

# Fibromyalgia Report

From: [YourSuccessLinks.com](http://YourSuccessLinks.com) - Natural Health Remedies For Your Body and Mind

This is a complicated disease but it can be helped.

It is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points.

Tender points meaning tenderness to places like the neck, spine, shoulders and hips.

3 to 6 Million Americans have it.

Some scientists believe it may be caused by an injury or trauma.

It is also diagnosed if you have widespread chronic pain for more than 3 months.

Studies show exercise helps muscle fitness and reduces muscle pain and tenderness.

They claim patients may benefit from a combination of exercise, medication, physical therapy and relaxation.

People with fibromyalgia have low levels of the hormone cortisol.

This sounds almost the same as if they were describing arthritis. Of course it is one of the 100 different kinds of arthritis.

Because this is so, people who follow the program outlined in my book, "I Cured My Arthritis You Can Too" have found great relief.

There is no reason that this program will not work for you.

Nothing is 100%... but my guarantee is... I once sent a refund because the husband refused to even read the book.

Please go to [www.cureyourarthritis.com](http://www.cureyourarthritis.com) and read it with what I have said, in mind. You see the whole program is built on the foundation that... You must have healthy cells. People with a great immune system are not ill... of anything.

They do not get sick. I preach the "Healthy Cell Concept" which means feeding the cells and the best way do that is explained in the program... I give you... step by step... what to do...

When you feed the cells properly... and I show you how... your immune system will function as God intended it to function.

People who follow the program 100% get the best results. It has to be a commitment on your part that you want to be well.

That sounds silly but some people do not want to be well. They like the "perks" of being ill. I remember using my pain to get out of things or to have people do things for me. But I wanted relief more than the "perks"...

The doctor that started me on my way to pain free living was so discouraged because his mother suffered from arthritis and he could not help her. Well, he could help her, but she liked her life style. She had a companion... a chauffeur to take her around and many friends that catered to her and she was afraid of giving that attention up... sad but true.

Visit [www.cureyourarthritis.com](http://www.cureyourarthritis.com) and check it out for yourself.

Best of Health,

Margie "The Arthritis Lady"

This article is only for information and does not take the place of medical advice. It mainly gives you a starting place to explore what is best for you. I agree with everything in these articles, but it is up to you to make your own decisions