



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Fibromyalgia

Fibromyalgia is a chronic health condition that causes widespread pain and may be accompanied by fatigue, sleep problems, emotional distress, and mental distress. The CDC estimates that approximately 10 million Americans have fibromyalgia with it being twice as common in women as it is in men. Those with a rheumatic disease such as osteoarthritis, lupus, rheumatoid arthritis, or ankylosing spondylitis are at a higher risk of developing fibromyalgia.

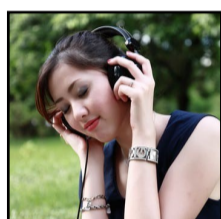


Fibromyalgia symptoms vary with each individual, with chronic pain, muscle tenderness and debilitating fatigue being the most common. The pain and intensity an individual may experience can vary and fluctuate as well. The pain can be described as a constant or intermittent dull, stabbing, throbbing or burning sensation.

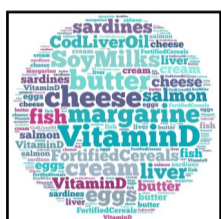
Other symptoms include:

- Cognitive and memory problems
- Mood issues
- Headaches
- IBS
- Numbness and tingling of the hands and feet
- Restless legs syndrome
- Temperature sensitivity
- Sensitivity to loud noises and bright lights
- Depression or anxiety

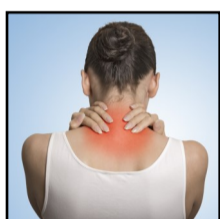
Complementary and alternative therapies can be very beneficial. These include: physical therapy, therapeutic massage, myofascial release therapy, music therapy, acupressure, acupuncture, yoga, relaxation exercises, aromatherapy, biofeedback, herbs, nutritional supplements, and chiropractic manipulation.



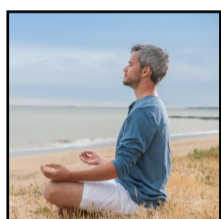
[Effects of Music on Pain in Fibromyalgia](#)



[Vitamin D May Benefit Women With Fibromyalgia](#)



[Chemicals in Foods May Worsen Fibromyalgia Symptoms](#)



[Meditation Awareness Training Improves Fibromyalgia Symptoms](#)

April Health Awareness

Autism Awareness Month

Autism, or autism spectrum disorder (ASD), is a complex developmental disorder that is commonly characterized by repetitive behaviors and difficulties with social interaction, communication and self-regulation. According to the Centers for Disease Control, autism affects an estimated 1 in 59 children in the United States today.



Indicators of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Studies show that early intervention leads to positive outcomes later in life for people with autism.

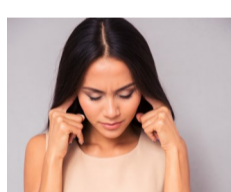
Continuing research into various complementary and alternative approaches seems to be promising and safe. Studies have shown positive results for supplementing with vitamins, minerals and amino acids, nutritional intervention, and probiotic treatments.

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SUPPLEMENT FACT

In a study published in Nutritional Neuroscience, researchers found that the use of a vitamin D supplement may improve sleep quality, reduce the time it takes to fall asleep, and increase sleep duration in adults with sleep disorders.

From The Council for Responsible Nutrition



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