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/~~

- 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:

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.
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