



## Fibromyalgia

### DESCRIPTION

Fibromyalgia (FMS) is a disorder characterized by generalized fatigue and pain in various muscles, tendons, and ligaments. Diagnostic tests show no abnormalities or muscle damage. Symptoms may be persistent or can recur in episodes lasting three to four days at a time. Their severity can vary from day to day. FMS is more common in women between the ages of 20 and 50, although it may strike anyone at any age.

### SIGNS/SYMPTOMS

Sufferers of FMS do not always "look" like they're sick. But in addition to widespread muscle aches, pains, and stiffness, symptoms of this disorder include 11 or more of 18 typical, reproducible tender points on the body clustered around the neck, shoulder, chest, hip, knee, and elbow regions. Sufferers must experience these tender points in all four quadrants of their body for at least 3 months to be diagnosed with FMS, although some experts take into account whether or not they are also experiencing other symptoms, which can include irritable bowel, sleep disorder, cognitive impairment, memory loss, post-exertional malaise, muscle pain, numbness, tingling sensations, dizziness, lightheadedness, skin sensitivities, chemical sensitivities, flu-like symptoms, neurological complaints, a variety of psychological complaints, morning stiffness, joint swelling, menstrual cramping, jaw pain, and chronic headaches. Stiffness is at its worst in the morning but improves in some patients during the course of the day. Physical activity may relieve stiffness but can worsen pain.

### ETIOLOGY

The cause of FMS is unknown. Research has shown that people with FMS have defects in the neuroregulatory system and especially have trouble with neurotransmitters such as serotonin, melatonin, dopamine, and other chemicals that help control pain, mood, sleep, and the immune system. The abnormal production of these is the reason for many of the symptoms. Also, lack of sleep can prevent FMS sufferers from producing "growth hormone," where immune and rebuilding chemicals are created and where the body's mind is repaired. Further research has also shown that FMS patients have three times the normal amount of substance "P" in their spinal fluid. That substance tells the body how much pain it feels, which is why these patients can feel an abnormal amount of pain from the slightest touch.

DicQie Fuller-Looney, Ph.D.  
Founder & President

M. Mamadou, Ph.D.  
Director of Research & Development

Lisa Helffrich, RD  
Director of Technical Services

**Disclaimer:** Transformation Enzyme Corp. neither diagnoses nor treats disease. Our goal is to make nutritional recommendations that assist individuals to find a healthy balance. If you have specific questions or for technical assistance, please contact us.

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## RATIONALE

Any imbalance of the nervous system also affects the digestive system. FMS patients therefore experience digestive problems, which will eventually lead to malabsorption. It has been clinically shown that persons with FMS have difficulty digesting carbohydrates. Many also have a lipase deficiency. Enzyme therapy has been a successful approach because it encourages nutrient acquisition and helps balance, modulate, and regulate the nervous system, endocrine system, and digestive system.

## PROTOCOL (for Fibromyalgia)

<b>Option I</b>		
Product	Dose	Frequency
<b>TPP Digest</b>	2 caps	With every meal or snack
<b>TPP Protease</b>	1-2 caps	4-5xday between meals
<b>TPP Inflammatory Control</b>	1-2 caps	4-5xday between meals
<b>TPP Antioxidant</b>	1-2 caps	4-5xday between meals
<b>TPP Probiotic</b>	2 caps	At bedtime
<b>Option II</b>		
Product	Dose	Frequency
<b>DigestZyme</b>	3 caps	With every meal or snack
<b>PureZyme</b>	3 caps	4-5xday between meals
<b>TPP Inflammatory Control</b>	1-2 caps	4-5xday between meals
<b>TPP Antioxidant</b>	1-2 caps	4-5xday between meals
<b>Plantadophilus</b>	3 caps	At bedtime
<b>Support products may be added as needed</b>		
Product	Dose	Frequency
<b>RepairZyme</b>	2 caps	4-5xday between meals
<b>GastroZyme</b>	2-3 caps	As needed for digestive discomfort
<b>CalmZyme</b>	3-5 caps	At bedtime for insomnia
<b>CalmZyme</b>	2 caps	As needed for stress / headaches
<b>ExcellZyme</b>	2 caps	In AM and mid-afternoon for fatigue

\*The above suggestions are intended as a basic guideline. It is always important to address the patient's diet, exercise, and lifestyle on an individual basis and according to body type. Support products may be added as needed based on the patient's condition. Enzyme therapy can and often should be used in conjunction with other therapies.

## REFERENCES

- "Nutrient Acquisition - The Foundation of Wellness"  
(Dr. M's Science Notes, volume 1)
- "Proteolytic Enzymes - Applications and Benefits"  
(Dr. M's Science Notes, volume 3)
- "Cellular Injury, part 1 - The Dynamics of Cellular Homeostasis and Inflammation"  
(Dr. M's Science Notes, volume 11)
- "Cellular Injury, part 2 - Inflammation Control and Oral Enzymes"  
(Dr. M's Science Notes, volume 12)

\*This statement has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. These protocols are intended for health care professional use only.