



Fibromyalgia: *Knowledge That Could Change Your Life Forever*

By Dr. Gilbert S. Jaudy, D.C., C.C.S.T.

An obscure term to many health professionals, it's now all too familiar to millions of Americans: Fibromyalgia. This crippling neurological condition manifests in a wide variety of symptoms including pain, headaches, insomnia, Chronic Fatigue Syndrome, Irritable Bowel Syndrome (IBS), loss of memory (brain fog), difficulty in expressing speech, irregular heart rate, dizziness, depression, and more.

On July 25, 1989 President George Bush Senior signed a presidential declaration designating the 1990's to be The "Decade of the Brain". This gave birth to a rather special neuroscience called Functional Neurology. This work on brain research has been pioneered and consists of world class researchers and scientists. It has been the subject of an thw Emmy Award winning PBS documentary Waking up the Brain—Amazing Adjustments, as well as numerous Discovery Channel documentaries. The explosion of brain research and the latest scientific discoveries are changing our understanding of how the brain interacts with the rest of the body. Accordingly new treatments in Functional Neurology are changing the way the medical community views chronic pain and how it should be treated.

Only in the last two decades has there been a surge of active brain research and clinical applications to understand the actual mechanism of suffering and pain. The previous school of thought was that pain had to be associated with tissue damage. Pain that persisted past the normal time of healing was attributed to hysteria. We now know better than that.

I will explain how this new science and technology –not in the distant future but today—is already helping people to live fuller, more satisfying lives free of chronic pain for the first time in years. A medical revolution is taking place before our eyes.

Through Functional Neurology, or the function of neurology the body is returned back to its normal function as it was originally designed to work non-invasively and without chemicals to bring patients relief that they have not been able to find elsewhere. Long-lasting solutions that deal with the core problem right where it begins: in the brain.

Fibromyalgia is a neurological condition and the latest research points to brain stem injury and malfunction as a major cause –if not THE cause of fibromyalgia.

In case after case, I have observed even the most severe chronic conditions –ones that have proven resistant to years of conventional treatment—respond. I attribute success of the results to the indepth, care, time, and analysis used followed by precise corrective treatment procedures. Exam and treatments must be based on individual patient presentation and not generalities of the condition. Each patient I have examined has totally different neurological findings as with another patient with fibromyalgia.

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In conventional medicine there is not one clear-cut test, labwork, bloodwork or imaging study like MRI, or PET scan that can diagnose fibromyalgia. The very purpose of pain is a warning signal to let you know that something is seriously wrong with your body.

I quite realize that if it wasn't for some medications patients would not be able to tolerate the misery and all encompassing pain. However, far too often the only treatment offered for pain is painkilling medication. Millions of fibromyalgia sufferers have now become prisoners in their own body.

Is there a better alternative? Yes, and it comes from targeting the pain where it begins. In your brain. Normally the brain sends impulses down to the two lower parts of the brainstem (ponto-medullary area) and that slows down the upper brainstem. With fibromyalgia patients this is not happening.

The onset could be triggered due to physical, emotional, or chemical stresses. Patients ask me all the time "I exercise, so why do I feel so terrible?". If the brainstem is overfiring or not being "gated" it drives down the spinal cord to the heart and causes the electrical nodes to misfire. This will cause an irregular or increased heart rate. The overfiring of the brainstem causes the adrenal gland to release cortisol and adrenaline which elicit the small pain fibers (type C). When those small pain fibers become elicited, a fibromyalgia patient can experience pain all over.

Also fibromyalgia patients do not sleep. That upper brainstem controls your sleep and awake patterns. Dysfunction in that area, disrupts your sleep cycle. That is why a lot of people with fibromyalgia have interrupted sleep patterns.

Many fibromyalgia sufferers also suffer from "fibro fog". This could include confusion and loss of memory. Moreover they may have difficulty expressing what they would like to say. The result may be that a person has the word on the tip of their tongue, but can't say it. They also have trouble understanding what is being said to them.

Many fibromyalgia patients have irritable bowel syndrome or IBS; where they would have constipation one day or diarrhea the other day with gas and bloating. The upper brainstem stops you from going to the bathroom and the lower brainstem allows you to go to the bathroom.

Many fibromyalgia patients are depressed because they can't find a doctor that listens to them. It is a very real neurological condition. There is indeed relief but it requires specific treatment to where the problem is rooted and must be addressed bringing to bear the most advanced findings science has to offer. Copyright Jaudy 2009

Dr. Gilbert S. Jaudy D.C., C.C.S.T. has advanced training in Brain-Based Functional/Clinical Neurology. If you would like to know how you may benefit from this care, you may contact the office to schedule a complimentary consultation at 760-587-7437

*References: What Do you Do When the Medications Don't Work? Dr. Michael Johnson DC, DACNB
Brain Repair, Stein, Brailowsky, Will*

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