



Fibromyalgia Treatment Protocol

Fighting Fibromyalgia!

Imagine having a condition that causes pain throughout your body ... pain that significantly interferes with your daily life. Nobody knows what's causing it - you may have spoken to many Doctors, all of whom can't pinpoint the cause. You may have had people, including some doctors, believe it's all in your head. This is the daily struggle that confronts millions worldwide each and every day. They live with widespread chronic pain that has no apparent physical cause.

People with fibromyalgia typically feel muscular pain and tenderness throughout their bodies. They also generally feel extreme fatigue. Most have chronic sleep problems, suffer headaches and migraine and find it hard to concentrate.

Anxiety and depression are common. Some of these problems may stem from the chronic pain that interrupts their sleep and impairs their ability to function - a lot is linked to adrenal fatigue. Fibromyalgia is often also associated with conditions including Rheumatoid Arthritis, Hashimoto's Lupus, Costochondritis and Irritable Bowel Syndrome (IBS).

Fortunately, there is help! While there is no cure, symptoms can be managed. Elixir Compounding Pharmacy specialises in treating this cruel and debilitating syndrome. We have developed a fibro treatment protocol that we tailor to individual sufferers.

We offer complementary face-to-face and phone consultations where we assess symptom severity, co-morbidities and tailor a personalised treatment protocol.

So if you or someone you love is suffering, contact Elixir today.

www.elixircompounding.com.au

#fightfibro #fibromyalgia #ridtheworldofchronicpain

Introduction:

There are two key drivers of Fibro pain; inflammation driven by overactive Mast Cells and pain 'flares' driven by the bodies adrenal-stress response.

Elixir's Fibro treatment protocol has two core objectives. The first is to neutralise overactive Mast Cells, thereby reducing the neuropathic pain caused by rampant inflammation. The second is designed to reduce Adrenal Fatigue, oxidative stress and pain 'flares' that are the result of the body suffering adrenal distress.






Central to the protocol is patient consultation. It is vital to gain an understanding of each sufferer's range and severity of symptoms (for example, the existence of co-factors such as costochondritis). Equally important is to understand the presence of co-morbidities such as Hashimoto's, Lupus and Polymyalgia.

Our Approach:

The first step in Elixir's protocol is the initial patient consultation. Here, we review each sufferer's medical history, current conditions and symptoms. These complementary consultations general take 45-60 minutes and can be completed via Tele-Consult. The second, and arguably most critical step is bi-weekly patient monitoring. Complementary treatment protocol reviews are conducted every two-weeks for the first 6-8 weeks. Here, we monitor each patient's response to the protocol and adjust dosage levels to ensure each individual is responding appropriately, particularly in the early phases of PEA loading.

Elixir's Fibro Treatment Protocol:

Elixir's base Fibro Treatment Protocol has five core components:

-  Palmitoylethanolamide (PEA). PEA targets the root cause of the pain problem, the very immune cells that make the neurons hyper-excitable leading to heightened Mast Cell activation. PEA works as a disease modifying agent rather than a symptom modifying agent. On commencing the protocol, an initial 'loading' dose is required. It is critical that patients are monitored to ensure that dosage levels are adequate. Typically, most 'load' on 1200mg daily but it is not unusual for doses to be increased to up to 2400mg for successful initial loading.
-  Magnesium as Glycinate. The importance of magnesium is hard to overstate. It is required for metabolic functions and the creation of proteins RNA and DNA. Magnesium as Glycinate is absorbed through the Amino Acid channel in the body with helps to moderate muscle function and 'relax' the system.
-  Vitamin D. Vitamin D deficiency is very common among Fibro sufferers. D deficiency compromises neurotransmission functioning which, in turn compromises the production of Serotonin and Dopamine. Serotonin and Dopamine assists in moderating pain ... our bodies natural pain killer. Very low levels of Vitamin D (<30 nmol/L) require high dose loading - generally, in liquid or capsule form.
-  Melatonin in Troche form to address poor sleep and reduce adrenal stress. A Troche is a quick release form of Melatonin and correcting sleep issues is key to reducing Adrenal Fatigue.
-  NADH and CoQ10 to reduce adrenal stress. Two of the most powerful advanced nutrients that reduce oxidative stress are Nicotinamide Adenine Dinucleotide Hydride and Coenzyme Q10. Elixir's Advanced Chronic Fatigue Support is a nutrient compound designed to fight chronic fatigue & Fibro brain fog and, along with Melatonin, the bodies adrenal stress response.