

Healthy Habits for Fibromyalgia

What is Fibromyalgia?

- Fibromyalgia is a health problem marked by pain at specific points of the body, stiffness, and fatigue (feeling very tired).

What you can do to stay healthy and help with your symptoms:



Eat more Omega 3 foods, like salmon, walnuts, and flax seed.



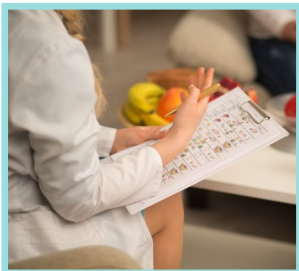
Eat less animal fats, like butter and cheese.



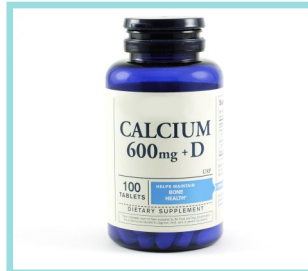
Avoid nightshade veggies, like eggplant, bell pepper, and tomato.



Eat less sugar to prevent yeast overgrowth.



Talk with a nutritionist about **meal plans** that eliminate trigger foods.



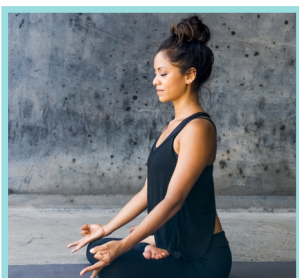
Take **calcium supplements** before bed.



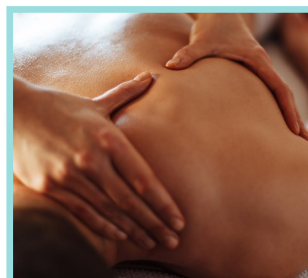
Limit how much alcohol you drink.



Do **gentle exercise**, like yoga, swimming, biking, Tai Chi, and walks.



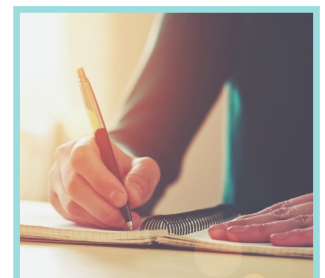
Pay attention to how you breathe. **Yoga** can help you take deeper breaths to increase blood flow.



Try **massage treatment** to improve sleep and help with pain.



Take a warm **aromatherapy bath** with lavender and chamomile scent.



Keep a journal of your symptoms. Track your pain as it relates to sleep, emotions, weather, and stress.