

FIBROMYALGIA SYNDROME

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Fibromyalgia is a syndrome of unknown etiology. The diagnosis is made on the presence of widespread pain and also tenderness over 11 or more out of 18 trigger points. These are often on or very near acupuncture points (see below). A number of other non-specific symptoms such as fatigue, depressive mood, sleep disturbance and irritable bowel syndrome may also be present.

New evidence suggests that there is no or little inflammation in the muscle and joints, (that is why Traumeel rarely helps) but a number of abnormalities have been found in the neuroendocrine system, notably the hypothalamic pituitary axis. A relatively low level of growth hormone was also found to be present in these patients.

An important aspect to the disease is the presence of so-called oligodynia (increased sensitivity to low painful stim-

uli), which suggests that the pain threshold has been altered in the central pain centers.

In homotoxicology, this is seen as a matrix stress pattern of the non-inflammatory type, with low reactivity, acidosis and toxicity in the connective tissue, brought about by the abnormal neuroendocrine metabolism of the matrix. This will in turn send signals to the central pain centers and due to the neuroplasticity of the brain, the central structures are then changed resulting in alteration of pain perception.

The treatment of fibromyalgia is thus more than just a symptomatic treatment of the muscular pain, but should aim at restoring normal neuroendocrine influences on the matrix, and to restore the connective tissue health, by detoxifying as well as treating the acidosis.

Treatment

REMEDY	SYMPTOMS	DOSAGE
SYMPTOMATIC		
Neuralgo-Rheum-Heel	Pain	Oral vials: One 2-3 times per week
Spascupreel	Spasm	Tablets: One 3 times per day or Oral vials: One 2-3 times per week
Tonico-Heel	Depression, weakness	Oral vials: One 2 times per week
Hepeel	Bloating, headache	Tablets: One 3 times per day or Oral vials: One 2-3 times per week
CONNECTIVE TISSUE TERRAIN		
Detox-Kit	Detoxification of the matrix, liver and kidneys	30 drops of each in water 3 times per day (3 cycles meaning 3 kits)
Thyreoida compositum or Pulsatilla compositum	Activation of the matrix	Oral vials: One 2 times per week
Ubichinon compositum and Coenzyme compositum or Ubicoenzyme	Catalysts (combat cellular toxicity and acidosis)	Tablets: One tablet 2 times per day or Oral vials: 2 times per week or Drops: 10 drops 3 times per day
NEUROENDOCRINE ABNORMALITIES		
Ovarium compositum and Tonsilla compositum or Glandula suprarenalis suis-Injeel and Hypothalamus suis-Injeel and Funiculus umbilicalis suis-Injeel	Neuroendocrine abnormalities, autonomic disturbances	Oral vials: One 2 times per week Tablets: One 2 times per day For 6 weeks (repeat for 3 cycles of 6 weeks each)
NEUROPLASTICITY		
Thalamus compositum	Altered pain threshold, sleep disturbance	Tablets: One tablet 2 times per day Oral vials: One 2 times per week

Acupuncture and Fibromyalgia:

Acupuncture can be a powerful tool in conjunction with anti-homotoxic medicine to restore the balance in these patients. Points to consider are the following, either for needling, or biopuncture (dipping the needle into the remedy, especially in auricular points), or for injection (small amount only).

Local trigger points often correspond to acupuncture points:

Gall bladder 20, 21, 30	Neuralgo-Rheum-Heel, Spascupreel
Bladder 10, 53	
Triple Warmer 15	
Stomach 9	
Spleen 10	

Auricular points:

These are important in treating the central neuro-endocrine perturbations:

Shen Men (**TONICO-HEEL**)

Point zero (**FUNICULUS UMBILICALIS SUIS-INJEEL or TONSILLA COMPOSITUM**)

Endocrine point (**GLANDULA SUPRARENALIS SUIS-INJEEL and HYPOTHALAMUS SUIS-INJEEL or OVARIVM COMPOSITUM and TONSILLA COMPOSITUM**)

Thalamus point (**THALAMUS COMPOSITUM**)

Use at a rate of 2 sessions per week for 10 sessions, then break. May be repeated after a 4-week break.