

Supplements commonly used to treat fibromyalgia symptoms Include:

- 5-HTP (5-Hydroxytryptophan). This is a building block for the brain chemical serotonin. ...
- SAMe (S-Adenosyl-L-Methionine). This amino acid derivative may boost levels of serotonin and dopamine, another brain chemical. ...
- Magnesium. ...
- Melatonin. ...
- St. John's wort.

~<http://fibro.org/>

~<http://www.webmd.com/fibromyalgia/guide/fibromyalgia-herbs-and-supplements>

-Goji berries (energy, chi)

-Bee pollen (rutin)

-Cacao nibs (wash the white mould off with manzana vinager) (mineralization)

- Himalaya salt (mineralization)

- magnesium from pumpkin seeds not too much from tablets

-Melatonin (meditation is a free method which produces melatonin, perhaps consider also tablets)

- SAMe (S-Adenosyl-L-Methionine). This amino acid derivative may boost levels of serotonin and dopamine

- Pumpkin seeds, and/or pumpkin seed oil for the precursor of serotonin; 5htp

-Saint johns wort(for serotonin)

-beetroot (in the smoothie)

-Cannabis tinctures may help relieve the deep muscle pain

-Chamomile may help relieve the deep muscle pain and allow for better sleep

-Begin making smoothies 1 every day or second day

-Start eating much more raw food

-no refined sugar products for the entire 2 weeks

- grounding(earthing) at least once a day for 30 minutes with conscious intent letting go of your pain into the earth bare foot or sitting on grass

-grounding technology mat

Recipe Example:

Smoothie: 1 small Beetroot (methylation, anti aging, detoxing), raw honey, maca, bee pollen, leafy green vegetables or herbs (kale, parsley, oregano, thyme, chard), 1 banana, coconut oil, 1 pinch Himalaya salt, small pinch of chia seeds. Spirulina.

Salad:

Dash of olive oil. Dash of vinegar. Capsicum. Lettuce/kale/cabbage/parsley. Himalaya salt 1pinch. 1 avocado. Tomato.

Snack (small meal): goji berries. Banana dipped in bee pollen each bite.

Tea: Chamomile, dandelion flowers, goji berries, lemon verbena, lemon, raw honey, cinnamon , yerba mate, saint johns wart. (all mixed together)

***keep a food journal for **two weeks**, then come to see me again for another health consultation
~Benjamin Couwenberg

3 consultations from me to begin with at 880 peso (\$40) each. Hand written research documents on your 1 illness. Weekly*3. 2640 peso complete payment. Benjamin couwenberg. 099189103.

paypal benjamc3@live.com.au

Email: benjamc3@yahoo.com