

Fibromyalgia and Chronic Fatigue Syndrome (FM/CFS) Patients are not Getting the Answers they want from Support Groups and Hospital Classes

FM/CFS patients tend to be very frustrated with their support groups and the classes offered at the hospital because their questions are not being answered.

Questions such as:

1. What is FM/CFS?
2. Why do I have it?
3. What causes it?
4. Is there anything that can be done to correct it?
5. I do not want to take any more drugs. Are there any alternative treatment protocols that address the causes?

If you feel like this or someone you know has this experience then I have good news. I have developed a programme to determine what the causes are and formulated a treatment protocol to correct these causes.

A breakthrough treatment protocol is now available to the public in the manual, ***Irritable Everything***. The answers to the above questions are covered in detail; the reader is assured that something positive can be done and that FM and CFS are correctable conditions.

Most doctors are at a loss when it comes to treating FM/CFS. Patients that present a multitude of unrelated symptoms used to be classified as hypochondriacs. The rationale was: no one can have so many symptoms without an apparent cause. Therefore, they must be malingering. When this diagnosis became unpopular with patients, new names were invented, FM and CFS. Patients are then told, “they have to learn to live with it” and “nothing can be done”.

FM/CFS are catchall diagnostic phrases used to categorize a combination of different symptoms. It is not a disease with a specific germ or bug that causes the problem, but only a collection of symptoms that no one seemed to be able to treat affectively, until now.

The symptoms for both of these conditions are interchangeable. Fibromyalgia has more pain associated with it and Chronic Fatigue more malaise. It depends on what type of doctor makes the diagnosis. A Rheumatologist would lean toward Fibromyalgia and a general practitioner toward Chronic Fatigue Syndrome.

Eight Causative Factors of FM/CFS

All eight of the causative factors are involved to some degree and contribute to the conditions of FM/CFS. Each patient is different (that’s an understatement) and certain factors are more prevalent depending on the patient’s lifestyle choices and experiences. Some of my FM/CFS patients originally presented as many as 80 different symptoms. There is always more than one cause for there to be so many symptoms. No two patients have the same symptom profile, making it a complicated condition to treat, especially if you are chasing symptoms with drugs.

Therefore, when assessing what is causing FM or CFS the following factors must all be considered.

The factors are:

1. Spinal and cranial subluxations.
2. Lifestyle – inappropriate, habitual choices regarding eating, drinking and smoking.
3. Dehydration, this is what makes the pain worse.
4. Infections - yeast and parasites are commonly present and are mainly responsible for the fatigue. They can also produce many of the other associated symptoms.
5. Nutritional deficiencies from consuming a Standard American Diet. (SAD) They eat nutrient deficient, synthetic, prepared fast foods that are microwaved or deep-fried.

6. Toxicity - environmental and household toxins must be detected and eliminated. Heavy metals such as: mercury, formaldehyde, and aluminum are neuro toxic and contribute to many of the neurological symptoms.
7. The immune system is exhausted from these many factors and it is not able to function at a level capable of reversing these conditions. Consequently, the patient continues to get worse.
8. Choice of Doctor. The use of drugs can also be one of the most important causative factors.

Were any of you told: “We don’t know what causes it, but, try this drug and see if it helps.” We are looking for the causative factors such as: smoking one to two packs a day, drinking excess alcohol and drinking 10 cups of coffees a day as well as eating processed, nutrient deficient microwaved foods, while living and working in chemically polluted and stressed out working conditions and participating in antagonistic relationships. The drugs these patients have been taking may contribute to their conditions. Patients must take responsibility for their health and educate themselves so they can make the appropriate changes.

Warning: Just treating one or two of the causative factors does not yield optimum results for these patients. **All eight causative factors must be addressed and appropriate corrections made.**

Part of the Definition of FM Includes Having 11 of the 18 Tender Points. How is This Related to Chiropractic?

This is because of the subluxations (misaligned vertebrae) in the spine. Subluxations produce pressure on the spinal nerves causing pain (tender points). All that is needed is three subluxations and all 18 tender points can be present. Three subluxations are not uncommon; most patients that have been in an accident can have three or more subluxations.

Why is it that all of a sudden so many symptoms manifest immediately after a trauma or accident of some kind? The reason is that many of the causative factors were already present in a sub-clinical capacity, predisposing this person to health problems. The addition of new or increased subluxations to the spine and/or skull will aggravate the pre-existing factors and manifest into a multitude of pain sites and a myriad of seemingly unrelated symptoms. The pain sensitive nerves and the nerves that control the function of the organs are irritated by the subluxations. This results in pain in the affected nerve root, lowered resistance and a decreased ability of the organ to function that is at the end of the affected nerve pathways. Chiropractors correct subluxations.

The variety of the symptom pictures from patient to patient depends on the location and severity of the subluxations and the prevalence and combination of the other seven causative factors.

Stress will affect the weak spots: the weak spots result from the alteration in nerve function from the sites of the subluxations. The seven other causative factors will affect the weak spots and exacerbate the pain or malfunction producing the multitude of symptoms so often seen in FM/CFS patients.

I have been getting consistently good results with FM/CF patients since 1995. The secret to this success is to correct their subluxations and determine how the other causative factors are involved and address them all systematically. **Irritable Everything** contains an extensive protocol for patients to follow with many questionnaires to help determine which areas to address.

A 60 year old patient of mine named Joseph gave me an excellent example of patient’s responsibility. He said: “Sixty year old people are like old cars, some sit in the junkyard worth \$25.00, others sit in the show room worth \$25,000.00. It all depends on how they were looked after.” The same applies to FM/CFS patients. The severity of their condition depends on how much they knew about health and how well they looked after themselves. Their recovery depends on them taking charge of

their own health, obtaining a knowledgeable coach who assesses the causative factors correctly and systematically helps correct them.

Fibromyalgia and Chronic Fatigue Syndrome are Correctable Conditions.

Reference:

Turner, Roger L. DC, ***Irritable Everything***, Barrie Ont.: Feb 2002. ISBN:0-9730525-0-3

Roger L. Turner DC is a 1974 clinical honors graduate of CMCC.

Dr. Turner is currently based in Barrie and Toronto to be more accessible to his international clientele.

Dr. Turner is a widely published author, with 60 articles published in various Chiropractic publications and Health related magazines. His first book, ***Body Culture***, 1986, was on the various aspects of exercise. His second book, ***Irritable Everything***, which took six years to research was finished in 2002, is on his protocol for the treatment of Fibromyalgia and Chronic Fatigue Syndrome. The patient's manual is available at www.turnerwellness.com or email Dr. Turner at drt@turnerwellness.com

He has also been researching the treatment of Special Needs children since 1986. His third book ***Autism, The Missing Link In Its Cause***, was published in 2002.

Cranial Adjusting:

Roger Turner D.C. founded Cranial Adjusting Turner Style. (C.A.T.S.) Courses are now being offered to Chiropractors. Call 705-792-1315 for information. www.catsworkshop.com