

# BREAKTHROUGHS IN FIBROMYALGIA TREATMENT

## How You Can Finally Break Out Of Your Fibromyalgia Prison

And the answers don't come in a pill bottle and won't  
make billions for a pharmaceutical company.

### **Read this report to learn...**

- ✓ What most doctors don't know about fibromyalgia.
- ✓ The cause of most or all of the symptoms of fibromyalgia.
- ✓ What you must do if you ever hope to break out of the prison your fibromyalgia has put you in.
- ✓ Why taking drugs for fibromyalgia is practically hopeless.
- ✓ The all-natural fibromyalgia treatment program with an 80% success rate.

*And much, much more!*

My name is Jason Andras and I specialize in treating patients with fibromyalgia. This hasn't always been the case, though. Years ago I was like almost everyone else—I knew practically nothing about fibromyalgia. Until...

I'd been treating sensitivities in my practice for several years when a patient referred a friend to me. The first thing she said was, "You really helped my friend. Can you help me, too?"

Then she told me a horrible story: She'd just been diagnosed with fibromyalgia *and* chronic fatigue. And as if that wasn't bad enough, her doctor told her she would likely have arthritis in a

few years as well. She was a young mother with small children—terrified she wouldn't be able to take care of her family.

She went on to describe how she felt, and I could hardly believe my ears. She had terrible pain all over her body. She couldn't sleep at night even though she was so tired she could barely make it through the day. She had anxiety attacks, pounding headaches, and said her hands and feet would swell on-and-off throughout the day. Her bowels would alternate between diarrhea and constipation.

What made it all so incredible was, she said all her tests were negative.

She added that all her doctor wanted to do was give her drugs: one for pain, one for sleeping, another one for anxiety... She didn't want to take a handful of drugs, she wanted to get better so she could take care of herself and her family. When she told her doctor this he said, "There's no cure for fibromyalgia, so you can get that idea out of your head right now."

I remember thinking, *How could anyone have all these symptoms when all their tests were negative?*

Like I said, I knew next to nothing about fibromyalgia back then. My college professors probably spent a total of twenty minutes on it. Maybe.

Even though I'd seen miraculous things happen as a result of my sensitivity treatments, I hadn't yet treated anyone with fibromyalgia. When I told her this she said, "Can we at least try? Your treatment really helped my friend and I refuse to believe that I can't get better!" I told her I would do everything I could to help her.

On her first treatment I checked her for sensitivities to amino acids. Amino acids are the building blocks of protein and every cell in your body has a protein component to it. They're also used to construct important biochemicals like neurotransmitters, enzymes, and hormones.

I treated her for her amino acid sensitivities and sent her on her way. She returned the next week and told me something that blew me away!

**80% of her pain was gone, she was sleeping through the night,  
and she no longer had any anxiety. After just one treatment!**

Miraculous relief just from getting rid of sensitivities to amino acids? Sounds crazy I know, but it was 100% true for her.

Obviously, that one treatment reversed some malfunction in her body responsible for most of her symptoms.

When she was done with her treatment program, she was free of all fibromyalgia symptoms.

Shortly after that, another woman was referred to me for sensitivity treatment. She had a variety of sensitivities, both food and inhalant. She was more concerned about her seasonal symptoms so I treated inhalants first. Then I began treating her for her food sensitivities.

About two-thirds through her treatment program, at the start of a session, she told me she'd gone shopping at Costco the day before. I thought, *Okay. I shop at Costco, too...*

But she was smiling, so I asked why she felt she needed to tell me she'd been shopping at Costco.

She politely reminded me she had fibromyalgia (I probably had a deer-in-headlights look) and said that for years she'd been unable to stand or walk on a concrete floor for more than five minutes before excruciating back pain forced her to sit and rest. But now, after my treatments, she'd shopped for thirty minutes without *any* back pain.

First the young mother and now this—finally a light went off in my head and I asked myself,

### **“Could fibromyalgia be caused by allergies and sensitivities?”**

After years of experience treating patients with fibromyalgia, I think I can safely say fibromyalgia is *not* caused by allergies and sensitivities. No one knows what causes fibromyalgia. But...

### **The SYMPTOMS of fibromyalgia can and indeed are caused by allergies and sensitivities!**

After helping those two women get their lives back, I began studying fibromyalgia, reading everything I could get my hands on.

Keep reading this report and I'll tell you what I've learned and how I go about freeing most of my fibromyalgia patients from the prison of fibromyalgia.

### **What is fibromyalgia?**

You probably already know what fibromyalgia is, so I'll just recap. Fibromyalgia is a *syndrome*, which means it's a *collection of symptoms*. Although the chief symptom is widespread pain, many other symptoms have been associated with fibromyalgia. Here are a few:

fatigue – difficulty sleeping – headaches – stiffness that lasts longer than 15 minutes in the morning – irritable bowel syndrome – numbness or tingling in the hands or feet – anxiety – depression – sensation of swelling in the hands or feet  
difficulty thinking (“fibro fog”) – urinary frequency

Not everyone will have all of these symptoms, of course. Some do but most don't.

Fibromyalgia is a diagnosis of exclusion. This means your doctor should've ruled out everything else that could cause your symptoms before you were diagnosed with fibromyalgia. Typically they'll rule out things like rheumatoid arthritis, multiple sclerosis, and lupus. Some patients are referred to a rheumatologist, although it's not necessary; any doctor can make the diagnosis.

There's only one accepted medical test for fibromyalgia: The doctor will press on eighteen potential tender sites on your back. If eleven or more hurt and you've had pain for at least three months, fibromyalgia can be diagnosed.

Frankly, I find this silly. I've had many patients whose fibromyalgia pain was not in their back. Some hurt more in the legs and feet. Others had neck-shoulder-arm pain.

The hallmark of fibromyalgia pain is

there must be no known medical cause for the pain.

In other words, you hurt where you shouldn't hurt. If you do have an injury or condition that causes pain, your fibromyalgia will amplify that pain ten or twenty times. As for all the other symptoms associated with fibromyalgia, there is rarely a known cause for them as well.

Fibromyalgia pain usually begins in one place, then spreads. It may start after an accident or injury before spreading to areas that weren't injured. It can also change from day-to-day, shifting from arm-to-leg, leg-to-back, back-to-arm, etc. There might be one area that hurts all the time and other areas that only hurt sometimes.

Women make up 85–90% of fibromyalgia patients, which leads one to think there might be a hormonal connection. (No such connection has been made that I know of.)

As I said earlier, no one knows what causes fibromyalgia—why one person gets it while someone else with similar life experiences doesn't. There is almost always an identifiable triggering event, though. Some stressor or combination of stressors. Things like...

*Physical stressors* such as an injury, accident, surgery, severe illness, or abuse;

*Emotional stressors* such as financial difficulties, a failed marriage, verbal abuse, difficulties at work, death of a loved one, or any combination of these;

*Chemical stressors* such as alcohol, tobacco, lousy diet (junk food), medications, long-term use of OTC drugs, etc.

Most patients can identify the stressor(s), but some can't. Some feel like they've had one or more symptoms of fibromyalgia—usually pain or fatigue—most of their life.

Fibromyalgia can strike quickly; I've had patients tell me one day they were fine and *BAM* the next day they had fibromyalgia. It may start with just one symptom, usually pain. In the ensuing months the patient develops fatigue, stiffness, headaches, insomnia, anxiety, bowel problems, etc.

Clearly, science has much to learn about the cause of fibromyalgia. I'll leave that to the researchers, though. I'm a treating doctor so my focus is on helping my patients overcome the curse of fibromyalgia. And I think I have it mostly figured out. But before that...

## **How did fibromyalgia change YOUR life?**

Regardless of why *you* got fibromyalgia but your neighbor or coworker didn't, you **HAVE** it. And it was a big rude slap in the face, wasn't it? Everyone's different but it's been my experience that fibromyalgia has a profound negative effect on every aspect of the lives of its sufferers.

### **Work**

Most fibromyalgia sufferers end up on disability. If they're able to work they usually have to take a position with less responsibility (and pay) because they simply can't do everything they used to do; they're too tired and hurt too much.

A few patients were still working when they went through my treatment program, some because they had to pay the bills, others because they felt worse when they sat around at home. Whatever their reason for working, it was all they could do to get through the day, and their evenings and weekends were spent in bed or on the couch.

Quite a few patients were homemakers. Most needed help with housework, either from their husband or someone they hired, or it simply didn't get done.

Whether you work outside the home or not, not being able to "do your share" can weigh heavy on your mind, can't it? You feel guilty you can't do what you used to do or make the kind of money you used to make.

## **Relationships**

What happened to your personal relationships when you got fibromyalgia? It's tough to enjoy being intimate when every touch causes pain, isn't it? When asked what they miss most about their life since getting fibromyalgia, many say having a normal physical relationship with their husband (or wife, for the 10% who are male).

If you have children at home it's unlikely you can be the mother or father you used to be. It hurts too much to get on the floor and roll around with the kids or play outside with them. You miss a lot of their activities because you're too tired to go anywhere or are in the middle of a flare-up.

Many patients complain they no longer have friends because they can't go out and have fun anymore. If they try, the price they pay in increased pain and fatigue is often too steep. And who feels like socializing when they're dead tired or have a pounding headache?

## **Everyday life**

You probably feel "out of sorts" all the time. You toss and turn all night, trying to find a comfortable position (but you can't) so you're tired and cranky the next day. This happens every day, not just once in a while.

It's doubtful you take any pleasure from food as it likely causes bloating, cramping, or diarrhea. I had one fibromyalgia patient tell me, "Food is my enemy. If I didn't have to eat I wouldn't hurt." I had another patient tell me she couldn't go out to eat with friends because if she ate the "wrong thing" it would go right through her and she'd end up having to run to the bathroom before the meal was even over.

Some patients give up on trying to look good for their spouse or partner. It hurts to fix your hair and just putting on your make-up tires you out so much you have to lie down afterward. Dress up to go out? Forget it. Too much trouble.

## **Finances**

Fibromyalgia is a financial bust for most sufferers and their families. Everything about it costs.

If you're on disability you know what it pays; chump-change compared to a working wage. If you weren't able to get on SSI your family took an enormous financial hit when you had to give up your job. If you're still working it's likely you had to take a lower paying job.

Then there's the medical costs. If you have insurance it should have paid for your doctors visits and tests, minus your co-pays. (Not that any of the tests or visits did you any good.) But

coverage for drugs is spotty. I've had patients with insurance tell me they still spend \$300–400 a month on drugs.

I once had a prospective patient tell me she would be making \$50,000 more a year if she didn't have fibromyalgia. It adds up pretty fast.

## **Travel**

Most fibromyalgia sufferers are 45-to-65 years old. A lot are retired and had been looking forward to traveling in their golden years. Fibromyalgia robbed them of this.

Traveling is one of the three major causes of flare-ups for fibromyalgia. The traveling itself causes pain and it doesn't matter how you travel; both driving and flying wipe you out. Most patients say they have to spend at least a day recuperating after going somewhere.

Pretty much all of your life has been affected by your fibromyalgia, hasn't it? While fibromyalgia is not a fatal condition, it sure does sap all the pleasure from life. It does indeed feel like you're in prison.

## **Treatment options**

We just discussed fibromyalgia and how it can affect your life, and I've hinted at what causes most or all fibromyalgia symptoms. Now we need to talk about what you can do about it.

Treatment options for fibromyalgia fall into four categories:

- a. Medical care
- b. Alternative treatment
- c. Self care
- d. Do nothing

### **Medical care**

Medical care for fibromyalgia is 99% drugs. Sure, once a while an MD will talk about exercise or biofeedback, and I've heard of a few who refuse to prescribe pain killers to fibromyalgia patients, but by and large they will give you nothing but drugs.

The FDA has approved three drugs for the treatment of fibromyalgia: Lyrica, Cymbalta, and Savella. Cymbalta and Savella are serotonin and norepinephrine reuptake inhibitors, meaning they affect neurotransmitters or "brain chemicals." I've had many patients on Cymbalta and the

general feedback has been that it usually helps a little. Savella is very new and I've not had any patients who were taking it.

Lyrica was the first drug the FDA approved for treating fibromyalgia. It's an anti-seizure medication and is supposed to improve fibromyalgia symptoms by affecting GABA levels in the brain (GABA is another neurotransmitter). I've had several patients on Lyrica and several who had tried it; the general feedback is poor due to side effects.

The most common side effects of Lyrica are: dizziness, sleepiness, weight gain, blurry vision, dry mouth, constipation, feeling "high", swelling of hands and feet, balance problems, headaches, trouble concentrating, and increased appetite. (I underlined symptoms common to fibromyalgia.) In my practice the most common side effects were rapid weight gain and pounding headaches. Two women told me they gained twenty pounds their first month on Lyrica!

Lyrica was approved because of two studies. 48% of the patients on Lyrica reported at least a 30% improvement in pain compared to 27% on a placebo; so Lyrica was almost twice as effective as a sugar pill at relieving fibromyalgia pain. It scored a 2.7 out of 5 at [www.askapatient.com](http://www.askapatient.com). There were 744 ratings. (Not limited to fibromyalgia patients.)

When Pfizer, the maker of Lyrica, asked to market the drug for fibromyalgia treatment in Europe they were turned down. Pfizer submitted the results of five studies with their request but the European Medicines Agency said, "the benefits of Lyrica in fibromyalgia had not been shown in either the short or the long term."

Lastly, one of the studies said that when patients stopped taking Lyrica all the fibromyalgia symptoms came back, and were usually worse.

Drugs provide little if any help for fibromyalgia sufferers because they don't address what's causing most or all of their symptoms: food and nutrient sensitivities.

I'm often asked, "When can I stop taking all these drugs?" by patients who have started my treatment program. I tell them most patients wait until they start to feel better, then work with their doctor(s) on getting off the meds. Some are easy to stop but others have to be withdrawn slowly. If their doctor refuses to work with them, I suggest they find another doctor who will.

\* Patients should always work with their doctor if they wish to discontinue taking a drug or alter a dosage.

The issue here isn't *Are drugs good or bad?*, it's *Do they help in fibromyalgia?* My experience has been they don't, or at best a little. But the side effects...



\* I'm only talking about drugs given for fibromyalgia, not for other health concerns such as high blood pressure, heart problems, or diabetes.

### **Alternative care**

There are several main categories of alternative care for fibromyalgia. I discuss them in no particular order.

a. *Massage*

Some fibromyalgia patients can tolerate massage but most can't. For those who can tolerate it, it provides temporary relief at best because the problem doesn't lie in the muscles. That's just where some of the symptoms are.

b. *Acupuncture*

Inserting needles into the skin is too painful for most fibromyalgia patients. Some have told me acupuncture helped with a specific health condition or a non-fibromyalgia pain, but I've never had anyone tell me it helped their fibromyalgia. Why? It doesn't address their allergies and sensitivities.

c. *Chiropractic*

Most chiropractic techniques are too painful for most fibromyalgia patients. It can provide temporary relief, though. Once again, chiropractic care alone doesn't address the cause of most or all fibromyalgia symptoms.

d. *Homeopathy, herbalists, etc.*

There's nothing wrong with these treatment approaches—I use some in my practice—but make sure you know how well the practitioner was trained. If they're not licensed in your state, they may have poor or no training—there's no way for you to know for sure. While they can be helpful treatments when used by skilled practitioners, they don't address the core problem of fibromyalgia: food and nutrient allergies and sensitivities.

e. *My treatment program* is alternative care and will be discussed at length later.

### **Self care**

This is when you become your own doctor. Many turn to this out of frustration with medical care—they become fed up with the same old song-and-dance of “we'll try this drug first, then this other one if that one doesn't work.”

What usually happens is they begin the search for the next “miracle cure.” They try the juices: noni, wolfberry, gogi, mangostein, acai berry, camu-camu, and others I can no longer recall. Then there’s coral calcium, green foods, juice fasts, colon cleanses, diets, vitamin and herb programs extolled in books... The list goes on and on.

I don’t have a problem with most of these things as most are concentrated sources of good things like antioxidants, vitamins, and minerals. I believe they could be helpful, but they won’t fix fibromyalgia symptoms because they don’t address the cause.

I’ve had patients tell me some herb or juice, or some “expert’s” supplement program, helped for a while. One said she felt great for six months. But the symptoms *always* come back. Why? The product didn’t address the cause.

I use a few supplements in my treatment program, but only for specific reasons, mainly to improve digestion.

Improving one’s health through lifestyle change, including diet and stress reduction, is *always* a smart thing to do. Supplements can be part of that change.

## **Doing Nothing**

These patients have completely given up. Modern medicine failed them and the alternative treatments they tried didn’t work. *Nothing* worked.

So they gave up. Sad but understandable.

Problem is, doing nothing doesn’t fix fibromyalgia, either.

## **Why you feel the way you do**

To understand how my treatment can help you get better, you first have to understand why you feel so bad. I stated early in this report that all or most of the *symptoms* of fibromyalgia are caused by food and nutrient allergies or sensitivities.

## **Is it allergy or sensitivity?**

A “true allergy” is a *set* or *fixed* condition. This means you react to the food every time you eat it and the reaction usually gets worse with time. For some unlucky few, true allergies can lead to anaphylactic shock, which can be deadly. This is when the throat closes and the person chokes to death. You’ve probably heard of people dying from bee stings or after being exposed to peanut products.

True allergies can be diagnosed by blood tests.

Check this out, though:

### **True allergies account for only 5% of food reactions.**

The other 95% are called food sensitivities, food intolerances, and/or cyclic allergies. I prefer the term food sensitivity (FS). With FS, you react to something even though blood or scratch tests are negative.

### **How allergies and sensitivities cause symptoms in your body**

This is a very complex topic so please understand I've greatly simplified my explanation. We still have a long way to go before we fully understand the impact of allergies and FSs on our lives.

Simply put, **an allergy or sensitivity occurs when your body comes to think that something is “bad” for you.** (I'll address how and why this happens in a bit.) When that something enters your body an alarm goes off, just like when an intruder enters an alarmed building. The substance itself is usually harmless; it's what happens when the alarm goes off that tears you to pieces.

You shouldn't be allergic or sensitive to anything. If you are, your body has made a mistake.

Let's take a simple example: ragweed pollen. Ragweed isn't toxic or poisonous, can't bite you or give you some exotic disease. It's harmless. Yet for some reason your body may decide ragweed is dangerous. When it does, the next time you sniff some ragweed into your nose or get some in your eyes the alarm goes off and you end up feeling miserable.

What do I mean by *an alarm going off*? I mean an allergy response...

### **Allergies cause symptoms because they trigger allergy responses.**

When cells of your immune system find something you've come to believe is bad (allergy), an allergy response is triggered. *It's the allergy response that causes you to have symptoms, not the allergen itself.* It's important that you understand this.

Let's go back to the ragweed example. Once your body is sensitized to ragweed it will constantly be on the lookout for it. Immune cells called *mast cells* patrol the mucous membranes lining your eyes and the inside of your nose. When you inhale some ragweed pollen, the mast cells will find it and release powerful chemicals called *signaling molecules* (SM) into surrounding tissues. This is the “alarm going off” I've been talking about.

The main SM mast cells release is *histamine*. It's histamine that causes the symptoms familiar to seasonal allergy sufferers—sneezing, itchy eyes and nose, runny nose, etc.—not ragweed. Remember, ragweed pollen itself is harmless.

Let's recap:

You become sensitized to something □ cells of your immune system begin hunting for it □ when they find it an alarm is raised and SMs are released □ SMs cause symptoms

Now that you have a basic understanding of how allergy symptoms are caused, let's talk about how allergies cause fibromyalgia symptoms.

I've just explained how an allergy to ragweed causes symptoms in your eyes and nose and that the symptoms are caused by a chemical called histamine, which is released by your own body. Now, imagine what would happen if histamine was released *inside* your body instead of just in your eyes and nose. Also, imagine that your body releases other SMs that are far more powerful, and potentially damaging, than histamine.

You don't have to imagine it, it's true. Here is a list of SMs your body releases with some of the symptoms they cause (underlined symptoms are common to fibromyalgia):

**Prostaglandins:** Pain, shortness of breath, fast heart rate, flushing, diarrhea, abdominal cramps

**Histamine:** Headaches, itching, burning sensations, crampy abdominal pain, general sense of anxiety with deep, "odd" body sensations. Patients sometimes say, "I feel weird all over" or complain of a "...deep, pricking, crawling sensation..."

**Cytokines:** Fever, sense of impending doom, memory loss, headaches, loss of appetite, difficulty swallowing, sleepiness, fatigue, depression

There are more SMs than this, but remember I'm greatly simplifying things.

Immune cells release these chemicals inside your body—your intestines, bloodstream, tissues, and organs—during allergy reactions.

You might be wondering, Why does my body release these chemicals if they cause so much suffering?

SMs play an important role in your body's defenses because they notify other immune cells that a potential threat has been found. They act as an alarm, as I've been saying. This is great if we're talking about viruses, bacteria, or parasites because they're *real* threats. Without SMs we would probably die from a simple infection.

However, the SMs become a significant problem when you have allergies and sensitivities because there are too many of them. It's like a dam has busted and your body has become flooded with these very powerful chemicals!

To better understand how food sensitivities and allergies cause symptoms inside your body and are responsible for many or all of the symptoms of fibromyalgia, let's see what happens after you eat a food you're sensitive to.

**Mouth:** True food allergies may cause symptoms like itching, tingling, reddening, or burning as soon as you put the allergenic food in your mouth. It's not common but it does happen.

**Stomach:** When you swallow the food it goes into your stomach where it can cause symptoms like nausea (common), heartburn (very common), or vomiting (rare). Yes, heartburn or gastric reflux is often caused by food allergies and sensitivities. There are other causes, of course, but FS is a common one.

**Intestines:** After an hour or two in your stomach, the food moves into your small intestines where it can cause crampy abdominal pain, diarrhea, gas, or bloating. The SMs that cause these symptoms can pass through your gut wall into your bloodstream. Once in your blood, they can go anywhere, and everywhere they go they will cause more symptoms.

**Lymph and Bloodstream:** If you suffer from *leaky gut syndrome*, as most fibromyalgia patients do, then the allergenic food can cross the gut wall into your lymph or bloodstream. If it does, more SMs will be released, causing yet more symptoms like pain, headaches, stiffness, etc. And, like SMs, once the food enters your general circulation it can go *anywhere* in your body, setting off reactions everywhere it goes.

**CIC:** If an antibody finds the allergenic food it will grab onto it, forming what's called a *circulating immune complex* (CIC). CICs set off more allergy responses □ more SMs get released □ you feel worse.

**Tissues and Organs:** CICs get longer and longer when the antibodies on the ends of the chain find another piece of the allergenic food and grab onto it. When the CIC gets too long it will leave your bloodstream and settle into a tissue or organ. There'll be big trouble when this happens because it will set off even more allergy responses □ more SMs get released □ you feel even worse than before.

**Signaling Molecules:** More bad news: SMs themselves cause the release of more SMs which—you should have this down by now—will make you feel even worse.

**The net result is a cascade of signaling molecules, very powerful chemicals, being released from a single exposure to an allergenic food!**

As if this isn't bad enough, you may not have symptoms from eating an allergenic food for up to twenty-four hours. This is called *Delayed Pattern Food Allergy*. It makes it nearly impossible for you to figure out which foods are causing your fibromyalgia pain.

Here's a summary:

- When you eat something you're allergic or sensitive to, you may, but probably won't, have immediate symptoms.
- When the food passes into your stomach you can get symptoms like heartburn and nausea.
- After it moves into your intestines the SMs released during the allergy responses can not only cause localized problems like cramping, gas, or bloating, they may also get into your bloodstream and cause systemic—system-wide—problems.
- If the food is found by an antibody it will form a CIC, which will cause more allergy responses.
- If the CIC isn't destroyed by your immune system it will grow longer and longer until it settles out of your bloodstream into a tissue or organ. Wherever it settles it will initiate yet another round of allergy responses and symptoms.
- SMs cause the release of more SMs.
- You may eat something you're allergic or sensitive to and not feel a single thing for twenty-four hours, then have symptoms for two weeks—all from just one exposure!

Now, I want you to think about this for a minute. Where can these allergic foods and immune complexes go? Anywhere your blood goes! So **a food allergy or sensitivity can cause a symptom or problem *anywhere* in your body**: Your muscles. Your brain. Your stomach. Your legs. Your knees, hips, back, and wrists. Anywhere.

This is how fibromyalgia causes pain or other symptoms anywhere in your body.

Imagine, if the foods or CICs went to your bladder... you might have to go to the bathroom every hour all night long. (But of course, exams and tests won't find anything wrong with your bladder or kidneys.)

If they went to your arms and hands you might have swelling, tingling, or pain there. (Nerve conduction tests and EMGs would all be negative, wouldn't they?)

If they went to your legs, you might have leg pain, muscle cramps, or restless leg syndrome. (Again, the tests are negative.)

If they end up in your brain you might have anxiety, depression, brain fog. You might have trouble falling asleep at night, too. (Tests are negative—more drugs prescribed.)

I could go on like this for days.

**Food allergies and sensitivities cause  
most or all of the symptoms of fibromyalgia.  
If you don't get this fixed, you'll never get better.**

### **How you became allergic or sensitive to so many foods**

To understand how you could suddenly become allergic or sensitive to many foods and nutrients, you need to know what “food tolerance” is.

When you were weaned as a baby, you had to learn how to “tolerate” solid food because you were used to milk or formula. If you did this well, you had few food allergies and you should've had a reasonably healthy childhood. If you did this poorly, you had a lot of food allergies and you were probably sick a lot.

Food sensitivity is a common health problem of early childhood. Ear infections, skin rashes, stomach problems, chronic nasal stuffiness, and poor health in general are all signs of FS. Many fibromyalgia sufferers had symptoms like these when they were young.

Here's the thing, though...

Recall that I said fibromyalgia is initiated by trauma—physical, emotional, or chemical. When your fibromyalgia was triggered, your immune system became “scrambled” and your tolerance to foods dropped dramatically. This means you immediately, or over a period of months-to-years, became sensitive to many foods that you used to tolerate fine.

Put another way, your immune system rapidly became “programmed” to react to many foods.

How many FSs you had in the past doesn't matter (everyone has some) because if you have fibromyalgia, you have a lot now.

### **Nutrient sensitivities also causes fibromyalgia symptoms**

Any doctor will tell you that you can't be allergic to basic nutrients like vitamins, amino acids, fatty acids, and minerals. I agree, it's impossible to be *allergic* to nutrients. But as you learned at the beginning of this report, you sure can be *sensitive* to them.

Understanding nutrient sensitivity may not be crucial to overcoming fibromyalgia, but getting any nutrient sensitivity you have fixed IS vital if you ever want to feel good again.

Let me explain how nutrient sensitivities can cause symptoms.

1. Nutrient sensitivities can cause sub-clinical deficiencies. Your body can't properly absorb a nutrient it's sensitive to. This makes sense, doesn't it? Why would you welcome with open arms substances you think will harm you? You wouldn't. But you must absorb *some* of the nutrients because you'll die if you don't. So you absorb some, but only enough to survive. This low-level nutrient deficiency is called sub-clinical because it won't show up on a blood test.
2. Nutrient sensitivities can cause "system disruptions". This is a logical extension of number one. Let's say you're sensitive to the amino acid tryptophan. Among other things, you need tryptophan to make serotonin, a neurotransmitter that helps you stay asleep at night and helps elevate your mood.

As you've learned, if you're sensitive to tryptophan you won't absorb it very well and you'll likely have a sub-clinical deficiency. If there's less of this critical building block for serotonin your body won't be able to make enough, which means you'll have trouble sleeping through the night and you'll probably be depressed. No amount of medication or natural remedies will fix your serotonin problem until you get rid of your sensitivity to tryptophan. (You may not need any pills then—your body may work fine on its own.)

Multiply this by two or three hundred, which is how many essential nutrients there are, and you can see how nutrient sensitivities can wreak havoc on your life.

Nutrient sensitivity explains a lot of what I see in my practice in terms of response to treatment. It explains why the young mother got such tremendous relief from an amino acid



treatment. Other patients have reported miraculous results after just one or two treatments. One said her sense of smell returned three hours after a treatment. Another described how her pain “melted away” as she drove home from my office.

**Treating for nutrient sensitivities is so important that I do them at the beginning of a treatment program.** Look at the results we get after just a few treatments:

We track our patients’ progress in the top thirteen symptoms of fibromyalgia. They fill out a questionnaire before their first treatment and at six-treatment-intervals thereafter. Most patients’ overall score drops about 50% by their sixth treatment. Five of the first six treatments are for nutrient groups.

I want to make sure you got that:

**Most patients are at least 50% better after only six treatments!**

By the end of the treatment program, **the average patient sees a 67% drop in their overall symptom profile.** And the symptoms stay gone. When they tested Lyrica, 48% said they got at least a 30% improvement in their pain (provided they keep taking it forever).

Which end result would you prefer, a 67% drop in *all* of your fibromyalgia symptoms or just 30% in your pain, so long as you keep taking the drug?

### **What can you do about your food allergies and sensitivities?**

Drugs will never fix food allergies or sensitivities. Never ever. If anything, they will make your leaky gut worse by punching more holes in it. This will allow more potential allergens into your lymph and bloodstream, which will cause more SMs to be released and make your fibromyalgia symptoms worse.

Taking vitamins and herbs or drinking exotic juices won’t de-program your immune system to foods. (These supplements may also make you feel bad if you’re sensitive to them.)

Massage won’t fix this because fibromyalgia is not a muscle problem. Muscles are just where some of the symptoms occur.

Acupuncture doesn’t work for this because it’s not an energy blockage problem.

Chiropractic? Nope, not by itself.

## **How I Get Make My Fibromyalgia Patients' Symptoms Vanish**

You should have a pretty good idea why you feel the way you do now, so you're ready to learn how I can possibly make all or most of it go away, for good.

### **Sensitivity Elimination Treatment by Dr. Boothe™ (SET-DB™)**

SET-DB™ was developed by Dr. Teryl Boothe, D.C., about 20 years ago. It's a fascinating story that I won't get into in this report. Suffice it to say, SET-DB™ is uniquely effective.

When I treat you for a food with SET-DB™ it will stop setting off allergy reactions, no nasty signaling molecules will be released, and your pain and other symptoms will begin to melt away.

When I treat you for a nutrient you're sensitive to, your body will begin to more fully absorb that nutrient and any subclinical deficiencies the sensitivity caused will soon be a thing of the past. And all those things that were going wrong in your body will correct themselves naturally and safely, and you'll start to feel like you used to before fibromyalgia.

Here's a quick story to illustrate how this treatment works: A few years ago a young mother brought her 18-month-old daughter to my office. The little girl had anaphylactic allergies to wheat, soy, and peanut. Remember, anaphylactic allergies are very serious. If the patient doesn't receive immediate treatment they can choke to death in minutes. As these were true allergies, not sensitivities, they'd been identified through blood tests.

When I treated the girl for peanuts, she could eat peanut butter the following day with no reaction at all. The same thing happened for wheat and soy. Hard to believe I know, but 100% true.

I test for sensitivities on state-of-the-art computerized equipment, so there's no scratch tests or drawing of blood. This allows me to quickly discover which foods or substances might be causing you problems.

The treatment itself is simple and painless. It's so gentle I've been able to comfortably treat patients as young as 6 months and as "young" as 92.

SET-DB™ is my core treatment for relieving my fibromyalgia patients symptoms, but it's not all I will do for you.

### **Supplements**

I know I said supplements can't fix fibromyalgia symptoms. They can't. But they can do other things, which is why I use a select few professional-grade products.

I give my patients a good **digestive enzyme** to take with every meal. This helps ensure good digestion, and once a food is digested it's no longer allergenic—assuming, of course, you've had your nutrient allergies eliminated.

I also use a **systemic enzyme**. Unlike a digestive enzyme, which is taken with a meal, a systemic enzyme is taken on an empty stomach so it can be absorbed into the bloodstream intact. Once in the bloodstream, it does many wonderful things.

Systemic enzymes are protein-digesting enzymes that can...

... cut up CICs. You'll recall CICs are formed when an antibody grabs ahold of an antigen. They set off additional allergy responses and if they get too long settle into tissues or organs. The fewer of these you have in your body the better.

... help dissolve the protein film many viruses and bacteria produce to hide from your immune system. Dissolving the protein film helps your immune system find and attack them. This doesn't have anything to do with fibromyalgia, but I like my patients to be as healthy as possible when they're done with their treatment program.

... have a slight anti-clotting effect. Similar to taking a baby aspirin.

... have anti-inflammatory effects. This means they help relieve pain.

I use **neurotransmitter-boosting** supplements developed by Dr. Eric Braverman. You can learn about this in his book, *The Edge Effect*. We use his questionnaire to help identify which of the four major neurotransmitters are most imbalanced, then give the correct supplement to balance that neurotransmitter. It's very effective.

I use a product called **Seacure**, a natural product made from white fish. It has many benefits but the one I'm most interested in for my fibromyalgia patients is its ability to help heal leaky gut syndrome (LGS). You'll recall that LGS allows allergenic foods to get into your bloodstream, which causes the formation of CICs and sets off more allergy reactions.

## **My All-Natural Fibromyalgia Treatment Program**

**There are thirty treatments in the basic program, forty in the advanced program.**

I do nutrient groups first, then start on foods. Because our food supply isn't all that clean anymore, I go through chemicals and pesticides, too. There are also visits for things like hormones and homeopathic treatments (not explained in this report for brevity's sake).

What do I mean by "hormones?" I mean I test and treat for sensitivities to hormones. Oftentimes hormone problems are caused by sensitivities to the hormones themselves and can be

cleared up with a treatment. Most women who go through my fibromyalgia treatment program find that any hormone problems they had before have resolved.

You will be tested for sensitivity to any supplement I give you. It wouldn't want to give you something that caused you additional pain or discomfort. **Also, I have you bring in any medication or supplement you're taking. I want to make sure you aren't sensitive to them, either.**

How long it takes to go through the program is up to you. You may receive up to three treatments a week, which means you can be done in as little as ten weeks. I recommend you get at least two treatments a week.

Short breaks in the treatment program are permitted. Just be sure to take the few supplements I give you during the break.

### **A typical treatment visit**

You'll see me first on each visit. I'll give you a Sensitivity Elimination Treatment, after which you'll sit in the reception area for 15 minutes while holding the treatment vial.

If your visit is a homeopathic visit, you'll be tested with the computer to see which product(s) your body needs the most. You'll leave with one bottle of homeopathics and will not need to wait ten minutes in the reception area.

Most patients are in the office 15–20 minutes.

### **Results**

No doctor has a crystal ball, so none of us can predict how any one patient will respond to any treatment or therapy. I can, however, give you some statistics.

**Symptoms:** I wrote this earlier but I'll repeat it here. We track how our patients do with the top thirteen symptoms of fibromyalgia. Remember, although pain is fibromyalgia's chief symptom, fibromyalgia is much more than pain.

You will be asked to complete a questionnaire at the onset of your treatment, rating each symptom on a scale of 0 to 10. The scores are added and the total divided by thirteen to get an average. The averaged score is plotted on a graph and kept up-to-date with interim questionnaires.

**The average patient has shown a 67% decrease in his or her averaged score.**

This means if your pain was a 9 at the start of your treatment program, and you only achieve average results, it will be a 3 when you're done. There's a big difference between 9 and 3. At 9 you can't work and you're miserable. At 3 you can do just about anything you want.

**Case success:** Everyone is different, of course. A 23-year-old female who starts out at 6.5 and ends up at 1.1 would be considered a successful case. An 80-year-old female who starts out at 8.2, has had two failed back surgeries, has diabetes, high blood pressure, and high cholesterol, and takes over 20 medications would be considered a success if we got her score down to 5.

### **80% of my fibromyalgia treatment cases are successful.**

Now, I've met a lot of fibromyalgia sufferers over the years and I know that most will automatically lump themselves in with the other 20%. But don't you think most of the 80% felt that way, too, when they started treatment? They were kicked around like you, tried many pills and products that made big promises but failed to deliver in the end.

I'm happy to say that whether you think the treatment will help you regain your life or not doesn't matter. I know this goes against what all the self-help gurus say about positive thinking, so let me quickly explain why I can confidently make this statement.

Many patients have told me, at the end of their treatment program, that they didn't think it would work for them. MANY patients. Yet they got better, so what they thought about it didn't matter. Also, I've treated infants for their sensitivities and they got better. Certainly they didn't have any preconceived notions about whether the treatment would work or not!

**Follow-up care:** Follow-up care is not required, nor, in most cases, necessary. Some patients choose to receive treatments for other issues. For example, some suffer from seasonal allergies and choose to go through treatments for pollens, dust, plants, etc.

I think *everyone*, not just fibromyalgia patients, should take digestive and systemic enzymes because they do so many good things for you. You can buy them on-line or in health food stores, or continue to get them from me. Some patients choose to continue with the homeopathic treatments because they feel they help them be healthier. They usually come in every two-to-three months.

### **Are you ready to finally break free of YOUR fibromyalgia prison?**

I'm sure the answer to that question is "Yes!" Of course you'd like to be pain-free and full of energy, but you probably still have doubts. After all, nothing else has worked and you're afraid to get your hopes up again.

How about a guarantee? I can't guarantee you'll be in the 80% that gets better—as I said, no doctor has a crystal ball—but here are two things I *can* guarantee:

**Guarantee #1: If you don't change what you're doing now, how you feel in the future won't change.** If you've been down the medical route for your fibromyalgia, I shouldn't have to tell you that drugs are not the answer. If you're waiting for some miracle drug that will make all your fibromyalgia symptoms disappear, I'm sorry to say you've set yourself up for a lifetime of disappointments. It'll never happen.

You have a complex condition that affects practically your whole body; a \$20 bottle of fish oil capsules won't fix that. Neither will any other supposedly miracle supplement, no matter how cleverly it's marketed.

I've presented a treatment program proven to be 80% successful in relieving most fibromyalgia symptoms for good. Now is the time for bold action. Now is the time for you to change what you're doing so you can get better.

**Guarantee #2: I will do everything I can, move mountains if I could, to help you get your life back.** My fibromyalgia treatment program was developed over many years and is based on real clinical experience, not fudged and manipulated trials. I have many more "arrows in my quiver" that I didn't explain in this report; any and all of them will be brought to use if necessary to help you get better.

I just spent twenty pages proving my fibromyalgia treatment program is effective because it addresses the cause of most or all fibromyalgia symptoms: food and nutrient allergies and sensitivities. That's not the only reason it's effective, though. Here's another big reason:

**I only accept patients I think are great candidates for my program.**

And most of the time I'm right.

I don't like to turn fibromyalgia patients away because I know how many times they've heard, "There's nothing else I can do for you," but I don't want anyone to invest their time and money on my treatment program if I don't think their chances of success are excellent.

How can I tell if someone is a good candidate for my treatment program? They come in for a complimentary Fibromyalgia Evaluation to determine if they qualify for my Fibromyalgia Treatment Program.

The visit consists of a Fibromyalgia Questionnaire that tells me at a glance the impact fibromyalgia is having on your life. I'll also run some tests on the computer. After the tests, you and I will discuss the results and I'll tell you if you qualify for the program or not.

If you do qualify for my program, we'll go over the costs and you'll tell me what you want to do.

So give me a call at 352-586-3005 and tell Denise you'd like to come in for a Fibromyalgia Evaluation. And be sure to tell her you've read this report.

The next step is yours. What will you do?

Yours for better health,

Jason Andras  
[www.SharingAlternativeSolutions.com](http://www.SharingAlternativeSolutions.com)