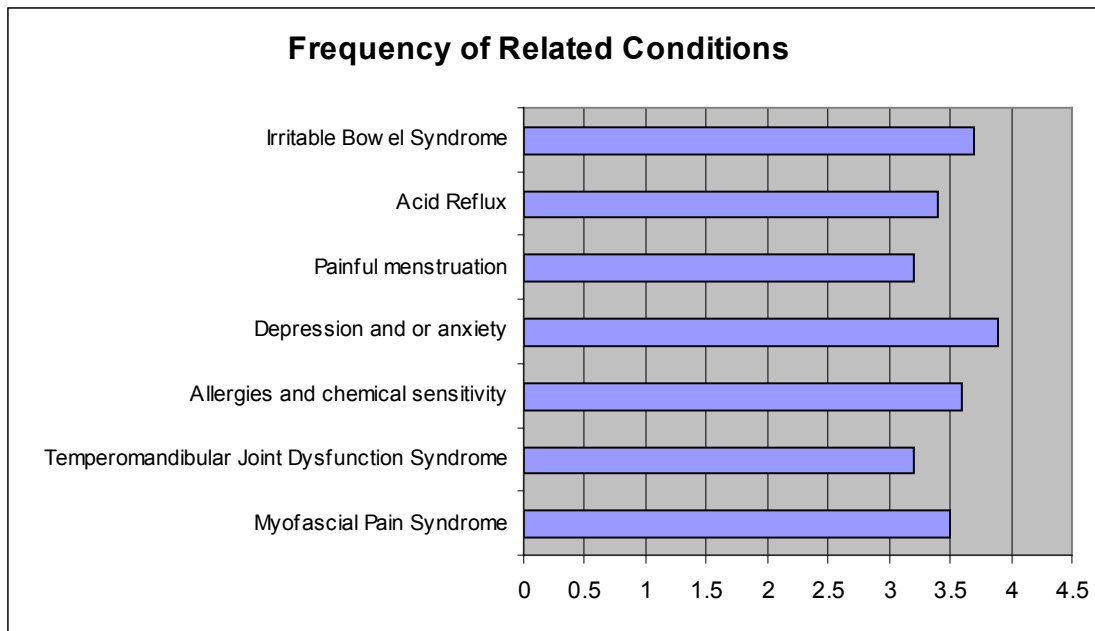


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5. Respondents were asked to rate any related conditions according to frequency with 1 being 'rarely' experienced and 5 being experienced 'most frequently'.

	<u>Rating</u>
Myofascial Pain Syndrome	3.5
Temperomandibular Joint Dysfunction Syndrome	3.2
Allergies and chemical sensitivity	3.6
Depression and or anxiety	3.9
Painful menstruation	3.2
Acid Reflux	3.4
Irritable Bowel Syndrome	3.7



What Does This Mean:

The top three conditions that were rated as most commonly effecting respondents were, "Depression and/or Anxiety", "Irritable Bowel Syndrome" and "Allergies and Chemical Sensitivity".

Studies correlate these findings. It is believed that about 70% Fibromyalgia sufferers have IBS, high proportions of those with Fibromyalgia also suffer with depression or a General Anxiety Disorder (GAD).

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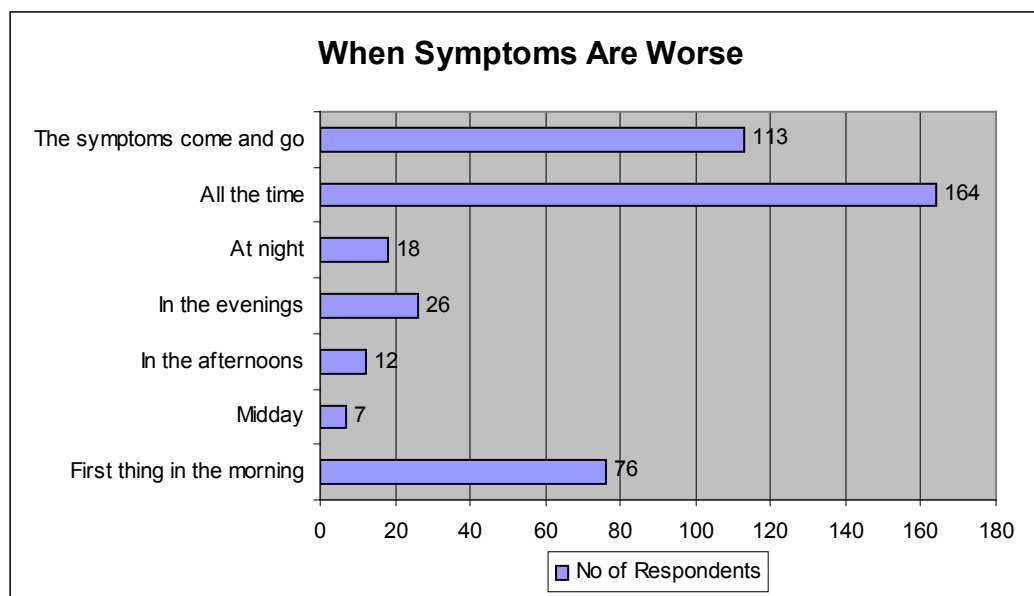


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6. Question 6 asked respondents to select when their Fibromyalgia Symptoms are worse.

	<u>No of Respondents</u>	<u>Percentage</u>
First thing in the morning	76	18%
Midday	7	2%
In the afternoons	12	3%
In the evenings	26	6%
At night	18	4%
All the time	164	39%
The symptoms come and go	113	27%



What Does This Mean:

The majority of respondents stated that their symptoms do not have a specific schedule, but that they are present all the time. The second most popular answer was that the respondents' symptoms "come and go".

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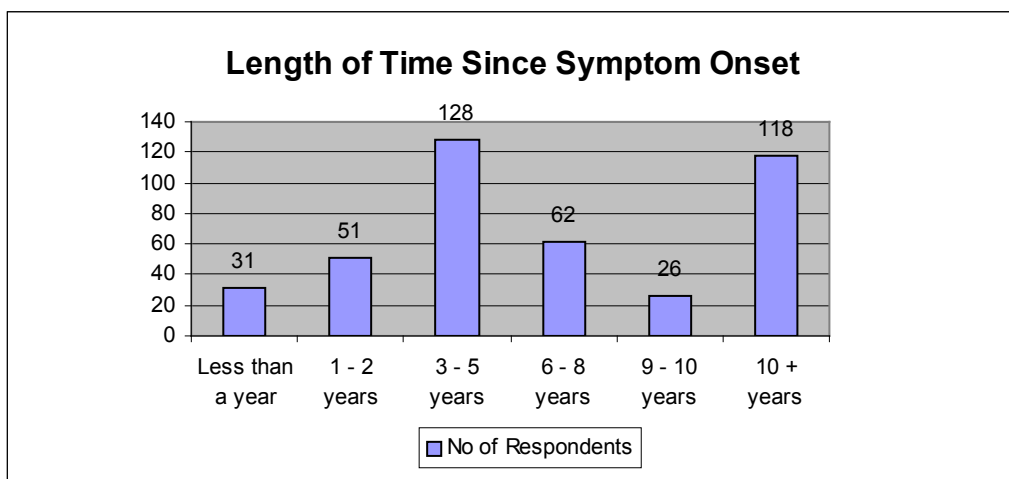


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7. In question 7 respondents were asked how long they have suffered with Fibromyalgia for.

	<u>No of Respondents</u>	<u>Percentage</u>
Less than a year	31	7%
1 - 2 years	51	12%
3 - 5 years	128	31%
6 - 8 years	62	15%
9 - 10 years	26	6%
10 + years	118	28%



What Does This Mean:

The majority of respondents stated that they had been suffering with Fibromyalgia symptoms for between 3 - 5 years, however, over a quarter of the respondents had been suffering with symptoms for over 10 years.

These results confirm that Fibromyalgia is a chronic illness that requires ongoing management of symptoms.

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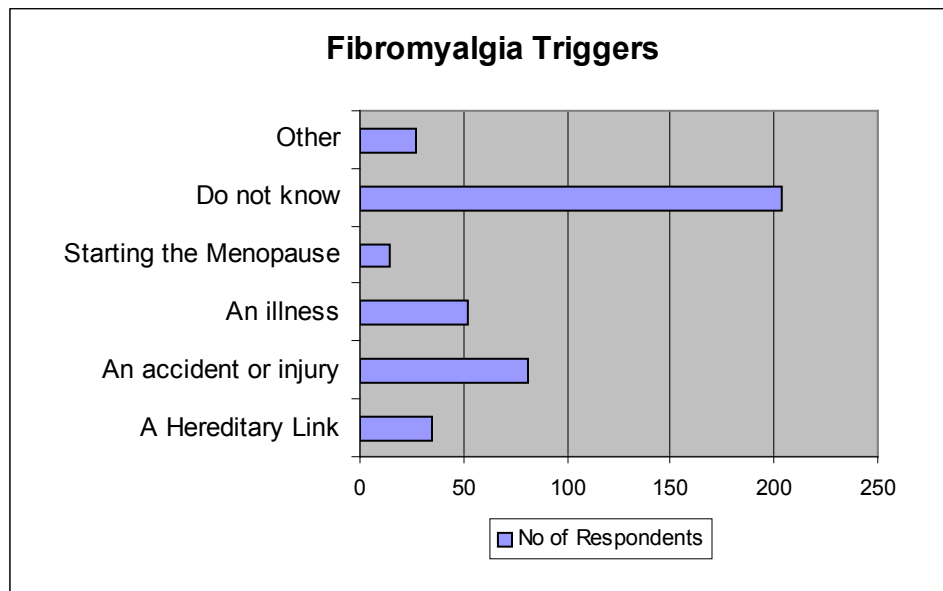


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8. Question 8 asked respondents to select from the options below what they thought was the initial cause of Fibromyalgia or to choose 'other' if appropriate.

	<u>No of Respondents</u>	<u>Percentage</u>
A Hereditary Link	35	8%
An accident or injury	81	20%
An illness	52	13%
Starting the Menopause	14	3%
Do not know	204	49%
Other	27	7%



What Does This Mean:

The majority of respondents stated they did not know what triggered their condition. However, 81 respondents (20%) believed an accident or injury triggered their Fibromyalgia, and 13% believed the condition was triggered by an illness.

There also are 27 different causes listed in 'other', the most common being Stress or Bereavement. The full list of other causes is listed in the Appendix.

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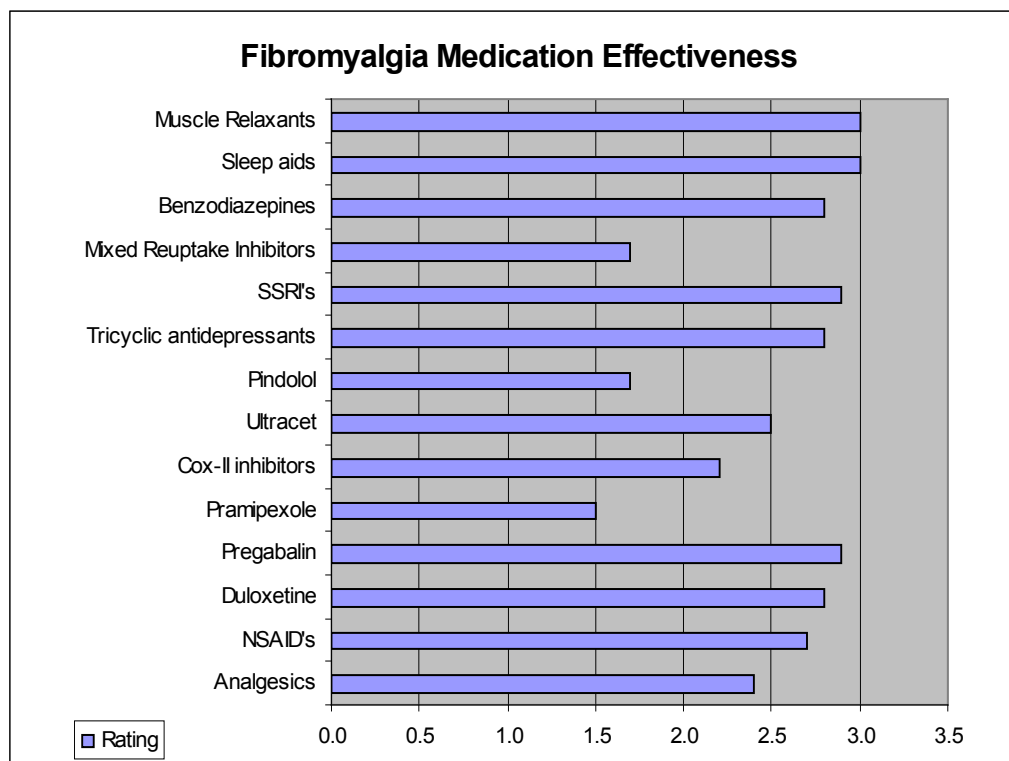


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9. Respondents were asked whether they had taken or were taking any of the following medications/treatments for Fibromyalgia by rating their effectiveness, with 1 being 'not effective' and 5 being 'very effective'.

	<u>Rating</u>
Analgesics	2.4
NSAID's	2.7
Duloxetine	2.8
Pregabalin	2.9
Pramipexole	1.5
Cox-II inhibitors	2.2
Ultracet	2.5
Pindolol	1.7
Tricyclic antidepressants	2.8
SSRI's	2.9
Mixed Reuptake Inhibitors	1.7
Benzodiazepines	2.8
Sleep aids	3.0
Muscle Relaxants	3.0



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What Does This Mean:

Although not intending to be a scientific study, the results showed that the highest average rating for the most effective medication was 3 out of 5. Both "sleep aids" and "muscle relaxants" achieved this score.

5 out of the 14 common medications prescribed for Fibromyalgia failed to achieve average scores (2.5) on effectiveness according to the survey respondents.

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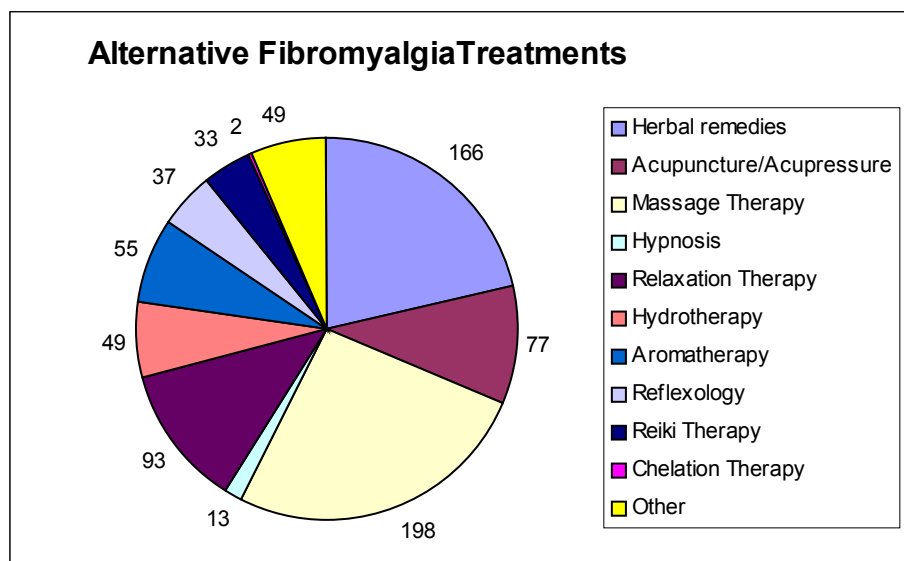


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10. Question 10 asked the respondents to select which of the following natural products they use and to add any other treatments they may be trying.

	<u>No of Respondents</u>	<u>Percentage</u>
Herbal remedies	166	40%
Acupuncture/Acupressure	77	19%
Massage Therapy	198	48%
Hypnosis	13	3%
Relaxation Therapy	93	22%
Hydrotherapy	49	12%
Aromatherapy	55	13%
Reflexology	37	9%
Reiki Therapy	33	8%
Chelation Therapy	2	0.5%
Other	49	12%



What Does This Mean:

There are an abundance of alternative/ complementary therapies that are available for Fibromyalgia sufferers. And although the responses do not indicate effectiveness, it can be assumed that the more popular treatments are most likely to be effective for sufferers. The top three alternative treatments were "Massage Therapy", "Herbal remedies" and "Relaxation Therapy"

A list of the treatments from the 'other' category can be found in the appendix.

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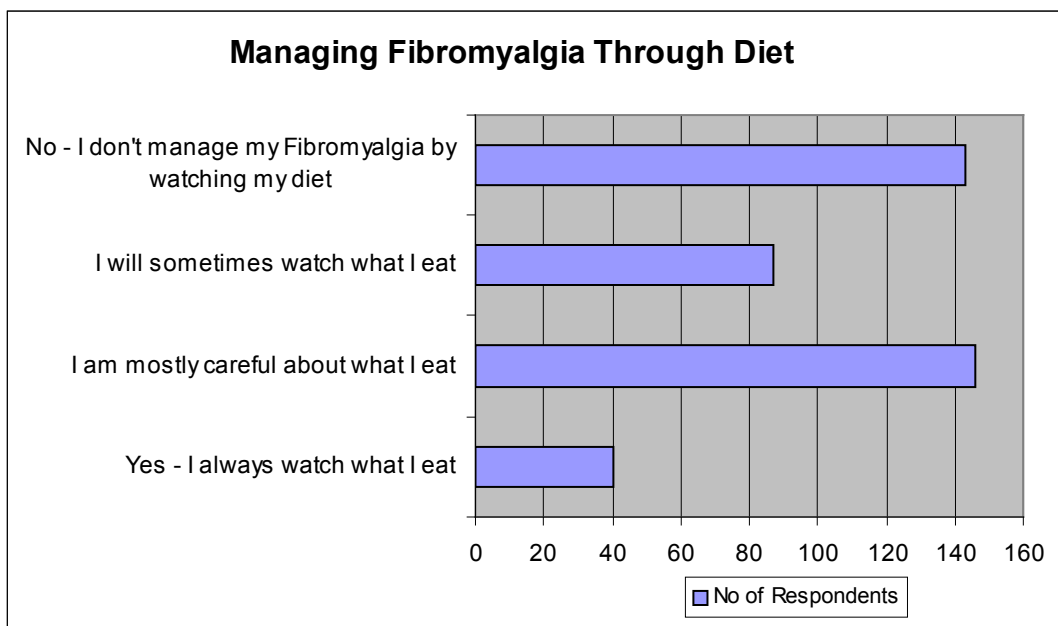


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11. Question 11 was asked to determine if Fibromyalgia sufferers managed their symptoms by watching their diet and avoiding items they know will cause symptoms to flare-up? Respondents were asked to select the option that was most applicable.

	<u>No of Respondents</u>	<u>Percentage</u>
Yes - I always watch what I eat	40	10%
I am mostly careful about what I eat	146	35%
I will sometimes watch what I eat	87	21%
No - I don't manage my Fibromyalgia by watching my diet	143	34%



What Does This Mean:

There is considerable evidence that diet and nutrition can have a profound effect on the severity of Fibromyalgia symptoms. The survey responses indicate that 10% of the respondents follow a strict diet to control symptoms, but over 50% of respondents either do not manage their symptoms with diet, or are only sometimes careful of their dietary intake.

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12. Question 12 asked respondents to list the top three 'trigger' foods, beverages or other environmental factors they have identified as having a worsening effect on their Fibromyalgia symptoms.

<u>Fibromyalgia Triggers</u>	<u>No of Respondents</u>
Sugar/ Sugary foods	43
Stress	33
Alcohol	27
Wheat/ Bread	27
Dairy Products	21
Changes in barometric pressure	21
Cold or Cold Weather	19
Coffee	15
Lack of Sleep	14
Damp Air/Wet Weather	13
Chocolate	12
Sensitivity to smells	11
Caffeine	11
Fizzy Drinks/ Soda	11
High Fat or Fried foods	10
Chemicals	8
Overdoing it	8
MSG in foods	7
Flavorings/Preservatives/Colorings	7
Spicy Foods	7
Carbohydrates	7

What Does This Mean:

From the responses to the survey, it is clear that there are certain trigger foods and situations that can cause symptoms to worsen. The most common dietary problem items are sugar and sugary foods, alcohol, wheat and dairy products.

Other common triggers that were mentioned by a large number of respondents were "undue stress", changes in barometric pressure and cold or wet weather.

The full list of symptom triggers can be found in the Appendix.

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13. Question 13 asked respondents whether there were any particular products, services or information that they have found helpful in managing or reducing Fibromyalgia symptoms.

	<u>No of Respondents</u>
Natural Cure to Fibromyalgia book and newsletter	55
Support Groups	17
Fibromyalgia Association	9
Magnesium	7
Lyrica	7
Stretching	5
Deep Tissue Massage	5
Walking	4
Fibromyalgia Advocate by Devin Starlanyl	4
Heat pads	4
Reversing Fibromyalgia by Joe M Elrod	3
Yoga	3
Fibromyalgia for Dummies by Roland Staud & Christine Adamec	3
Chiropractor	3
Fibromyalgia.com	3
WebMD.com	3
Tramaadol	3
Hot Tubs	3
Pilates	3
Rest	3
Rheumatologist	3

What Does This Mean:

The most common response was the "Natural Cure To Fibromyalgia" Newsletter and downloadable eBook, which were mentioned as the most helpful resources.

However, these results should be viewed in context, as the survey was completed solely by subscribers to the Natural Cure to Fibromyalgia Newsletter.

The full list of resources can be found in the Appendix.

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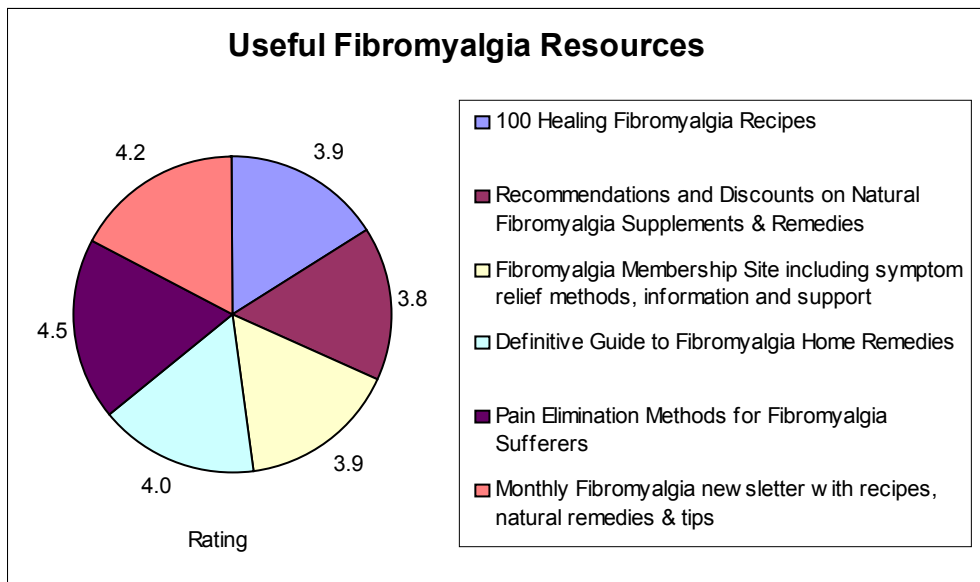


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14. In an effort to discover what information Fibromyalgia sufferers needed the most, respondents were asked to rate the suggestions below from 1 to 5 (1 being 'not useful' and 5 being 'very useful')

	<u>Rating</u>
100 Healing Fibromyalgia Recipes	3.9
Recommendations and Discounts on Natural Fibromyalgia Supplements & Remedies	3.8
Fibromyalgia Membership Site including symptom relief methods, information and support	3.9
Definitive Guide to Fibromyalgia Home Remedies	4.0
Pain Elimination Methods for Fibromyalgia Sufferers	4.5
Monthly Fibromyalgia newsletter with recipes, natural remedies & tips	4.2



What Does This Mean:

The most popular product, if made available would be "Pain Elimination Methods for Fibromyalgia Sufferers". This does not come as a surprise, as the pain associated with Fibromyalgia has a profound impact on life and quality of living.

Respondents also stated that a "Monthly Fibromyalgia newsletter with recipes, natural remedies & tips" would be useful highlighting the chronic aspect of this condition that often requires ongoing management of symptoms.

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15. In Question 15, respondents were asked to provide the best tip/s they would give someone who has been newly diagnosed with Fibromyalgia.

The answers were grouped, where applicable and the following is a summary of the answers with 12 of more recommendations. The remaining tips can be found in the Appendices.

No of Respondents

Stay positive	58
Educate Yourself about Fibromyalgia	54
Don't over do it (even on good days)	50
Find support (friends, family, online or local community groups)	47
Rest frequently	46
Exercise regularly	45
Find a good doctor or specialist who has knowledge of Fibromyalgia	45
Reduce stress	40
Stay Active/ Keep busy	37
Accept you have Fibromyalgia	30
Get quality sleep	26
Eat a healthy, well balanced diet	21
Try different treatments until you find one that works	19
Listen to your body	18
Massage	17
Remember, you are not alone	12
Take one day at a time	12

What Does This Mean:

Although the answers received from respondents where interesting and diverse, there were strong themes running through the advice they offered.

The most frequently stated advice would be to "stay positive" and to "educate yourself about Fibromyalgia".

Also, it is considered important to not "overdo it (even on good days)", and establish a strong support group with family, friends, online or in your local community.

The full list of tips can be found in the Appendix.

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16. The final question of the survey asked respondents to enter the ONE question they would like answered about Fibromyalgia:

The answers were grouped, where applicable, and the following is a summary of the questions asked by 6 or more people. The remaining questions can be found in the Appendices.

No of Respondents

What's the cause, how do I get it?	51
Can it be treated/ cured/ controlled?	40
How can I get rid of the pain?	22
Will it get better or worse over time?	18
Why don't doctors take it more seriously?	17
Will there be a medication that will be available in the future to treat it?	15
How do I get people to understand and be patient?	15
What is the most accurate way to diagnose it?	14
What is a good diet to follow and what should I avoid?	10
How do I increase my energy and manage fatigue?	10
Does it ever go into remission?	9
How can I sleep better without Medication?	9
How to find a doctor/ specialist to receive a proper diagnosis and treatment?	9
What are the natural Fibromyalgia remedies that work?	9
How do I know I have received the correct diagnosis?	8
Can it debilitate you over time?	8
What are the natural pain relief methods?	6
What causes and how do I prevent flare-ups?	6
How do I manage the pain?	6

What Does This Mean:

Not surprisingly, the most common questions that respondents had were "what causes Fibromyalgia" and "why did I end up with it".

Other common questions related to whether it can be cured/ treated, and how to get rid of the pain associated with Fibromyalgia.

The full list of questions is included in the Appendix.

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Appendix i

Question 8 – Full list of other causes given by respondents:

<u>Fibromyalgia Causes</u>	<u>No of Respondents</u>
----------------------------	--------------------------

Stress	22
Bereavement	6
Surgery	5
Accidents	5
Medication	5
Trauma	5
Illness	4
Hereditary	3
Hysterectomy	3
Childbirth	3
Glandular Fever/ Mono	3
Pregnancy	3
Abuse	2
Divorce	2
Overwork	2
Chemotherapy	2
C section	1
Back surgery	1
Brain surgery	1
IVF treatment	1
Gall Bladder surgery	1
Shingles	1
Sleep disorders	1
Hypothyroidism	1
Lock Jaw	1
Major dental work	1
Diabetes	1

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Appendix ii

Question 10 – Full list other Treatments provided by Survey respondents

<u>Fibromyalgia Alternative Treatments</u>	<u>No of Respondents</u>
Chiropractor	14
Heat Therapy (heat pads , hot tubs, warm bath)	8
Exercise	6
Far Infrared Sauna (FIR)/ Sauna	5
Yoga	5
Physiotherapy	4
Aqua Therapy	3
Diet Change	3
Homeopathy	3
Keep busy	3
Pilates	3
Prayer/ meditation	3
Chelation Therapy	2
Cranial Osteopathy	2
Cranial Sacral	2
Ibuprofen/ Pain Meds	2
Magnesium Supplements	2
Absorbine Veterinary Horse Gel	1
Aleve	1
Bowen Therapy	1
Anti-biotics	1
Energy Therapy	1
Essential Oils	1
Felden Kraus Method	1
Guafenisin	1
CoQ10	1
Omega 3	1
Inter Muscle Stimulator	1
Ionic Detox Footbath	1
Lidoderm patches	1

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Light box	1
Micro currents	1
Xolo dogs - pawsforcomfort.com	1
Acupuncture	1
Plenty of sleep	1
Osteopathy	1
Horse riding	1
Plenty of water	1
tyrenol	1
Vitamins	1
Whey Protein	1
Calcium	1
Fascia Treatment	1
Epsom Salt Bath	1
Kinesology	1
Acticare	1
Intranural injections	1
Lymphatic drainage	1
Nutritional supplements	1

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Appendix iii

Question 12 – Full list of Fibromyalgia Symptom Triggers

<u>Fibromyalgia Triggers</u>	<u>No of Respondents</u>
Sugar/ Sugary foods	43
Stress	33
Alcohol	27
Wheat/ Bread	27
Dairy Products	21
Changes in barometric pressure	21
Cold or Cold Weather	19
Coffee	15
Lack of Sleep	14
Damp Air/Wet Weather	13
Chocolate	12
Sensitivity to smells	11
Caffeine	11
Fizzy Drinks/ Soda	11
High Fat or Fried foods	10
Chemicals	8
Overdoing it	8
MSG in foods	7
Flavorings/Preservatives/Colorings	7
Spicy Foods	7
Carbohydrates	7
Aspartame/ Sugar substitutes	6
Yeast	6
Red Meat	5
Menstrual Cycle/ PMS	4
Cheese	4
Bright Lights	4
Tomatoes	4
Pork	4
Acidic foods	3
Processed Meat	3
Strenuous Exercise	3
Potatoes	3
White Flour	3

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Sunshine	2
Shellfish/fish	2
Beef	2
Change in temperature	2
Mold food	2
Corn/Corn Syrup	2
Eggs	2
Getting Too Hot	2
Under-activity	2
Sitting on hard chairs	2
Medication	1
Dust	1
Air Conditioning	1
Central Heating	1
Cinnamon	1
Smoke	1
Eggplant (Aubergine)	1
Strawberries	1
Orange Juice	1
Guava	1
Apples	1
Pears	1
Allergies	1
Nightshade Plants	1
Noise	1
Uneven Ground	1
Oils	1
Garlic	1
Sitting Still	1
Soy Products	1
Cooked Onions	1
Almonds	1
Nuts	1
Pollution	1
Citric Acid	1

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Appendix iv

Question 13 – Full list resources

<u>Fibromyalgia Resources</u>	<u>No of Respondents</u>
Natural Cure to Fibromyalgia book and newsletter	55
Support Groups	17
Fibromyalgia Association	9
Magnesium	7
Lyrica	7
Stretching	5
Deep Tissue Massage	5
Walking	4
Fibromyalgia Advocate by Devin Starlanyl	4
Heat pads	4
Reversing Fibromyalgia by Joe M Elrod	3
Yoga	3
Fibromyalgia for Dummies by Roland Staud & Christine Adamec	3
Chiropractor	3
Fibromyalgia.com	3
WebMD.com	3
Tramaadol	3
Hot Tubs	3
Pilates	3
Rest	3
Rheumatologist	3
About.com	2
Fibro Workshops	2
B12	2
Daily Meditation	2
The First Year: Fibromyalgia by Claudia Craig Marek	2
Fatigue to Fantastic by Jacob Teitelbaum, M.D	2
Candida Diet	2
CoQ10	2
Omega 3	2
Hydrotherapy/ Aqua Therapy	2

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FibroHugs	2
Fibromyalgia and Chronic Myofacial Pain	2
What Your Doctor May Not Tell You About Fibromyalgia by Dr. St. Amand and Claudia Craig Marek	2
Flaxseed Oil	2
Glucosamine	2
Information from family members with Fibro	2
300g Neurontin	2
Positive Mental Attitude	2
Neuromuscular stimulator (TENS)	2
Fish Oils	2
D Super/ Complex	2
Medication	2
Sleep	2
Fibromyalgia Foundation	2
Fibro Network Website	2
Fibromyalgia 024 oil from Swiss Medica	1
Salon Pas stickers for painful trigger points	1
Nutritionist	1
Pamphlet from doctor	1
Bach's Rescue Remedy	1
Asorbine Veterinary Liniment Gel	1
Holistic Therapies	1
Aqua Med Bed	1
Arthritis Foundation	1
Base Powder	1
Just Fine by Carol Sveilich	1
Paws4comfort.com	1
Inside Fibromyalgia by Mark Pellegrino	1
FibromyalgiaAwareness.org	1
Stanford Study	1
Calritan D 10 Hour	1
Muscle Stem	1
Co-Codamol	1
Cranial Adjustment	1
Devils Claw	1
Emu Oil	1
Rebounder (Small Trampoline)	1
EFT	1

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CBT	1
America Exhausted: Breakthrough Treatments of Fatigue and Fibromyalgia	
by Dr Edward J Conley	1
Fibromyalgia and Fatigue Centers Newsletter	1
Fibromyalgia Awareness Publication	1
Fibromyalgia.co.uk	1
Arthritis Society UK	1
FibroTalk.com	1
Ginkgo Biloba	1
Valarium	1
Religion	1
Lidocaine patches	1
ThreeLac	1
Neck Massage	1
Vitamin C	1
Glucosamine/ Chondroitin	1
Essential Oil Massage	1
Hot Rock Therapy	1
Accupressure	1
Ninxia Red	1
Cutting out Sugar	1
Serenitol	1
SamE	1
Vitamin D	1
Herbal Teas	1
Joint Ease	1
Active	1
Shaklee Vitamins	1
GLA	1
Lecithin	1
Living with Fibromyalgia	1
Shiatsu Massage	1
Ice	1
Inter Muscular Stimulation	1
Tai Chi	1
Swimming	1
Ibuprofen	1
Tramacet	1

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Lemon Tea	1
Lidoderm Patches	1
Malic Acid	1
National ME Center	1
Physical Therapy	1
Trigger Point Shots	1
Remron	1
Wellbutrin	1
Colon Cleansing	1
Water and Celtic Salt	1
Zero Gravity Recliner	1
Dr Jacob Teitelbaums Myofacial Pain Syndrome	1
Young Living Essential Oils	1
Arc.org.uk	1
Fibromyalgiatreatment.com	1
Pain Patches	1
B50 vitamins	1
Caltrate Liquid	1
Chondrotin	1
MSM	1
Sun Chloretta	1
Mild Exercise	1
Joint defense	1
Water	1
Acetometophen with codeine	1
Provigil	1
Complete Idiots Guide To Fibromyalgia	1
Cymbalta	1
Ion Cleanse Detox Foot Bath	1
Med Tract	1
FMNetNews	1
NFRA	1
Mannatech Products	1
Hot Showers	1

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FMAware.org	1
Dr Brice Vickery	1
Dr Roger Murphey - How to treat and beat Fibro	1
Steroid Medication	1
Xantrax 3	1
Probiotics	1
Mylo - Plex	1
Acticare	1
Advantage IBS Tabs	1
Codeine	1
Intranural Injections	1
Natural Joint	1

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Appendix V

Question 15 – Full list of tips

<u>Fibromyalgia Tips</u>	<u>No of Respondents</u>
Stay positive	58
Educate Yourself about Fibromyalgia	54
Don't over do it (even on good days)	50
Find support (friends, family, online or local community groups)	47
Rest frequently	46
Exercise regularly	45
Find a good doctor or specialist who has knowledge of Fibromyalgia	45
Reduce stress	40
Stay Active/ Keep busy	37
Accept you have Fibromyalgia	30
Get Quality Sleep	26
Eat a healthy, well balanced diet	21
Try different treatments until you find one that works	19
Listen to your body	18
Massage	17
Remember, you are not alone	12
Take one day at a time	12
Meditation/ Relaxation techniques	11
Avoid Sugar	10
Prayer/ Religion	8
Walking	8
Look after yourself/ Pamper Yourself	7
Keep off narcotics and go for natural solutions	7
Stretching exercises	7
Take arm baths	7
Take your pain medication	7
Avoid caffeine	6
Keep a diary to establish triggers	6
Acupuncture	5
Chiropractor	5
Take up yoga	5

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Take Lyrica	5
Vitamin Supplements	4
Keep muscles warm	4
Stay hydrated	4
Control your weight	4
Eat Protein	3
Make this an opportunity to rethink your priorities	3
Swimming in warm water	3
Take magnesium	3
Remember this will pass	2
Experiment with diet	2
Hydrotherapy	2
Take ThreeLac	2
Physical therapy	2
Use heat pads	2
Get help with depression	2
Work out your triggers and avoid them	2
Take Glucosamine	2
Take Omega 3	2
Take vitamin C	2
Take Calcium supplements	2
Have regular Epsom salt baths	2
Avoid chemical smells	1
Sun Chlorella	1
Boost immune system	1
Attend Fibromyalgia workshops	1
See a Rheumatologist	1
Don't mix starches and proteins in the same meal	1
Eat fruit separately from meals	1
Take Xango (Mangosteen Juice)	1
Improve posture	1
Take a cushion when you travel	1
Neutralize acids in your diet and eat alkaline foods	1
Take Co-Dydramil (contains codeine)	1
Take Endone	1
Go to needling therapy	1
Get checked up for Candida	1
Get a good bed	1

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Keep a schedule of things to do so you do not forget them	1
Have a sleep study	1
Take Neurontin	1
Get checked for food allergies	1
Have fun	1
Go outside for fresh air	1
Have Ion Cleanse Detox foot baths	1
Avoid high fructose corn sugar	1
Avoid hydrogenated oils and fats	1
Try out water aerobics	1
Buy the book "Fibromyalgia and Chronic Myofacial Pain Syndrome"	1
Get a hot water bottle	1
Bach's Rescue Remedy for anxiety	1
Gabapentine at night	1
Untram/ Tramadol	1
Visit Iridologist	1
Give the "Open Letter To Normals" to friends to educate them	1
Take Analgesia	1
Take Activive	1
Get a good companion pet	1
Avoid Alcohol	1
Drink peppermint tea for IBS	1
Try Reflexology	1
Try Icing when in pain	1
Take up Tai Chi	1
Try Korean acupuncture with acupressure	1
Lift and bend carefully	1
Take digestive enzymes	1
Take amino acids	1
Try Myofacial Massage	1
Naturopathic Medicine	1
Take Folic Acid	1
Take Malic Acid	1
Warm clothes before putting them on	1
Have Mercury Amalgam fillings removed	1
Do a course on self-healing	1
Make and eat coriander pesto on a regular basis	1
Have Lymphatic drainage	1

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Take up Pilates	1
Wear soft viscose clothes for sensitive skin	1
Avoid Aspartame	1
See a psychologist	1
Use essential oils for pain and relaxation	1

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Appendix vi

Question 16 – Full list of respondent questions

<u>Fibromyalgia Questions</u>	<u>No of Respondents</u>
What's the cause, how do I get it?	51
Can it be treated/ cured/ controlled?	40
How can I get rid of the pain?	22
Will it get better or worse over time?	18
Why don't doctors take it more seriously?	17
Will there be a medication that will be available in the future to treat it?	15
How do I get people to understand and be patient?	15
What is the most accurate way to diagnose it?	14
What is a good diet to follow and what should I avoid?	10
How do I increase my energy and manage fatigue?	10
Does it ever go into remission?	9
How can I sleep better without Medication?	9
How to find a doctor/ specialist to receive a proper diagnosis and treatment?	9
What are the natural Fibromyalgia remedies that work?	9
How do I know I have received the correct diagnosis?	8
Can it debilitate you over time?	8
What are the natural pain relief methods?	6
What causes and how do I prevent flare-ups?	6
How do I manage the pain?	6
Is it hereditary?	5
How do I cope with the symptoms?	5
Which is the best treatment?	5
How is it related to other conditions?	4
How can I help myself?	4
How do I reach "acceptance"?	4
What are the best pain medications?	3
Can there be localized pain only (in specific parts of the body)?	3
What are the best exercises to do?	3
How do you discover your triggers?	3
Does it weaken the immune system?	2
Does the fatigue ever go away?	2
How can I get rid of Anxiety/ depression?	2

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How do I get rid of the Fibro Fog?	2
How do you prevent Fibromyalgia in children?	2
Why does medication lose effectiveness over time?	2
Can traumatic incidents cause Fibromyalgia?	2
How can I come off the medication?	2
How to ease muscle tension?	2
Why are the symptoms so varied in number and intensity?	2
What causes the muscle spasms?	2
What are the first steps to take after diagnosis?	2
Why does most medication not help or work?	2
How do I get financial support?	2
Am I imagining it?	1
Is there a relationship between Fibromyalgia and hormones?	1
Can it cause a droop in eyebrow muscles?	1
Do antidepressants help?	1
Do Fibromyalgia sufferers have more difficulty during pregnancy?	1
Does everyone have an abnormal brain activity with it?	1
Can it set in with no warning?	1
Does Naltrexone help it?	1
Does neuropathy in the feet occur with it?	1
Is a feeling of heat in the neck and face related to Fibromyalgia?	1
How can I feel less dizzy?	1
How to eliminate the fatigue?	1
How to increase oxygen levels?	1
Are there psychological changes that occur with untreated pain?	1
Is there a link between Fibromyalgia and smoking?	1
Does it cause IBS?	1
Does Fibromyalgia pain feel like a bruise?	1
Is it related to childhood and adult vaccines?	1
How to control symptoms so I am no longer emotional and angry with people?	1
Does an alkaline diet help symptoms?	1
What are the points of pain associated with it?	1
How do I stop symptoms getting worse?	1
What are low cost ways to deal with fatigue, pain and brain fog?	1
Why are all the treatments so expensive?	1
Why did the doctor who originally recognized Fibromyalgia recently recant his story?	1
Why do I feel so isolated and guilty?	1
Why do I have such bad headaches and how do I stop them without medication?	1

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Why do some remedies work for some and not for others?	1
Why isn't massage available on British NHS?	1
Why does it get worse with lack of sleep?	1
What is its relationship to Lupus?	1
Why does it effect memory?	1
Why does it seem to be linked to the weather?	1
Is it related to being thirsty all of the time?	1
Why do my ears and cheeks go red?	1
Why is morning stiffness the worst?	1
Why is there so much body swelling and how to control it?	1
Why is there not more funded research on Fibromyalgia?	1
Will heat therapy be of benefit?	1
Will massage work for me?	1
Will muscle relaxants help me?	1
Can neurological symptoms like burning pain, numbness and pins and needles be caused by it?	1
Do you get hot flushes with it?	1
Do sleep disorders cause it?	1
Is there a particular time of the year when flare-ups occur?	1
Is there a product that has been proven to help, with data and testimonials?	1
How much does stress and anxiety contribute to flare-ups?	1
What are all the symptoms?	1
How can I get involved in research/ studies?	1
What is the best type of bed to purchase?	1

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