

Fibromyalgia

*and the
MindBodySpirit Connection*

*7 Steps for Living a Healthy Life
with Widespread Muscular Pain and Fatigue*

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and
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Warning

This book has been written and published in order to provide people with health information. It cannot serve as a substitute for consultation with a medical doctor. The information in this book is not the same as the practice of medicine and cannot replace or obviate consultation with a physician. The reader can choose, at his/her own risk, to act upon the knowledge and information presented herein. The authors and publisher recommend that the reader be aware of his/her health condition and status and consult a physician before beginning any health program, including changes in diet and undertaking an exercise plan.

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Parkview Publishing Mission Statement

The mission of Parkview Publishing is to empower people who suffer from functional pain, symptoms, or syndromes (in which medical tests do not offer explanation) to heal and become healthier than ever before. This empowerment derives from knowledge, understanding, and acceptance of the following:

- State-of-the-art scientific medical diagnosis and treatment
- Interrelationships of *mind, body, spirit*, environment, and society

In order to achieve our mission, we at Parkview Publishing dedicate ourselves to the offering of empowering books, educational materials, resources, presentations, and a dynamic Web site, www.parkviewpub.com.

Background

There is an epidemic of unexplained symptoms, including widespread or localized bodily pain, fatigue, digestive complaints, headache, dizziness, chest pain, back pain, and gynecologic and urologic distress. Psychological symptoms, such as anxiety and depression, are often associated with them. All people suffer from some of these unexplained symptoms from time to time. When they become distressed with the symptoms, they consult with doctors who diagnose them as “functional” symptoms. The term “functional” means that even though the symptoms are very real, medical tests do not show an abnormality that accounts for them. Furthermore, collections of these symptoms are often diagnosed as functional syndromes, such as fibromyalgia and irritable bowel syndrome. These functional symptoms and syndromes can interfere greatly with one’s quality of life and even the ability to carry out everyday activities and obligations, such as work.

Parkview Publishing offers a new language and way of understanding functional symptoms and syndromes. We consider functional symptoms to be *MindBodySpirit Symptoms* and functional syndromes to be *MindBody-Spirit Syndromes*. The fact that various symptoms and syndromes occur together is evidence for a shared “cause” that can be understood through the interrelationships of *mind, body, spirit*, environment, and society.

MindBodySpirit Healing derives from understanding and appreciation of the *MindBodySpirit Connection*, the body's innate healing potential, the individual's responsibility for healing, distinctions between disease and illness and between treatment and healing, and the power of the patient-doctor/health professional relationship.

The MindBodySpirit Connection Series

Parkview Publishing is developing a series of books called the MindBody-Spirit Connection Series. *Fibromyalgia and the MindBodySpirit Connection* is the second book, which follows *Irritable Bowel Syndrome & the Mind-Body/Brain-Gut Connection* (William B. Salt II, M.D., Columbus Ohio: Parkview Publishing, 1997). Currently in preparation are *Why Is My Stomach Hurting?* (a children's book) and a book addressing other functional (*MindBodySpirit*) symptoms and syndromes, including headache, fatigue, dizziness, back pain, chest pain, gynecologic/pelvic pain, and bladder and urinary symptoms.

Contents

Your Prescription for Change!	ix
-------------------------------------	----

Step 1 Connecting Mind, Body, and Spirit

1 Body	2
2 Mind-Body	6
3 Mind-Body-Spirit	14
4 The Mind-Body-Spirit Connection	19
5 Stress	28
6 Emotional Distress and Mind	35
7 Memory of Abuse	40
8 A New and Shared Language for People, Patients, and Doctors	43

Step 2 Learning about Fibromyalgia and Myofascial Pain

9 Definition of Fibromyalgia	54
10 Myofascial Pain Syndrome	58
11 The “Cause” of Fibromyalgia	64

Step 3 Healing with Diagnosis and Education

12 Healing	72
13 The Placebo Effect and Nocebo Effect	75
14 Consulting with Your Doctor	79
15 Differential Diagnosis of Fibromyalgia	83
16 Diagnosis of Fibromyalgia: Widespread Muscular Pain and Trigger (Tender) Points	90
17 MindBodySpirit Symptoms and Syndromes Associated with Fibromyalgia	93
18 Dispelling Myths about Fibromyalgia	99

Step 4 Making “The Connection”

19	Self-Tests for Personal and Emotional Problems	106
20	Keeping a Journal	114
21	Stress Management and Relaxation Techniques	120
22	Cognitive Behavioral Therapy	127
23	Antidepressant Drugs: Depression and Symptom Relief	130

Step 5 Emphasizing Self-Care and Wellness

24	Healing Is Your Responsibility	142
25	Sleep	145
26	Healthy Diet	152
27	Supplements, Vitamins, Antioxidants, and Minerals	170
28	Weight	175
29	Exercise	184
30	Resistance (Strength) Exercise	193
31	Caffeine, Alcohol, and Nicotine	199

Step 6 Managing Your Fibromyalgia

32	Trigger (Tender) Point Injections; Spray and Stretch	210
33	Medications	212
34	Support Groups	215
35	Summing It All Up	218

Step 7 Taking Action If Symptoms Persist

36	Specialists	226
37	Other Professionals and Caregivers	229
38	Stress, Emotional Distress, Thoughts, and Memory	231
39	Alternative and Complementary Medicine	233
40	Specific Natural Treatments	236
41	Chronic Pain Management and Centers of Excellence	240
42	Post-Traumatic Fibromyalgia	244
43	Disability Determination: Workers’ Compensation and Social Security	247

One Final Word	252
About the Authors	254
Acknowledgments	257
Index	259

