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IMPROVING FIBROMYALGIA/ CHRONIC FATIGUE IN 30 DAYS

*Fibromyalgia/Chronic Fatigue Relief within 30 Days,
Recovery Plan for Long-Term Health*

By Robert Redfern

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About the Author

Robert Redfern – Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews, and his nutritional discoveries. His new series of books brings this work together in an easy-to-read format that everyone can follow to help resolve their chronic health problem – once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago – before they started their plan. At the time of printing, Robert, aged 67, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.

ROBERT REDFERN
YOUR PERSONAL HEALTH COACH

tells you everything you
need to know about:

Fibromyalgia/Chronic Fatigue
Improvement in 30 Days

The Causes
& The Recovery Plan



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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Warning: Some information may be contrary to the opinion of your medical adviser; however, it is not contrary to the science of good health.

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COMMITMENT PLAN

YOUR ACTION PLAN TO COMMIT TO BETTER HEALTH

TODAY	I DID THIS	Signed	Date
I Committed	To regaining and maintaining my health for the rest of my life		
I Committed	To drinking 8-10 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's Fibromyalgia/Chronic Fatigue Recovery Book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's Fibromyalgia/Chronic Fatigue Recovery Book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	Massaging the acupressure points		
I Recommitted	To regaining and maintaining my health for the rest of my life		
I Recommitted	To Robert's Fibromyalgia/Chronic Fatigue Recovery Book		
I Recommitted	The necessary supplements to facilitate my plan and my healing		
I Recommitted	To my water intake		
I Recommitted	To following my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To life-giving sun exposure (except when contraindicated)		
I Recommitted	To massaging the acupressure points		

WHAT IS FIBROMYALGIA?

What Is Fibromyalgia/Chronic Fatigue?

What do fibromyalgia and chronic fatigue have in common?

There are several connections between the two conditions. Perhaps the biggest connection is the lack of belief that these conditions even exist. This lack of belief leads to a lack of support and empathy for the sufferer, which can sometimes exacerbate their illness even more. It is estimated that millions of people suffer with these conditions; however, exact numbers are difficult to come up with due to the skepticism of many in the medical community.

Another similarity these conditions have in common? Anyone with chronic fatigue or fibromyalgia will talk about how they feel tired and just plain bad most of the time.

Fibromyalgia and chronic fatigue display exactly the same symptoms and respond to the same recovery plan. For the purposes of this book, we will refer to both as fibromyalgia.

Fibromyalgia is an autoimmune syndrome (FMS) characterized by sleeplessness and pain in the muscles, tendons, and ligaments. It is thought of as a rheumatic disease, meaning inflammatory proteins called cytokines may be initiating and/or perpetuating inflammation.

Oxidative stress (an overload of health-damaging free radicals in the body) appears to be higher in fibromyalgia patients.

+

I suffered from fibromyalgia, collagenous colitis, and migraines. After starting your plan, the migraines stopped in about one week migraines and have not returned. My muscle and joint pain was also greatly relieved. A colonoscopy was negative for collagenous colitis! My quality of life greatly improved! I no longer suffer from migraines, sinus infections, depression, or severe pain.

Z.T. USA



WHAT IS FIBROMYALGIA?

Who Gets Fibromyalgia?

- Women endure fibromyalgia ten times more than men.
- Age is also a risk factor as the incidence of fibromyalgia goes up with age.
- Fibromyalgia occurs most often during middle-age.

Fibromyalgia Signs and Symptoms

Difficulty sleeping and fatigue afflict almost everyone with fibromyalgia. People with this syndrome also frequently experience pain throughout the entire body.

Other complications include:

- Trouble concentrating
- Sensitivity to environmental triggers
- Burning/tingling in areas of the mouth
- Paresthesia (feeling of tickling, tingling, burning, pricking, or numbness of the skin with no obvious long-term consequences)

It is quite common for other conditions to affect those with fibromyalgia, like:

- Candida
- Weight issues
- Irritable bowel syndrome (IBS)
- Mood disorders
- Headaches



I suffered a neck injury from a car accident, then Fibromyalgia and back pain, then a shoulder injury. I got the HealthPoint electronic acupuncture kit. I had used it for three months and then the results began to be felt. It was amazing. I used it many times a day until the results came. I was healed. That's all I can say. I never use it much anymore, but I have it near if I do need it. I can do most of the things I did before the accident.

L.B. Canada



WHAT IS FIBROMYALGIA?

Fibromyalgia Causes

Fibromyalgia can be brought on by a number of factors, including:

- Injury
- Giving birth
- Infections that stem from a virus, parasite, or one that is sensitive to antibiotics
- Environmental toxins
- Hormonal imbalance
- Prolonged stress
- Autoimmune disorders
- Conditions or scenarios that interrupt normal sleep patterns

These factors can take hold and affect a person's health due to chronic inflammation in the body and an already compromised immune system that may stem from:

- Consumption of foods containing excitotoxins (MSG, aspartame, and other food additives that stimulate nerves and increase pain sensitivity)
- Preservatives
- Gluten and other proteins
- Sugar
- Peanuts

It is also advisable to avoid drinking alcohol, using tobacco products, and consuming meat (especially red meat), dairy products, sugar, starchy carbohydrates, artificial sweeteners, fried foods, and junk fat.

A diet lacking in enzymes, nutrients, and healthy foods may contribute to fibromyalgia.

+

I would like to take this opportunity of saying how much I find the Healthpoint acupuncture device very helpful. I have had arthritis from the age of 12 and now for the past 4 years have Fibromyalgia but with your treatment and supplements still keep active at age 72 and manage a large house and 1 acre of garden very well by spacing out my energy sensibly.

Pamela A. UK



WHAT IS FIBROMYALGIA?

Fibromyalgia Treatment Plan

Tender points, not to be confused with trigger points, are areas in the body where sensitivity can be measured and fibromyalgia diagnosed.

When diagnosed with fibromyalgia, it is imperative to make the following a part of your treatment plan:

- Move on a regular basis; yoga or walking is ideal.
- Get coaching for emotional reassurance.
- Utilize electro-acupressure.
- Seek out physical therapy.
- Get a good night's sleep.

Fibromyalgia Sleep Tips

- Relax in a tub before bedtime.
- Keep your bedroom at a comfortable temperature, preferably on the cooler side.
- Invest in earplugs if your partner snores.
- Drink no fluids before bed.
- Train your bladder to sleep through the night, i.e. try not to give in and get up every time you feel the urge to urinate.
- Move the alarm clock out of your line of vision.
- Don't go to bed hungry.
- Stick to a rigid sleep schedule: Go to bed and get up at the same time every day!

Remember, resolving a sleep disorder is crucial to recovery.

Keep in mind that when the immune system is compromised, the body is more susceptible to infection.



FIBROMYALGIA REHABILITATION

The Western Un-Natural Food Diet

In addition to non-adherence to the specific food guidelines laid out in this book, a diet which will definitely hinder one's recovery from fibromyalgia is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle factors can perpetuate fibromyalgia.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is far too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all-too-common diet is lacking in high fiber foods and the foods that provide essential nutrients necessary to find relief from fibromyalgia.

These missing foods include:

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)



Arginine in the Diet

It is widely known that foods high in arginine can trigger the latent virus that is responsible for continuing fibromyalgia issues.

If you're suffering from a fibromyalgia/chronic fatigue flare-up, it is worthwhile to cut out any arginine supplements you may be taking. You must also avoid high-arginine foods like:

- | | |
|--------------------|---------------------|
| • Almonds | • Peanuts |
| • Brown rice | • Sesame seeds |
| • Brussels sprouts | • Soybeans |
| • Caffeine | • Split peas |
| • Chocolate | • Sunflower seeds |
| • Corn | • Walnuts |
| • Millet | • Wheat germ |
| • Oatmeal | • Whole-wheat bread |
| • Onions | |
| • Pecans | |

Adding a high dose of L-lysine capsules first thing in the morning can help to bring this issue under control.

FIBROMYALGIA REHABILITATION

Can I Reverse Fibromyalgia?

I do not believe it is appropriate to use the term "cure" for fibromyalgia since most cases are brought on (or made worse) by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body with pure, clean water {6-8 x 500 ml (16 oz.) glasses a day} and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

... regenerate with healthy lifestyle and nutrients ...



FIBROMYALGIA REHABILITATION

The Nutrients You Need

Studies show the following nutrients will help prevent or control fibromyalgia in most people:

- **Sodium Thiocyanate and Sodium Hypothiocyanite** - To clear any infection that may reside in the cells.
- **SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3** - To support inflammation and health recovery.
- **Glyconutrients and L-Glutamine** - To promote healthy sleep and restore the digestive tract.
- **Nascent Iodine** - Essential for balanced immune health.
- **90 Vitamins/Minerals** - Full spectrum multivitamin/mineral, which you should already be taking daily.
- **Probiotics (Friendly Bacteria)** - To recover gut-friendly flora, taken therapeutically and then for maintenance.
- **Ubiquinol (8 times more effective than CoQ10)** - Powerhouse antioxidant essential for all cell energy.
- **D-Ribose Plus™** - Essential to restore cell energy as shown in studies.
- **L-Tryptophan, L-Theanine, Vitamin B6, and Vitamin B3** - To support a relaxed system with healthy sleep patterns and to reduce anxiety.



FIBROMYALGIA REHABILITATION

Why Doesn't My Doctor Tell Me I Can Get Better?

The Non-Inflammatory Lifestyle Program can help you get better! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Non-Inflammatory Lifestyle Program will show results within 30 days.



I would like to take this opportunity of saying how much I find the Healthpoint acupuncture device very helpful. I have been taking your things for about 6 months now and find it helps immensely with fibromyalgia symptoms. We started on it to help my son who suffers asthma and had inhaled a lot of paint/lacquer fumes when he was spraying one of his guitars (he's a guitar repairer/luthier) and the serrapeptase, I'm sure was a lifesaver. Thank you again for your wonderful product, I have told quite a few people about it, as I think it's just great.

Cheers.

Lenice, Australia



FIBROMYALGIA REHABILITATION

The Fibromyalgia Rehabilitation Plan

Your 10 Steps to a Healthy Future

The following protocol works for any type of fibromyalgia condition, to some extent



1 Clearing inflammation, energizing your cells, and promoting healing.



6 Eating real foods.



2 Strengthening your immune system.



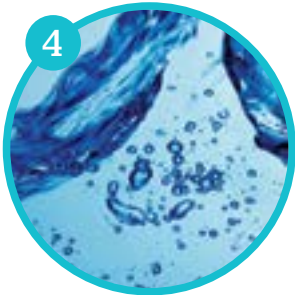
7 Walking and moving daily.



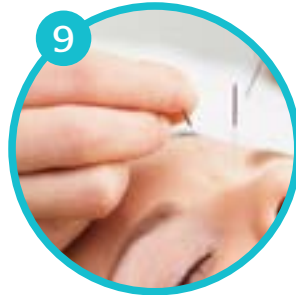
3 Taking nutrients missing from food in supplement form.



8 Breathing properly.



4 Drinking enough water.



9 Stimulating acupressure points.



5 Avoiding unnatural/junk foods.



10 Getting out into the sun as much as possible.

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their fibromyalgia symptoms to some extent, and in many cases completely.

FIBROMYALGIA REHABILITATION

For details of the following suggested formulas, turn to **page 27**.

1. Clearing Inflammation and Promoting Healing

Basic Plan

- **1st Line Immune Support:** To clear any infection that may reside in the cells. Take 1 kit daily for 3 days (total of 3). Always take at least 90 minutes after food and 90 minutes before food. 3 kits should be taken as a minimum; in serious conditions, 10 kits are better if finances allow.
- **Serranol:** To support inflammation and health recovery; SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.
- **Nascent Iodine:** Helps balance hormones and metabolism as per the instructions. Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4.



2. Taking the Missing Nutrients

Advanced Plan

- **1st Line Immune Support:** To clear any infection that may reside in the cells. Take 1 kit daily for 3 days (total of 3). Always take at least 90 minutes after food and 90 minutes before food. 3 kits should be taken as a minimum; in serious conditions, 10 kits are better if finances allow.
- **Serranol:** To support inflammation and health recovery; SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.
- **Nascent Iodine:** Helps balance hormones and metabolism as per the instructions. Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4.
- **GlycoBoost:** Glyconutrients and L-Glutamine; restore digestive tract. Take 2 teaspoons per day for 30-60 days.
- **D.I.P. Daily Immune Protection:** Take 2 capsules daily; supports a balanced immune system, protects against infections.



FIBROMYALGIA REHABILITATION

3. Immune Recovery and Strengthening

Ultimate Plan

- **1st Line Immune Support:** To clear any infection that may reside in the cells. Take 1 kit daily for 3 days (total of 3). Always take at least 90 minutes after food and 90 minutes before food. 3 kits should be taken as a minimum; in serious conditions, 10 kits are better if finances allow.
- **Serranol:** To support inflammation and health recovery; SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.
- **Nascent Iodine:** Helps balance hormones and metabolism as per the instructions. Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4.
- **GlycoBoost:** Glyconutrients and L-Glutamine; restore digestive tract. Take 2 teaspoons per day for 30-60 days.
- **D.I.P. Daily Immune Protection:** Take 2 capsules daily; supports a balanced immune system, protects against infections.
- **Prescript Assist 29 Super Strain Probiotic:** You likely need to take this therapeutically and then for maintenance.
- **ActiveLife 90 Vitamins and Minerals:** Full spectrum liquid multivitamin/mineral, which you should already be taking 15ml x 2 times per day with food.



+ *Thank-you most kindly Robert! I have never been so excited over a product in my life as I am about your. I have been on them for two weeks and it has taken my angina away. I have had heart issues most of my life. I'm 57 and have been on heart meds for 39 years. Can you imagine? The electrical part of my heart is faulty. The heart is good, but not its function. Not sure what the chest pain is all about, but Serrapeptase has stopped it. Also, my fatigue is improving. I used to be down in bed with Chronic Fatigue and Fibromyalgia. I have an alternative medical doctor that has helped some over the years. But....not as much as your products have in two weeks!*

Hubby is on Serrapeptase too! He had the start of pneumonia which he's prone to. In two days.... Serra stopped it! He's fine now! I praise God for you, your awesome book and the products! I have been buying your book at various places and giving them to people to read! I totally believe in you and the product! Hugs from Wisconsin!

Diane H.

FIBROMYALGIA REHABILITATION

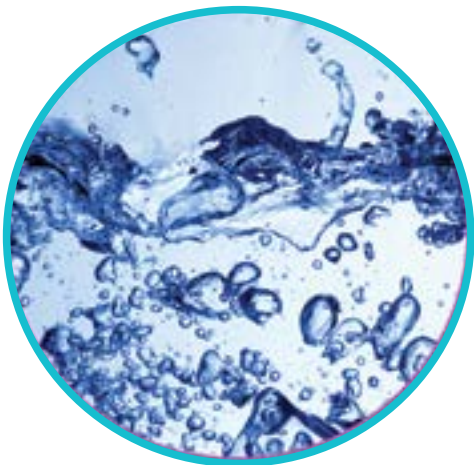
Optional Nutrients - but Suggested for the First 1 to 2 Months At Least

- **Ubiquinol (8 times more effective than CoQ10)** - A powerhouse antioxidant that is essential for all cell energy; 2 x 2 times per day with food for 1 month (then 1 x 2 forever).
- **D-Ribose Plus™**: Essential to restore cell energy. 5 teaspoons x 3 drops per day in water.
- **RelaxWell™** - To support a relaxed system with healthy sleep patterns and to reduce anxiety. Take 1 capsule, 3 times a day.



4. Drinking Enough Water.

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



5. Avoiding Eating Unnatural Junk Foods.

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and milk products.

Note: Do not eat potatoes, parsnips, turnips, and rice (except for a small amount of wild or brown rice and yams/sweet potatoes).



FIBROMYALGIA REHABILITATION

6. Eating Real Foods

**Include some of the following foods every 2 hours for the first few months:



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50% raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All fibromyalgia issues (as well as cancer and diabetes) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).

FIBROMYALGIA REHABILITATION



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega 3, or Krill oil and other healthy oils like Olive oil and Coconut oil.



As healthy alternatives to carbs, consider Quinoa, Chia Seeds, Amaranth, Buckwheat, and Millet Seeds. Cous Cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.

FIBROMYALGIA REHABILITATION

Which Vegetables to Eat

Note: Not all vegetables listed are available in every country.

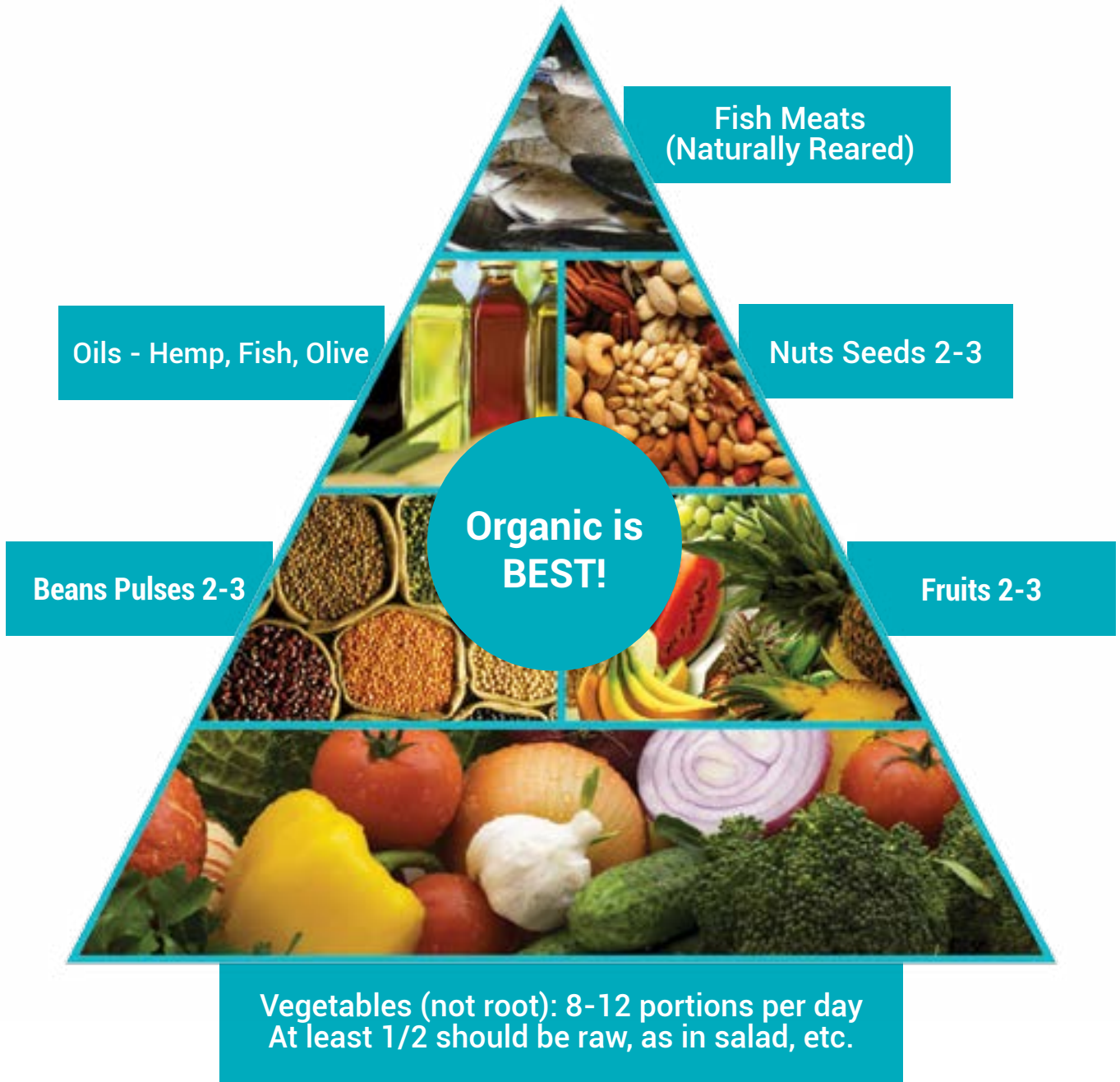
- Artichoke
- Asian Vegetables Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Broad Beans
- Cabbage (various types)
- Dandelion Leaves
- Dried Peas
- Fennel
- Garden Peas
- Garlic
- Kale
- Lettuce (Kos and various types)
- Mangetout Peas
- Mushrooms
- Petit Pois Peas
- Runner Beans
- Seaweed all types (Kelp, Wakame, Noni, etc.)
- Sugar Snap Peas
- Beetroot
- Broccoli
- Brussels Sprouts
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Eggplant (Aubergine)
- Kale
- Kohlrabi
- Kumara
- Okra
- Onions (red and white)
- Radishes
- Silver Beet
- Spinach
- Squash
- Zucchini (Courgettes)

Which Fruits to Eat

Note: Not all fruits listed are available in every country.

- Apple
- Apricot
- Avocado
- Blackberries
- Blackcurrants
- Bilberries
- Blueberries
- Cherries
- Cherimoya
- Dates
- Damsons
- Durian
- Figs
- Gooseberries
- Grapes
- Grapefruit
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Plum/Prune (dried plum)
- Pineapple
- Pomegranate
- Raspberries
- Western raspberry (blackcap)
- Rambutan
- Salal berry
- Satsuma
- Strawberries
- Tangerine

The Garden of Eden Pyramid



FIBROMYALGIA REHABILITATION

7. Walking and Moving Daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.



The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and health will balance perfectly.

FIBROMYALGIA REHABILITATION

Movement is a vital part of your recovery plan.

We all know how beneficial exercise is; however, when you are in chronic pain, exercise is probably the last thing you want to do. As inflammation subsides and the body strengthens, gentle exercise can be incorporated into the treatment plan.



FIBROMYALGIA REHABILITATION

8. Breathing Properly

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. **The first way is an anxious breath in the chest.**
2. **The second way is a relaxed breath in the diaphragm, or more precisely, in the tummy area.**

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life, and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with fibromyalgia.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.



HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. You can access more resources on [breathing lessons here](#).



FIBROMYALGIA REHABILITATION

9. Stimulating the Acupressure Points

Another part of your recovery plan is to stimulate acupressure points connected to your health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 36**.



10. Getting Out into the Sun As Much As Possible

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 28**, but it is still essential to still get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.

Recommendations:

- A. Get as much skin exposed to the sun as you can every day, e.g. on your daily walk.
- B. Build up slowly from the spring to summer time.
- C. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.
- D. If you do use a sun cream, get an organic one rather than chemical ones with well-known names.
- E. Remember, the sun is your friend, and as with friends, try not to get too much in one go!



FIBROMYALGIA REHABILITATION

More About Clearing Inflammation and Promoting Healing

1st Line (Thiocyanate) Immune System Support Kit

1st Line is a new all-natural product to fight against many types of infections, including viruses. It is a patented formula by a British Chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink, which forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses.

1st Line offers the aggressive attack to these unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st line is safe and easy to use.

Ingredients:

Sodium Thiocyanate - 100ppm
Sodium Hypothiocyanite - 60ppm

Dosage:

Take 1 kit daily for 3 days (total of 3).
Always take at least 90 minutes
before and after food.



FIBROMYALGIA REHABILITATION

Super Nutrient Serranol™

Super Nutrient Serranol™ offers professional strength support for healthy joints, cells, heart, blood flow, circulation, and cholesterol with ingredients like:

- **Serrapeptidase** (technically Serriatia Peptidase) is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better wellbeing for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/inflammation needs resolving.
- **Curcumin (CurcuminX4000)** is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.
- **Ecklonia Cava (Seanol®)** – For centuries, people throughout Asia have consumed Ecklonia Cava Extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.
- **Vitamin D3** is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

Ingredients:

SerraEnzyme Serrapeptase® 80,000iu
Curcumin X4000 250mg
Ecklonia Cava Extract (Seanol®) 50mg
Vitamin D3 1000iu

Dosage:

2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

Nascent Iodine

Nascent Iodine is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.



Ingredients:

Iodine (in its atomic form) - 400 µg

Dosage:

Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4.

FIBROMYALGIA REHABILITATION

More About Missing Nutrients

GlycoBoost™ Nutrient Formula

GlycoBoost™ is a potent and concentrated formula brimming with a full range of polysaccharides, natural plant sugars that store energy within your cells and release it as you need it. GlycoBoost is for the whole family, from children to grandparents and everybody in between. GlycoBoost can even benefit your pets.

GlycoBoost is designed to improve:

- **Joint health and mobility**
- **Mood**
- **Cognitive senses**
- **Sleep**
- **Skin**
- **Memory**
- **Digestion**
- **Muscle movement**
- **Chemotherapy side effects**



Ingredients:

Proprietary Blend - 3.56g
L-Glutamine Powder
Aloe Vera Whole Leaf Powder Extract

Dosage:

Take 2 teaspoons per day for 30-60 days.

Daily Immune Formulation (D.I.P.)

An alternative way to help keep infections away is to take a formulation designed to keep your immune system in balance. This formulation does not kill an existing infection but does help to prevent a new infection and allergen responses.

EpiCor® is a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, so it has huge health benefits as a free radical scavenger. Supported by years of research and development, EpiCor® is a unique product and is a valuable supplement for your immune health.

ExSelen® – Selenium is an essential trace mineral that the human body is dependent on, but can't produce on its own. Selenium must be ingested through foods in our diet or by supplementation. ExSelen® is a highly bio-available organic selenium that guarantees consistently high levels of selenomethionine – the preferred form for efficient absorption by the body. This high quality raw material is backed by 15 years of research and by 60 years of proprietary fermentation technology. It is also a natural antioxidant that helps protect healthy cells from free radical damage and helps balance immune functions. Selenium supports the body's normal inflammatory response in the lungs and may protect breast, prostate, and thyroid health.

Vitamin D3 is critical to keeping your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

Ingredients:

Epicor® 500mg
ExSelen® selenomethionine 100mcg
Vitamin D3 1000iu

Formulated with other powerful ingredients like:

Vitamin C (from Ascorbic Acid) 120 mg
Zinc Glycinate Chelate 20% 5 mg
Dimethylglycine HCL 250 mg
Elderberry Fruit Extract 4:1 200 mg
Larch Arabinogalactan Powder 200 mg
Immune Assist - Micron Powder 80 mg
Beta Glucan 1,3 (Glucan 85%) 60 mg

Dosage:

Take 2 capsules per day.

FIBROMYALGIA REHABILITATION

More About Immune Strengthening Formulations

Prescript-Assist® (P-A)

Prescript-Assist® (P-A) is a 3rd-generation combination of 29 probiotic microflora "Soil-Based-Organisms (SBOs)" uniquely combined with a humic/ fulvic acid prebiotic that enhances SBO proliferation. Prescript-Assist's® microflora are Class-1 micro ecological units that are typical of those progressively found resident along the healthy human GI tract.

Ingredients:

Proprietary blend of Leonardite

Class I (beneficial microorganisms):

Anthrobacter agilis, Anthrobacter citreus, Anthrobacter globiformis, Anthrobacter luteus, Anthrobacter simplex, Acinetobacter calcoaceticus, Azotobacter chroococcum, Azotobacter paspali, Azospirillum brasiliense, Azospirillum lipoferum, Bacillus brevis, Bacillus marcerans, Bacillus pumilis, Bacillus polymyxa, Bacillus subtilis, Bacteroides lipolyticum, Bacteriodes succinogenes, Brevibacterium lipolyticum, Brevibacterium stationis, Kurtha zopfil, Myrothecium verrucaria, Pseudomonas calcis, Pseudomonas dentrificans, Pseudomonas flourescens, Pseudomonas glathei, Phanerochaete chrysosporium, Streptomyces fradiae, Streptomyces cellulosae, Streptomyces griseoflavus

Dosage:

Take 2 capsules per day for the first 30 days, followed by 1 to 2 capsules per week thereafter. A full 30 day cycle of 2 capsules per day should be used to reconstitute beneficial gut flora following any antibiotic regimen.



FIBROMYALGIA REHABILITATION

Active Life 90

Active Life 90 Powerful Liquid Vitamins & Minerals is a liquid formula to ensure you get all the essential vitamins and minerals needed by your body. This single liquid supplement allows for maximum absorption and utilization of the body - 300% more absorbent than tablets!

Ingredients:

Amount per Serving

Calories	39
Calcium (Tricalcium Phosphate, Citrate)	600mg
Choline Bitartrate	25mg
Chromium (Chromium Polynicotinate)	200mcg
Copper (Copper Gluconate)	2mg
Folic Acid (Vitamin B Conjugate)	500mcg
Inositol	50mg
Magnesium (Citrate Gluconate Concentrate)	300mg
Manganese (Manganese Gluconate)	10mg
Organic Seleniummethionine	200mcg
Potassium (Potassium Gluconate)	250mg
Vitamin A (Palmitate)	5000IU
Vitamin A (Beta Carotene)	5000IU
Vitamin B1 (Thiamine Mononitrate)	3mg
Vitamin B12 (Methylcobalamin)	6mcg
Vitamin B2 (Riboflavin)	3.4mg
Vitamin B3 (Niacinamide)	40mg
Vitamin B5 (Calcium Pantothenate)	20mg
Vitamin B6 (Pyridoxine Hydrochloride)	4mg
Vitamin C (Ascorbic Acid)	300mg
Vitamin D (Cholecalciferol)	400IU
Vitamin E (Alpha Tocopheryl Acetate)	60IU
Vitamin K (Phytonadione)	80mcg
Zinc (Oxide)	15mg
Ionic Trace Minerals	600mg
Phosphorus (Amino Acid Chelate)	190mg
Biotin	300mcg
Iodine (Potassium Iodine)	150mcg
Boron (Sodium Borate)	2mg
Molybdenum	75mcg
Chloride Concentrate	102mg
Amino Acid Complex	10mg
Aloe Vera Extract (200:1)	2mg

Dosage:

Take ½ oz. (15ml) with breakfast and ½ oz. with evening meal. Mix with juice or water.



FIBROMYALGIA REHABILITATION

More About Optional Nutrients

UB8Q10 - Ubiquinol

CoQ10 or coenzyme Q10 is a greatly beneficial vitamin-like enzyme that is present in almost all plant, animal, and human cells. Coenzyme Q10 is considered as your body's POWERHOUSE ENHANCER and ANTIOXIDANT. UB8Q10, also known as Ubiquinol, is a Coenzyme Q10 that is 8 times better absorbed compared to ordinary CoQ10!

The highest amounts of CoQ10 are found in your heart, kidneys, liver, and pancreas. However, although Coenzyme Q10 can be made in the body, the amount may not be enough, and deficiency can occur. The body might not be able to replenish the difference needed, as many people do not get enough of the vitamins and elements required to synthesize CoQ10 for optimal health. This means that you may not be getting enough for your optimal health. And as you grow older, you are not replenishing the CoQ10 you need to carry on with your daily functions.



Ingredients:

Ubiquinol CoQH - 100mg

Dosage:

Take 2 capsules, 2 times a day for 1 month. Then take 1 capsule 2 times a day forever.

D-Ribose Plus™

D-Ribose Plus™ offers cellular energy that is critical for healthy recovery. D-Ribose (a 5-carbon sugar) is a critical part of ATP production; it is essential for cellular regeneration and cellular energy and can be deficient for many reasons. It has been found that when D-Ribose is combined with malic acid and magnesium, there is a synergy that results in greater noticeable energy.

Malic acid is both derived from food sources and synthesized in the body through the citric acid (Krebs) cycle. Its importance to the production of energy in the body during both aerobic and anaerobic conditions is well-established. Magnesium is a mineral that provides never-ending benefits.



Ingredients:

**Magnesium (from Magnesium Malate) – 60mg
D-Ribose Powder – 5000mg
Malic Acid – 240mg**

Dosage:

5 teaspoons x 3 drops per day in water.

FIBROMYALGIA REHABILITATION

RelaxWell™

RelaxWell™ is a special formula created from tried and true quality ingredients known to support more restful and healthy sleep patterns. It utilizes a combination of B-vitamins to act as powerful aids against high stress and unwieldy cortisol levels.

RelaxWell™ combines L-Tryptophan, L-Theanine, Vitamin B6, and Vitamin B3 to make for a much better, rested YOU!

L-Tryptophan is an essential amino acid and the precursor to serotonin. Serotonin is a neurotransmitter responsible for transmitting nerve impulses in the brain, inducing sleep and tranquility, and stabilizing function of the central nervous system. Serotonin deficiencies, which are related to L-Tryptophan deficiencies, are well-documented in cases of depression and insomnia.

L-Theanine is a natural phytochemical found in Japanese green tea. L-Theanine is a non-essential amino acid that is present in the brain and is a close relative of Glutamate. Studies indicate that L-Theanine interacts with the neurotransmitter GABA (gamma-aminobutyrate). GABA, known for its importance in nervous system functioning, works with the mood centers of the brain.

RelaxWell™ - Suitable for Vegetarians and Vegans**Active Ingredients:**

L-TRYPTOPHAN - 500mg
 L-THEANINE - 100mg
 50% of your daily value of VITAMIN B3 - NICOTINIC ACID - 10mg
 50% of your daily value of VITAMIN B3 - NIACINAMIDE - 10mg
 500% of your daily value of VITAMIN B6 - PYRIDOXINE HCl - 10mg

Other Ingredients:

Vegetable cellulose (capsule)
 Rice bran
 Medium chain triglycerides

Dosage:

Take 1 capsule, 3 times daily



FIBROMYALGIA REHABILITATION

More About Acupressure

Stimulating the Cranial Electrotherapy Stimulation (CES) ear points for anxiety shown in the ear clip instructions and acu-points in page 8.14 to 8.15 of the book **Mastering Acupuncture** will help to balance your health. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.



The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. HealthPoint™ breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon MD 21 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for fibromyalgia.

Cranial Electrotherapy Stimulation and Fibromyalgia

Cranial electrotherapy stimulation (CES) is a well-documented neuro-electrical modality that has been proven effective in some good studies of fibromyalgia (FM) patients. CES is no panacea but, for some FM patients, the modality can be valuable.

Fibromyalgia frequently has many symptoms such as anxiety, depression, insomnia, and a great variety of different rheumatologic and neurological symptoms that often resemble multiple sclerosis, chronic fatigue syndrome, and others. Active self-involvement in care usually enhances the therapeutic results of various treatments and also improves the patient's sense of control over the condition.

A form of evoked potential biofeedback, **HealthPoint™** offers a powerful stress reduction technique. It assesses the chief stressors and risk factors for illness that can impede the FM patient's built-in healing abilities. Future healthcare will likely expand the diagnostic criteria of FM and/or illuminate a group of related conditions and the ways in which these conditions relate to each other.

Support for fibromyalgia and related conditions increasingly involves multi-modality treatment that features CES as one significant part of the therapeutic regimen. This eBook also includes CES as an invaluable, cost-effective add-on to many therapies.

FIBROMYALGIA REHABILITATION

In Conclusion:

The Non-Inflammatory Lifestyle Program is a complete program, one designed to address all aspects of what is required to prevent or control your fibromyalgia.

Fibromyalgia is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs don't make you healthy.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The Non-Inflammatory Lifestyle Program is structured for those patients struggling to prevent or control their fibromyalgia, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life. The Non-Inflammatory Lifestyle Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Non-Inflammatory Lifestyle Program is detailed within this book and, when carefully followed, will show results within weeks.

You will always end up healthier with this plan.

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake...Your life is worth it.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu

www.MyGoodHealthClub.com for step by step coaching and support.

FIBROMYALGIA REHABILITATION

Sample Daily Fibromyalgia Rehabilitation Plan

Time	Action	Amount
BREAKFAST		
Before Breakfast	Serranol™	Take 2 capsules
Breakfast	1st Line Immune Support	Take 1 kit daily for 3 days
Breakfast	GlycoBoost	Take 2 teaspoons a day for 30-60 days
Breakfast	D-Ribose Plus™	5 teaspoons in a glass of water
Breakfast	RelaxWell™	Take 1 capsule
Breakfast	Nascent Iodine Colloidal Drops	Take 3 drops in a glass of water
LUNCH		
Before Lunch	Serranol™	Take 2 capsules
Lunch	ActiveLife™ 90 Vitamins/Minerals	Take 15ml
Lunch	Prescript-Assist®	1 capsule
Lunch	D-Ribose Plus™	5 teaspoons in a glass of water
Lunch	Ubiquinol	Take 2 capsules with food
Lunch	RelaxWell™	1 capsule
Lunch	Nascent Iodine Colloidal Drops	Take 3 drops, in a glass of water
EVENING MEAL		
Before Dinner	Serranol™	Take 2 capsules
Dinner	ActiveLife™ 90 Vitamins/Minerals	Take 15ml
Dinner	D-Ribose Plus™	5 teaspoons in a glass of water
Dinner	Ubiquinol	Take 2 capsules with food
Dinner	RelaxWell™	Take 1 capsule
Dinner	Nascent Iodine Colloidal Drops	Take 3 drops in a glass of water

FIBROMYALGIA REHABILITATION

All the books in this series:

- Acne, Eczema & Psoriasis
- Alzheimer's & Senility
- Arthritis & Osteoporosis
- Cancer: Breast, Colon, Pancreatic & other cancers
- Cardiovascular Disease, PAD, Carotid & more
- Chronic Fatigue, Fibromyalgia & Candida
- Diabetes & Hypoglycaemia Cholesterol – Healthy Levels
- Electro Acupressure – Self-treatment of the Acu Points
- Fertility Problems
- Heart Disease, Angina, Valves & more
- High & Low Blood Pressure
- IBS, Crohn's, Colitis, Ulcers & other Digestive Problems
- Lung Disease, COPD, Emphysema & more
- Macular Degeneration, Cataracts & Diabetic Retinopathy
- Men: Prostate, EDF, & Hormones
- MS, RA, Lupus, Psoriatic Arthritis & other Auto Immune Diseases
- Stress & Anxiety
- Stroke Recovery & Prevention
- Women: PMS, Menopause, Fibroids, PCOs & Fibroids



Other Books by Robert Redfern

- The 'Miracle Enzyme' is Serrapeptase
- Turning A Blind Eye
- Mastering Acupuncture
- EquiHealth Equine acupressure

ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on fibromyalgia and chronic fatigue into an easy-to-follow Fibromyalgia Rehabilitation Plan that everyone can use for improved health.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit www.MyGoodHealthClub.com today
 for more support for health problems related to:

- Rheumatoid Arthritis
- Psoriatic Arthritis
- Juvenile Arthritis
- Multiple Sclerosis
- Hashimoto's Thyroiditis
- Motor Neurones Disease
- Lyme disease
- Lupus
- And much more

We received a testimonial from a man who told us about his wife's recovery from fibromyalgia by following Robert's health plan:

+

"She has had fibromyalgia for about four years and because of it her blood pressure has been uncontrollable; it ranged from 175 to 195 over 135 to 145. Her pulse rate would go from 110 to around 200.

After two weeks of taking your supplements three times a day, it is now running 112 to 120 over 74 to 78 and the pulse rate is staying around 74 to 78. What a blessing that her fibromyalgia is a lot better, she is doing more and getting tired less."

Bobby L.