

## **FIBROMYALGIA**

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Fibromyalgia is a form of generalized muscular pain and fatigue that affects approximately 3.7 million Americans. The name *Fibromyalgia* means pain in the muscles and the fibrous connective tissues (the ligaments and tendons). Fibromyalgia lacks laboratory abnormalities; instead, the diagnosis depends mostly on a person's report or complaints and feelings. Pain is the most prominent symptom of Fibromyalgia. It generally occurs throughout the body, although it may start in one region, such as the neck and shoulders, and spread to other areas over a period of time.

A majority of people with Fibromyalgia experience moderate or severe fatigue with lack of energy, decreased exercise endurance, or the kind of exhaustion that results from the flu or lack of sleep. Sometimes the fatigue is more of a problem than the pain. Headaches, especially muscular (tension headaches) and migraine headaches are common in Fibromyalgia. Abdominal pain, bloating and alternating constipation and bladder spasms and irritability may cause urinary urgency or frequency. Your skin and blood circulation can be sensitive to temperature changes, resulting in temporary changes in skin color.

Board Certified Chiropractic Neurologists take a different approach to the treatment and prevention of Fibromyalgia. Dr. Mike Johnson, a Board Certified Chiropractic Neurologist in Appleton Wisconsin, who wrote the book entitled, *What Do You Do When the Medications Don't Work?—A Non-Drug Treatment of Dizziness, Migraine Headaches, Fibromyalgia and Other Chronic Conditions* trained me in the methods he uses successfully to help Fibromyalgia sufferers. After a thorough neurological exam, I determine which part of the nervous system is not function properly. In many Fibromyalgia patients, I may find a high mesencephalic output.

There are three parts to the brain stem, top, middle and lower. The mesencephalon is the top part of the brain stem. A high output of the mesencephalon will cause an increased pulse and heart rate, unable to sleep or waking up fitful sleep. Urinary tract infection, increased warmth or sweating and sensitivity to light among other symptom can be caused from over-firing of the mesencephalon.

Along with a high mesencephalic output, the Fibromyalgia patient may present with a decreased output of the cerebellum. The cerebellum controls coordinated movement and all of the muscles of the spinal column.

No matter what the condition, it is imperative that the doctor performs a thorough and comprehensive exam to determine the exact nature of the patient's condition.

Fibromyalgia patients, as with all chronic (symptoms longer than six months) type patients must be monitored closely, before and after treatments (blood pressure, pulse,

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Sp02). If the patient is not monitored, it is possible to over stimulate or exceed metabolic capacity. Since the upper part of the brain stem (mesencephalon) is firing at an abnormally high rate, I will want to utilize modalities that will lower the mesencephalic output.

Dr. Karl Johnson has been a practicing chiropractor in the Shelby Township Area for over 24 years. He has obtained over 3,000 hours in post doctorate education with over 1000 hours in clinical nutrition.

**The doctors at Chiropractic & Nutrition Wellness Center specialize in acute and chronic neuro-musculo-skeletal conditions. (i.e. headaches, neck and back pain, arm, shoulder and leg pain...)**

Following a comprehensive neurological exam, the doctors at Chiropractic & Nutrition Wellness Center utilize the latest referenced neurological procedures. By employing these state-of-the-art protocols, they are able to help many chronic pain patients that may not have responded to other types of treatments. To schedule an appointment please call:



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