

DR **dahlman** ONLINE

**Conquering Fibromyalgia
and Other Pain Syndromes**



Thank you for your interest in my protocol for the treatment of Fibromyalgia and other pain syndromes. I appreciate you taking the time to find my website to receive this information.

A lot of hard work has gone into this project and it has taken many years of study for me to even claim that I may be able to help you. I hope you find this information valuable. Please understand that the majority of my practice at the Hyde Park Holistic Center in Cincinnati involves treating many different chronic health conditions from an alternative/nutritional perspective. I know how you are feeling; I have seen thousands of you.

Read this article and then you can decide if you would like to have me direct you through the entire process of eliminating your condition and symptoms and restoring your health with scheduled phone consultations.

Feel free to call or email me anytime with questions about how to get started or for answers to quick questions. Good luck!

The main purpose of this article is to explain the cause of your Fibromyalgia or any other pain syndrome you might have as well as what you will need to do to eliminate all the symptoms associated with it. Let's talk in terms of Fibromyalgia, but please realize this protocol will be helpful for any pain syndrome. In order to get there, we will discuss:

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WHAT IS FIBROMYALGIA?

Let's define this syndrome medically. The criterion for a diagnosis of Fibromyalgia is the finding of tenderness in 11 of 18 defined points on the body. You must also have pain on both sides of the body and above and below the waist. These tender points are localized areas where slight to moderate pressure causes a sensation of pain. It can be mildly irritating to extremely sensitive.

Now let's define what you are feeling. This is a syndrome that has many symptoms and usually strikes females (at a ratio of 5 to 1) between the ages of 25 and 60. The physical symptoms include, though are not limited to, gastrointestinal problems, pain at some or all of the above mentioned specific sites, fatigue (and who wouldn't be if you had to live in pain), disturbed sleep patterns (even though you're dog tired), headaches, TMJ, anxiety, depression (because you seem to be getting nowhere with no help in sight), and other possible complaints.

THE TRADITIONAL MEDICAL APPROACH

You've already been through this, so you could probably write this next section. But, let's take a look at the traditional medical approach anyway.

You decide to make an appointment with your doctor to complain about the pain and achy feeling, the fatigue and that you aren't sleeping very well. You might have other symptoms to complain about also. Your quality of life has fallen below your own unacceptable level and finally, it's time to do something. Your doctor makes you wait, doesn't talk to you much about your problems, might hardly even look at you during the appointment and hands you a prescription for anti-inflammatory medicine and/or pain medicine as he/she is walking out the door. Total time with doctor: 4-7 minutes.

You go home frustrated, as if you weren't taken seriously. But you trust them and you take your medicine. Lo and behold, you actually start feeling a little better (some of you don't), but even so, it doesn't last, and you actually may feel worse as time goes on. You also start to think about the possible side effects of all the drugs you are taking. You realize that the treatment you are receiving is the standard medical approach of just masking your symptoms, it's not addressing the cause. And the thought of taking this medicine (that really isn't working) forever, scares you. It just doesn't make sense.

Some time goes by and you decide to go back to your doctor and you obviously have the same complaints. One of two things happens. Your medicine is changed to some other combination of drugs, leading to the same frustration as before, or you are given an anti-depressant like Prozac. If there is ever an admission by a physician that they don't know what to do with you, it's when they give you an anti-depressant. It really means, "I give up, I can't help you, please go home and feel better about feeling so bad."

Unfortunately, years may go by. Your health never gets better. In fact, it's getting worse. You remain on drugs, or even if you have refused that therapy, you don't get better. I have seen many patients at different levels: Those who remain somewhat functional, those who can't function during the day without pain medication, those that can't hold their job and wind up seeking disability and some who take their pain pills when they wake up and wait 45 minutes before they are able to make it out of bed.

Life has changed. Life is not what you ever imagined it would be. It's not fun and sometimes you want to give up. Don't. There is hope.



THE HOLISTIC/ALTERNATIVE/NUTRITIONAL/COMMON SENSE APPROACH

Call the approach what you will. Any name will do. The basic premise is that we must find and understand the cause of why you are ill. My experience has shown that all Fibromyalgia patients have three things in common and they are the focus of this protocol: poor bowel function, poor diet (high in foods that cause pain) and imbalanced hormones (female hormones, thyroid or adrenal).

Poor Bowel Function

Surprised? It has been very obvious to me in my clinic after interviewing many Fibromyalgia patients that a lack of health in their GI tract was a part of the puzzle. Almost every patient complained of bowel issues, some even saying they had Irritable Bowel Syndrome (IBS)...and some not so sure. For those not sure, we proceeded as if they did have bowel issues, with stunning results.

Think about what the gastrointestinal system is designed to do. It takes in raw material (that's food), breaks it down, absorbs nutrients, eliminates what you don't need and hopefully doesn't absorb anything that should be eliminated. If any part of this system is compromised, you don't get the nutrition you need and your health may be compromised. You need this system functioning efficiently in order to feed your body. If your body is not getting proper nutrition from your diet (and if your diet isn't all that good, that's worse), then is it any wonder that your body is talking to you? Symptoms are the body's only way of communicating with you that something is wrong. Pay attention!

The typical complaints of gastrointestinal related problems are gas, bloating, indigestion, heartburn, reflux, GERD (Gastro Esophageal Reflux Disease), pain, cramps, diarrhea, constipation, alternating diarrhea/constipation, pain, spasms, vomiting or hemorrhoids. A healthy person should have very little gas and none of the other symptoms. A normal bowel movement is solid, consistent and well formed. This is also called Irritable Bowel Syndrome or IBS. This is very important. What comes out of you is just as important as what goes into you in determining your overall health. When was the last time that you had a conversation about bowel movements with someone? Most husbands and wives don't ever talk about it. Best friends don't talk about it. We will. The majority of the above complaints are caused by improper digestion. The rest are caused by a lack of normal bowel bacteria (also called probiotics) and healthy chemistry in the small and large intestine. I will go into much greater detail about each of these subjects later in this article and spend a lot of time detailing how to rebalance this all important part of your body. It is probably quite responsible for why you are experiencing pain. But understand one thing: Properly addressed, these symptoms go away and healthy function returns.

The name Fibromyalgia is also meaningless. The traditional medical establishment always must name the condition. Without a name they can't function. How do you develop a drug for something that has no name? In this case they really haven't developed a drug for Fibromyalgia, but they do have drugs for each of your symptoms. None of them offers a cure, but they can suppress those symptoms.....sometimes. But at what cost? They have a different drug for pain, insomnia, depression, etc. It's a very simplistic approach. Your body and your health are far more complex than that. A well-trained physician must look at many factors to try to find the cause. It's what I do every day.

Poor Diet

Surprisingly, most patients don't know there are foods that can contribute to your pain. We will discuss the main villains and the role food allergies play (yes, they can cause pain) in great detail later in this report.... great detail!



Imbalanced Hormones: Female, Thyroid and Adrenal

Rarely does a traditional doctor test a Fibromyalgia patient in these areas. Female hormones can be confusing for even those without Fibromyalgia and thyroid and adrenal hormones are directly linked to female hormones. If one is out of balance, so may be the others.

A must for the treatment of Fibromyalgia is a specific female hormone panel. It's simply not enough to have your doctor test for estrogen during your morning appointment and come back and tell you that you're normal. They only tested one type of estrogen and it might have been normal at 10:30 in the morning during your appointment, but what about other times during the month? What about all three main types of estrogen, estrogen metabolite ratios, progesterone and testosterone?

What about testing the thyroid properly? Instead of just TSH (thyroid stimulating hormone), how about T4, T3, reverse T3, anti-TPO and anti-TG? Quite a bit of detail is required to discuss and understand the test results and I provide that information during a consultation. Suffice it to say that it is very difficult to get over Fibromyalgia without proper laboratory data.

For a full explanation of these three hormone tests, please go to www.DrDahlman.com and click the "Fibromyalgia" link on the left side of the page.

So, that's the three main keys to the puzzle. Please understand we will focus an extreme amount of attention on your gastrointestinal system in this discussion. Regardless of your opinion of whether or not you need that focus, please trust me, read the information and follow through with the recommendations concerning the re-establishment of balance to it. It's that important. Let's re-balance your GI tract, change your diet and investigate your hormone status in ways you probably have not done before. Most of all, let's get you well!

This approach requires more work, better communication between physician and patient and a thought process that is able to eliminate confounding variables (especially in your diet) and get down to the basic, fundamental, functionality of the human body. In other words, what's interfering with the body's ability to express itself healthfully?"



QUICK START GUIDE

Let me summarize what you'll be learning about your gastrointestinal system as you read the remainder of this article. Let's switch your focus from a pain patient to an Irritable Bowel Syndrome (IBS) patient. Just temporarily. There is a lot of information presented here. You may need to read the article many times, but you'll always have the ability to come back to this section and review just the high points. When I talk to many of you on the phone who have read this article, there always seems to be something that the patient hasn't grasped or can't remember. You will need to read the information presented here a number of times, but here it is in a nutshell.

1. There are only 2 areas of concern when it comes to overcoming problems with your gastrointestinal system. These 2 areas govern its entire health and its effect on creating pain in your body: BACTERIA and CHEMISTRY. We all have a population of good bacteria living inside of us; it's necessary for human health and proper gastrointestinal function. If we were to lose the optimal levels of these bacteria, then in time, the chemistry will change, and in time, symptoms begin. Everybody gets their own set of symptoms and the timing of the onset of these symptoms is also different in everyone. I have 8-year old patients and I have 90-year old patients.
2. The primary reason, not the only reason, but the primary reason that we lose this population of beneficial bacteria is the use of antibiotics. Antibiotics are designed to kill bacteria. Normally used to cure infections, each time you take them, they also destroy a portion of the good bacteria as well. It doesn't matter whether you've taken 2 or 200 courses in your lifetime. It also doesn't matter if you took them all before you were 10 years old or throughout your lifetime. Each time you took them you destroyed a portion of the bacterial population and even though they are living, reproducing organisms, they don't always reproduce back to proper proportions and in fact, they may reproduce to abnormal levels. This situation also leaves you in a position of being more susceptible to picking up additional bacteria from the environment.
3. There are secondary reasons for losing the beneficial bacterial balance. They are over-the-counter medications, prescription drugs, poor diet and alcohol. We've all practiced a combination of any or all of these lifestyle issues.
4. The good news is that we can quite easily re-establish proper bacterial balance and also return the chemistry to normal by feeding the tissue of the gastrointestinal system short term therapeutic dosages of nutrients that are normally found in the food that we eat, but we will use all natural supplements. We also use all natural anti-inflammatory herbs and other compounds to reduce the inflammatory process. We understand enough about the biochemistry and physiology of the gastrointestinal tract to use nutritional products and dietary changes to do just that.
5. We can improve digestion with digestive enzymes, which helps with gas, bloating, indigestion, heartburn and reflux.
6. We will couple this all-natural product protocol with temporary, at least we hope they're temporary, dietary suggestions fine tuned by the all important food allergy test that will personalize this protocol especially for you. (More on how we accomplish that later in our discussion.)

That's your Quick Start Guide to the following information. Within the remaining information, you will find more detailed answers to eliminating Fibromyalgia and other pain conditions.



THE LIFESTYLE ISSUES THAT EFFECT YOUR GASTROINTESTINAL SYSTEM

There are many lifestyle issues that may contribute to why you may be experiencing these symptoms. We all have had contact with them at some time. How many of us have had antibiotics? All of us, right? It's such an important subject that we will take a very close look at them later in this discussion. How many of us have had other drugs prescribed by our physicians. All drugs have potential side effects. According to the Physician's Desk Reference, the number one caution of most drugs is their effect on the gastrointestinal system. We all use over-the-counter medications, don't we? Antacids, painkillers, cough syrup, anti-histamines, etc. These also have potential effects on our gastrointestinal tract. And most importantly, our diet. We will talk about specifics later in this discussion, but I'm sure you understand that your diet affects all function in the body.

The key lifestyle issues that contribute to gastrointestinal problems are:

1. Use of Antibiotics without taking Probiotics
2. Lack of Production of Digestive Enzymes
3. Self Medications: Especially Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)
4. Poor Food Choices (Average American Diet)
5. Presence of abnormal bacteria, parasites or yeast (fungus) in your gastrointestinal system.

Let's look at each of these more closely.

Lifestyle Issue: Use of Antibiotics without taking Probiotics

You've already heard me mention the problem that needs to be addressed is an imbalance in BACTERIA and CHEMISTRY. Once the bacterial levels are lost, then the chemistry will change and symptoms show up. I have suggested the primary reason bacterial levels are lost is the use of antibiotics. Designed to kill infections caused by bacteria, not only do they do a great job on infections like sore throats, ear infections, bronchitis or urinary tract infections, they unfortunately also destroy a portion of the optimal levels of good and bad bacteria living in our gastrointestinal system. And it doesn't matter if you have taken 2 or 200 courses, whether you took them all before you were 5 years old or throughout your lifetime. Each time, you destroyed a portion of the bacterial balance so important for gastrointestinal health.

This potentially also allows bad bacteria to overgrow their normal levels or makes it easier for you to pick up abnormal bacteria from the environment. The good news is that we can re-establish proper bacterial balance and restore chemistry in every person with Fibromyalgia and other pain conditions.

You prevent the reappearance of this condition through the judicious use of antibiotics, but if you find antibiotics necessary, take the product (probiotics) that I recommend later in this report designed to re-establish the good bacteria that's being destroyed while you take the antibiotic and for 2 months after. This prevents you from again entering that vicious cycle that results in GI tract problems.

Lifestyle Issue: Lack of Production of Digestive Enzymes

If you have gas, bloating, indigestion, heartburn, reflux, GERD, pain or cramps, 90% of the time it's caused by foods that you are unable to tolerate (more on that later) coupled with a lack of digestive enzymes, such as hydrochloric acid (stomach acid) and pancreatic enzymes such as amylase, protease and lipase. But wait, many of you think you have too much stomach acid, that's why you're taking Tums, Rolaids, Pepcid AC, Tagamet, Prilosec or Nexium. In reality, there are very few people that actually produce sufficient amounts



of acid in the stomach. Sure Doc, but why do I feel so much acid, it burns and hurts, and it comes up into my throat? Hang in there, this is a long explanation.

If you ask a physician or nurse: What are the symptoms of a person who is producing too much stomach acid? They will easily list the symptoms I have mentioned above. But if you ask: What are the symptoms of a person producing too little stomach acid? You get silence. It's because they have never thought about it in this way. The answer: The symptoms are the same. How do you know which category you fall into? Have you diagnosed yourself? Do the 3 or 4 commercials you see every night during the network evening news have you convinced that you need antacids for your symptoms? Yeah, but Doc, when I take antacids, I feel better.

Well, some of you do. Some of you get temporary relief and then it stops working. But one thing you all have in common, it never cures your problem. Many of you have taken antacids for years or even decades. You have a bottle in your kitchen, bathroom, office and automobile. It is not a cure; it merely suppresses your symptoms. But wait, there's worse news.

Antacids buffer (meaning lowers) the amount of acid you are producing, ultimately impairing digestion. As if that were not bad enough, lowered acidity in the stomach inhibits minerals such as calcium, magnesium and potassium from being broken down properly, a process that begins in the stomach, and impairs their ability to be absorbed. And if that's not bad enough yet, acid is a potent weapon that fights any bacteria in the food you eat. Buffer it away and your chances of catching food poisoning or having an abnormal bacteria take hold in your gastrointestinal tract are greatly increased. And the manufacturer has the nerve to add the poorest quality calcium known to man (calcium carbonate) to your antacid, as if they are doing you a favor! The bottom line is that too many people are taking an antacid because they think they are producing too much acid (which they aren't) and they think the problem is solved (which it isn't). In reality, the process of digestion is inhibited and minerals aren't prepared properly for absorption in the small intestine. Therefore, you don't get all the available nutrition from your food. Welcome to another cause of malabsorption.

I should also explain that there is a sphincter muscle at the bottom of your esophagus that's supposed to close and prevent any splash of the acid that is in your stomach into your esophagus. If this muscle isn't working properly, it doesn't matter how much acid your stomach is producing, if it splashes through the sphincter muscle onto the base of the esophagus, you will feel a burning. One of the main reasons that any muscle or specifically sphincter muscles in the body don't work properly is a calcium deficiency. Didn't I just mention the taking of antacids impairs the ability of minerals such as calcium to be absorbed? Get the picture?

Lifestyle Issue: Prescription and Self-Medication: Especially NSAIDS

We live in a society that thinks it can solve its problems with pills. We are constantly exposed to advertisements in newspapers and TV for over-the-counter medication. Advertising works, therefore, we all self-medicate.

What could possibly be wrong with an aspirin? If we have a headache, we reach for it. If it's a bad headache or if we have aches and pains somewhere else, we might choose Tylenol, Advil, Motrin or something similar. A cough? Cough Syrup. If we have sinus congestion, with drainage down the back of the throat or out the nose, we take a decongestant and anti-histamine. Stops you right up.

How about something to help you sleep or help you wake up? Medicine for diarrhea or constipation? These aren't cures. Just temporary relief. And we already mentioned all of those antacids.

Did you ever stop and think that there is a reason that you have a headache, a cough, and sinus drainage? Is your body trying to accomplish something? Might these symptoms be a normal reaction? A cough helps clear your lungs. Sinus drainage rids you of unwanted mucous that harbor germs. Should we really interfere with what the body is trying to do?



Do you have a headache because of a lack of Tylenol in your bloodstream? Of course not, but isn't that why you take the Tylenol? Pain relievers don't solve what is causing your pain; they only mask it, actually blocking receptors in your body that sense pain. Some cure.

Just as the number one side effect of prescription medications is gastrointestinal problems, over-the-counter medications also have consequences. In a published report in the New England Journal of Medicine, a study conducted at Boston University School of Medicine discussed significant and potentially fatal side effects of non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, Advil, Motrin, Aleve, Naprosyn, Naproxen, Voltaren and Indocin. The lead researcher called this a silent epidemic because warning signs don't precede gastrointestinal complications. What have I been telling you? You may or may not have the symptoms that I have been describing. You may not even be aware of this process.

The complications the lead researcher is referring to are gastric damage, ulcers and bleeding. They also have been linked to arthritis. That means there is a change in chemistry and inflammation. He added that these complications could be potentially fatal. Sounds extreme, doesn't it? Not when you realize that between 7,600 and 16,500 deaths occur every year from ulcer-related complications associated with NSAIDS use and over 76,000 are hospitalized each year from NSAIDS use. But for our purposes, it is important to realize that the use of over-the-counter medications generally and NSAIDS in particular, contribute to the problem that we are trying to solve. Use them if you can't function without them, but eliminate them if possible.

Lifestyle Issue: Poor Food Choices (Average American Diet)

How many of you have a perfect diet? Put your hand down! No one does. Do you pay attention at all to what you eat? How much fast food is in your diet? How much fried food? How much milk, cheese and ice cream? How much of it is processed, already prepared and packaged? I could go on, but some of you have had poor nutritional habits for a long time and some of you have made changes only recently. How many of you hardly eat at all? Either way, your choices have consequences.

The point of all of this is to give you an idea of what contributes to creating an environment that may cause your symptoms. Most people have had antibiotics, self-medicated and eaten poorly. Combine this with a lack of digestive enzymes and it's no wonder that your bowels are out of balance and your body expresses its lack of health through the skin as Fibromyalgia or some other pain syndrome. More on what foods cause pain later in this discussion.

Lifestyle Issue: Abnormal Bacteria, Parasites or Yeast

We are unable to know for sure if there are abnormal levels of bacteria, parasites or yeast in your gastrointestinal system without the benefit of sending stool samples to a lab. Some of you might say that your doctor already has had you submit a stool sample and you have no problems. Make sure you know what was tested. These samples typically test for the presence of blood, parasites and their eggs (ova). This is entirely useless for our purposes because rarely do we ever see parasites, but we often see positive findings for bacteria, yeast or both.

Don't let a bunch of misleading information found on the Internet cause you to think that you must undergo a cleanse for parasites. There has been for decades in books, literature mailed to unsuspecting consumers and on the Internet, information using scare tactics that everybody has parasites. I send out hundreds of stool samples each year to test for parasites and I probably only see 3-4 back each year positive for parasites.

A cleanse will not be the answer you are looking for when it comes to resolving your psoriasis, eczema or other skin complaints. Also, don't believe the information that claims that there is fecal material hanging on the inside of the bowels that only a cleanse can remove. These Internet sites, books and mailers are only trying to sell you products. The bowels are a self-cleaning organ. It's called a bowel movement. I assure you,



the cause of your condition revolves around restoration of BACTERIA and CHEMISTRY.

Bacteria or yeast can be a potential contributing cause of your gastrointestinal problems. If found together, their consequences can be even worse. Remember that in the section about antibiotics, I mentioned that when the beneficial bacterial levels fall below normal levels, the bad bacteria tend to overgrow and that's when problems begin. You may also have been exposed to bacteria from having lived on a farm and your exposure to animals and manure. People on farms may have more frequently swum in lakes or streams. Anyone who has traveled in third world countries may also have been exposed. It is also possible to come into contact with bacteria by eating common fruits and vegetables.

Yeast is normal in your gastrointestinal system, but at very low levels. Women are familiar with vaginal yeast infections, but men and women both can suffer from systemic yeast infections. This situation can lead to multiple symptoms commonly associated with a condition called Candida. It is important to have this condition diagnosed through stool or blood before embarking on a plan to kill the yeast and following the rigorous diet that is also necessary for its elimination.

So, there are the lifestyle issues that may have put you where you are today. I assume with every Fibromyalgia or other pain patient that their GI tract is out of balance because of these issues. Now we must put together a plan to re-establish balance through the use of all natural supplements, dietary changes, food allergy testing and attention to your hormones.

But, there's one more explanation to give you before we put together the plan for your recovery. The following section explains how food allergies occur and why we must pay attention to them.

HOW FOOD ALLERGIES OCCUR AND CAUSE PAIN SYNDROMES

We all must have a population of beneficial bacteria living in our gastrointestinal system. If that necessary population is altered, a cascade of events is set in motion. (I go into much more detail about that population and what you may have done to alter it later in this discussion.)

Given enough time, there will be a change in the chemistry of the gastrointestinal system. Then symptoms begin with your bowels becoming unhealthy and inflamed. You do not need overt symptoms, because a lack of symptoms is not what defines health.

When the tissue in your bowels inflame, it also expands. As with bad sunburn, your skin swells and the pores enlarge. Inside your bowels and particularly the small intestine, this also happens at a microscopic level. Traditional medical tests can see this under a microscope. In holistic medicine it is called "Leaky Gut Syndrome". No, nothing is leaking out of you, but if you read on, I'll explain how undigested foods and bacterial enzymes may be leaking into your bloodstream through these "holes."

Many of you already know that you aren't digesting your food properly. Symptoms associated with undigested food are gas, bloating, indigestion, heartburn, reflux, GERD, pain or cramps. If you experience any of these symptoms, we can safely say that undigested foods are being absorbed, in abnormal amounts, through the small intestine. Even if you aren't experiencing any of these symptoms, the remainder of this information more than likely still applies to you.

Microscopically, these undigested foods will move through these "holes" into the waiting capillary bed of your circulatory system (that means bloodstream). No, we're not talking about a piece of chicken or a piece of cheese; we're talking microscopically. The circulatory system is in charge of transporting the nutritional components of your diet throughout your body, not undigested food particles.

In the bloodstream, the body is not looking for undigested foods; it's looking for separate molecules of



the basic components of each food. It looks for vitamins, minerals, fatty acids from fats, amino acids from proteins, sugars from carbohydrates and other compounds as separate molecules, not as larger molecules that have not been separated from each other.

Once these larger molecules enter the bloodstream, the innate intelligence of the body comes into play. It is able to recognize separate molecules, but not the larger, undigested ones. Under these circumstances, a call is placed to the immune system to come over, inspect and take appropriate action. The most important part of this story and the part that most affects you is this next statement: The segment of the immune system that is called into action first creates an antibody to the structure that it finds (the undigested food) and then generates the release of HISTAMINE and other chemicals.

Did you notice that I put the word HISTAMINE in capitals? Think I'm trying to tell you something? It's that important. Now we all know what anti-histamine is. Most of us have used one. An anti-histamine relieves the symptoms of allergies, sinus drainage, stuffiness and red eyes. That means that HISTAMINE (and some other chemicals) must cause those symptoms.

Guess what else HISTAMINE causes in the body? Headaches, pain and inflammation, skin rashes, itchy skin, psoriasis, eczema, hives, anaphylactic shock (that's when people eat peanuts or shellfish, can't breathe and could possibly die) and asthma. And, there can be many more. Not all of these symptoms occur in everyone, but depending on your biochemical individuality, some or all may appear. How many of you with any of these symptoms complain about your bowels?

AND NOW YOU KNOW HOW A FOOD ALLERGY IS CREATED AND SOME OF THE SYMPTOMS ASSOCIATED WITH THEM!

What? Food allergies? Yes, your most favorite foods, the ones you eat the most of, are crossing over into your bloodstream and creating this chain of events. And let's think about your favorite foods for just a moment. Do you realize that when you go shopping, you go to the same stores each time, the same isles and buy the same products? People like their familiar choices. It is these foods, your most favorite, that are crossing through the Leaky Gut and causing these food allergies. You cannot be allergic to foods you don't eat. Part of becoming well and getting rid of the psoriasis, eczema or other skin problems is to make different food choices while we rebalance your gastrointestinal system. We will discuss important dietary changes later.

So, we now need to focus on your gastrointestinal system, what caused it to be out of balance, how that contributes to your particular pain syndrome, the all natural supplements I recommend you use, the dietary changes found to be essential, your hormones and most important, the food allergy test....without which you may never get well.



THE PLAN FOR SUCCESS

Understanding the information just presented to you is as important as what to do about it. The following information will be partially familiar to some of you, but probably not in the way that it is presented and completely unfamiliar to many of you. I have many different types of people come into my office each day and many of them have been on a search for information for a very long time, whether for the health of their gastrointestinal system or to conquer their pain syndrome.

The search usually begins at their doctor's office and after a short time or many years becomes very frustrating. Frustration leads to a search at the local bookstore to read anything that they can get their hands on. Suggestions are made: exercise, massage, vitamins, herbs, homeopathy, visualization, biofeedback, reflexology, yoga, meditation or magnets. Varying degrees of success are reached. Further exploration leads the sufferer to the local health food stores. There they receive well-intentioned advice from \$8.00 per hour employees who work in the store because they are "into health" and have done more reading than the average customer.

Following a plan like this usually leads to a cupboard full of various vitamins, minerals and herbs as well as a lighter pocketbook. Partial success may be found, but never a cure. The taking of supplements by themselves without a plan is just like the taking of a prescription. Not as toxic, without side effects, it is an attempt at symptom suppression, not a cure.

Interestingly enough, the patient may have already tried some of the suggestions that you are about to hear. The problem for this patient is that they have not tried all of my suggestions at the same time. My protocol addresses nine separate variables that may have gastrointestinal complications and result in Fibromyalgia and other pain conditions. In addition, I have a step-by-step process that every patient goes through that eliminates guesswork as to what to do at any time during the protocol.

Once the patient has reached my office, he or she is worn out, frustrated, has spent too much money and is wary of the next step. They are often skeptical of what I may propose to them. They are there because they feel they have no other options. Frustration leads to desperation. Luckily they have come to the right place.

Remember that you do not have a disease, you have a lifestyle problem that has resulted in a set of symptoms that are nothing more than your body trying to talk to you and tell you something.

O.K., So, what is it? GET TO THE POINT!

So, finally, our Plan For Success will revolve around these areas:

1. A Food Allergy Test --- First, most important and a must have for those suffering from Fibromyalgia or some other pain syndrome because the patient will never get well without learning what foods are affecting their immune system and possibly contributing to their symptoms. During your first consult with me, I will arrange the test for you.
2. Re-establish Normal Bacterial Balance — Remember what antibiotics and other lifestyle influences did to your population of healthy bacteria? You will take high quality probiotics (the good bacteria) to re-establish that population.
3. Feed Tissue, Restore Chemistry and Decrease Inflammation — You will take a nutritional beverage to feed the tissue that lines your gastrointestinal system to change the chemistry, eliminate inflammation and improve absorption.
4. Improve Digestion — You will take digestive enzymes to eliminate gas and bloating, indigestion, heartburn, pain, cramps and reflux.



5. Reduce Levels of HISTAMINE --- A supplement that targets the HISTAMINE in your system and helps excrete it from your body.
6. The Big Four, 100%, Don't You Dare Break Them, Dietary Rules
 - A. Dairy Detective: The "no dairy" rule is the most important dietary change. It is a villain unlike any other food and you must eliminate it 100%. I will teach you why you have to eliminate it and how to look for hidden dairy.
 - B. No Gluten: Nothing made from wheat, oats, barley or rye. More on how to eliminate it later.
 - C. Gas Causing Foods: Not needed to conquer psoriasis or eczema, but a helpful digestive aid.
 - D. Liquids and Fruit: When To Drink or Eat Them: Simple, but important, another digestive aid.
7. Stop Taking Your Vitamins, Minerals or Herbs — What? Read on. Let's discuss each of these.
8. Additional Dietary Modifications --- Sugar causes pain, and I define "sugar" in a way you may not have thought of and we'll also talk about other foods that also contribute to pain.
9. Hormones --- A very complicated subject. I'll try to make sense of it for you.

1) A Food Allergy Test

Easily, the most important test that can be run on a patient with psoriasis, eczema or other skin condition as everyone of you have foods that need to be identified and avoided before you can ever get well. If you have food allergies, each time you eat, you are exposing your immune system to foods that it will react to by creating chemistry that triggers gastrointestinal symptoms. A very specific blood test of 88 different foods (we can also test for a list of vegetarian foods or spices as add-ons to this test) using an ELISA protocol testing for IgG reactions.

I know that's a lot of mumbo jumbo to most of you (the important terms are ELISA and IgG), but it basically says we are testing for delayed reactions to foods using a specific lab protocol. These delayed reactions are quite different than the immediate reactions that many people are used to. You can eat something for lunch on Tuesday and not react to it till Thursday after dinner....that's a delayed reaction and explains why you can't keep a diet diary and make head or tail out of it.

Call me to order this test as part of the full protocol and for further information.

2) Re-Establish Normal Bacterial Balance

Large therapeutic doses of normal bowel bacteria are a must to begin restoration of health in your gastrointestinal system. You probably know that there is acidophilus in yogurt, but in nowhere near the amount that you need to restore the health of your system. There are also bacterial products in the health food stores. Recent laboratory analysis suggests that some, if not all of them are not as potent as they claim, or because of the many different strains of bacteria available, will not re-implant each organism in the cell wall of your gastrointestinal system. At times you are wasting your effort with health food store products.

I use a probiotic with strains of beneficial bacteria that have been effective for many years in my clinic. It is called Ultra Flora Spectrum. Through many lab tests, I have confirmed its ability to re-establish proper levels in the gastrointestinal tract. They are refrigerated and must be taken on an empty stomach. Details on dosage are discussed later in this article.

See the section on purchasing from my secure online store to see what products to order.



3) Feed Tissue to Restore Chemistry and Reduce Inflammation

Once the bacterial levels change, then the chemistry of the tissue in the gastrointestinal system also changes creating inflammation. This means that the tissue is just plain unhealthy and in psoriasis, eczema and skin condition patients, the inflammation is more advanced.

Through our knowledge of biochemistry and the physiology of the gastrointestinal system, we know what nutrients will return this tissue back to normal. We will feed this system the nutrients that it usually gets from the food as it passes through. A unique thing about the tissue there is that the outside layer, closest to the food, sloughs off every 3-7 days. The feeding and absorption of the necessary nutrients back into each layer of the wall of your tissue, allows each new layer to be healthier than the one that it replaces. In time, we have created a brand new gastrointestinal system. It now can make better decisions about what to absorb and what to eliminate. All in all it's just plain healthier.

The mainstay product of this therapy is called UltraInflamX 360 Plus. It contains the 3 main amino acids that the gastrointestinal uses for health and fuel as well as all natural anti-inflammatory herbs and other compounds. Details on dosage are discussed later in this article.

See the section on purchasing from my secure online store to see what products to order.

4) Improve Digestion

In time, on this program, you can throw away those Tums, Roloids, Imodium and Pepto Bismol. All of those symptoms are due to a lack of digestive enzyme secretion in one or a couple of organs in your body, food intolerance or the diluting of the digestive juices that you secrete.

The 2 most important supplements in this regard are hydrochloric acid and pancreatic enzymes. Gas and bloating are usually an inability to break your foods down in a timely manner. Hydrochloric acid is produced in your stomach and is the first enzyme that your food comes into contact with besides a small amount of enzyme that is secreted in your saliva.

Pancreatic enzymes are secreted into the food as it is released from the stomach into the upper part of the small intestine. We will add both of these enzymes to each meal to make sure you have full strength digestive ability. If you have gastritis or ulcers, these products may make you uncomfortable. We can proceed without them, but only because we have to.

If you have had your gall bladder removed, you have special needs. You have an inability to digest fats as efficiently as you used to and you must take an enzyme...forever!

The hydrochloric acid supplement (from beets) is called Metagest and the pancreatic enzyme supplement is called Azeo-Pangen. I add a third product for digestion called Intesol as it helps with digestion as well as being anti-inflammatory. If you have lost your gall bladder or simply have trouble digesting fats, use Lipo-Gen.

I describe these products and dosages later in this report.

See the section on purchasing from my secure online store to see what products to order.



5) Reduce Levels of Histamine

Interestingly, there is an all-natural supplement, made from the juju bean that will target HISTAMINE and other chemicals that build up in your system as a result of your food allergies. Reduction of these levels will accelerate the decrease in your symptoms.

The product is called Perimine.

See the section on purchasing from my secure online store to see what products to order.

6) The Big Four, 100%, Don't You Dare Break 'em Dietary Rules

1. DAIRY DETECTIVE

Got milk? Ever seen those ads with all the celebrities and their milk mustaches? Great marketing, isn't it? Guess what cow's milk is for? Baby cows! Period! If you are "chronically unwell", it's even more important to eliminate dairy products. I have other and better reasons, so keep reading.

I am well aware that this is the hardest suggestion that I make. It is also the lifestyle change that has the most potential reward for you. It's that important. Take this section very seriously.

Dairy product use is ingrained into our heads by advertising and marketing that started in grade school for most of us with the 4 food groups thumb tacked to the bulletin board. We were all told that milk helps build strong bones. It is totally untrue and there is no scientific evidence that supports the idea that a milk drinker will have more bone mass than someone who doesn't drink milk. Additionally, there is no scientific evidence that supports the idea that you will suffer from osteoporosis if you don't drink milk. If you know someone who has this evidence, please send it to me.

In fact, Harvard University conducted a study that began in 1976 and followed 78,000 women who ate or drank the equivalent of 2 glasses of milk per day for 12 years. The study found that these women had a 40% increased risk of fracture. So much for the benefits of milk.

Let's look at a few other issues. No other mammal on the earth looks for the breast milk of another mammal after they are weaned from the breast. They all drink water. Ever seen a bear or giraffe with osteoporosis? We are the only mammals that eat milk products.

I have always suggested that you only eat foods "as nature intended them to be". Milk that is heated to a very high temperature (homogenization and pasteurization) is not as nature intended it to be. It is lacking in anything "live"; all of the enzymes and nutrition have been destroyed or chemically changed through the heating process. It's a dead food.

How about lactose intolerance? Do you know anyone who claims to be lactose intolerant? It's my opinion that everyone is to some degree. Remember that a lack of symptoms is not what defines health. By consuming milk, some people experience indigestion, gas or bloating. Some experience diarrhea or constipation.

Just because you don't complain of symptoms commonly related to lactose intolerance, doesn't mean that at a chemical and molecular level you aren't still having problems that interfere with your health. You are just unaware of its symptoms. And here's why this is a problem.

When we are born, we have a high secretion of the enzyme necessary for the proper breakdown of milk sugar (lactose). Here we are again with those pesky enzymes! The reason for the high secretion as an infant is to help break down the milk sugar in mother's milk. Many medical textbooks, in their discussion of all of the



enzymes produced in the human body, will mention that the production of lactase (the enzyme responsible for breaking down milk sugar) declines substantially about the age of two. Why? It's called the breast-feeding window. All mammals are usually finished breastfeeding by this age. It's already pre-programmed in our physiology that we will have a difficult time with milk sugar. Some cultures and ethnic groups have enjoyed a genetic change that has minimized the consequences, but not eliminated them. If we all had cows in the barn and brought the milk directly to the table, it would be a far better product (not homogenized or pasteurized) and not cause as many health problems.

Lactose (milk sugar) is only one part of the milk molecule. Protein is also found in milk and presents an entirely different problem. It is commonly thought that lactose intolerance is the major culprit. It actually is not. Did you know that milk protein is also difficult for our body to digest? Not because of a lack of enzymes, but because the protein molecule in milk is held together so tightly that it is difficult for even sufficient enzymes to break it apart. If the milk molecule reaches an area in our gastrointestinal system, usually in the small intestine, where we have lost the bacterial balance and proper chemistry (also called leaky gut syndrome or mal-absorption syndrome), the protein molecule will cross over into the bloodstream, cause the immune system to react and generate the release of HISTAMINE. There's that word again! And if you remember our earlier discussion, you now have created another food allergy. In fact, milk is the number one food allergy that we find during food allergy testing. Because of protein, not milk sugar.

Milk is easily the main villain when it comes to Fibromyalgia or any other pain syndromes. One easy way of reducing many of your symptoms is by eliminating HISTAMINE release caused by eating milk products. Give them up! Entirely! It's well worth it.

Give what up? Where is milk found? Can I still have ice cream, how about yogurt? I get all kinds of questions as patients try to negotiate to keep their favorite milk products in their diet. We are talking about the following products:

1. All milk. 1%, 2%, whole milk, skim, low fat or no fat, cream, Lactaid milk or Acidophilus milk. Also please do not use goat's milk.
2. All cheese. Swiss, cheddar, Parmesan, etc.
3. Ice cream.
4. Sour cream, cream cheese and cottage cheese.
5. Creamy salad dressings. French, Thousand Island, Roquefort, Blue Cheese, etc. Read labels!
6. Yogurt.
7. You must inspect all packaged, canned, bottled and prepared food in your refrigerator, freezer and cupboards and read labels. If it has an ingredient list, you must read it. Look for the words cheese, milk, milk solids, milk proteins, milk by-products, lactose, whey and casein. Eliminate them.

Do you like butter? Good, enjoy it. But, it's a dairy product you say. That's right, but it's almost pure fat. There are 3 components to a milk product: sugar (lactose), protein and fat. Fat causes none of the problems that the milk sugars and proteins do. Enjoy it.

O.K., that's the lowdown on milk. Did you notice that I devoted about 2 pages to the explanation? It's a 100% rule. If you only eliminate dairy by about 85%, you might see no benefit at all. And, it's just for now. You may very well be able to add dairy back in at a later time. You'll be the judge of that. That's how seriously you should take this information. I sometimes joke with my patients who feel it would be very hard to give dairy up (and it is), that if they only took one suggestion from this information and gave up all dairy products, 80% of them would see a positive benefit to their health. Usually the restoration of true health is somewhat more



complex than that, but more than likely, they would see a difference.

One last comment on this subject, eggs are not dairy products. People consider them dairy products because they are found in the dairy section of your grocery store. They come from chickens, not cows (in case you didn't already know that).

2. NO GLUTEN

Gluten containing foods may play a large role in symptoms associated with Fibromyalgia and other pain conditions. You must eliminate all foods made from wheat, oats, barley and rye. Wheat is obviously made into flour and then used to bake breads, cookies, cakes, cracker, bagels, etc. and also added to many processed foods. Try spelt wheat bread and though it contains a small amount of gluten, it is usually okay for a no gluten diet.

Oats are oatmeal, granola, breakfast and energy bars and are also added to other foods. Barley is usually found in soups and it is also the source of regular vinegar. Use only apple cider vinegar, rice vinegar and balsamic vinegar. Rye is found in rye bread and usually in the presence of wheat.

As diligent as I have suggested you be with your search for dairy in the food you eat, you must also look for gluten containing foods in all ingredient lists as well.

3. NO GAS CAUSING FOODS: THE LEGUME FAMILY

We've all joked about this since we were 5 years old. Beans cause gas, right? Technically, beans are legumes. Therefore we have to eliminate all legumes: Beans, including navy, kidney, black, red, refried and Mexican foods are out. Middle Eastern dishes that commonly use garbanzo beans (chick peas) and Indian foods that use lentils are also out. Soy products such as tofu, soy protein powders (found in protein and breakfast bars) and soymilk are hard to digest and need to be eliminated (soybean oil and soy lecithin will be found when reading ingredient lists and they are fine to eat).

Green beans, peas and lima beans as vegetables are fine and should not cause a problem. Split peas made into a soup should be avoided. Peanuts (peanut butter) are also legumes, they are not nuts and very hard to digest, eliminate them. All other nuts that you think are nuts...they are nuts and can be eaten if you wish.

4. WHAT AND WHEN YOU DRINK AND EAT FRUIT

With as much emphasis that I put on the intake of enough water, I place in its own section this information: it is a bad idea to drink much of any type of liquid during your meals or for an hour afterward. Remember that we are trying to make pure water our main drink each day, particularly while we are working on getting well.

The reason is that if you follow the path of food, the first stop is in your stomach. If there is protein in your food, and sometimes if not, you begin the secretion of hydrochloric acid. We already have discussed that particular digestive enzyme in an earlier section. This enzyme begins the breakdown of certain foods. If you add liquid to the mix, you dilute the strength of the hydrochloric acid. It is about as effective as trying to clean your kitchen floor with a thimbleful of ammonia and a swimming pool's worth of water. Remember, that I have mentioned earlier that gas, bloating and other discomfort is the result of not breaking your foods down in a timely manner.

Another reason not to drink during the meal or for an hour afterward has to do with heartburn. The body is looking for soft, chewed food in the base of the stomach. If you add too much liquid, maybe 1-2 glasses of liquid, you create a soup. The stomach secretes hydrochloric acid into the food and no matter how much acid you secrete, you are creating an acidic soup that has the ability to splash up on your esophagus, seep



into it and burn an unprotected esophagus causing heartburn. It doesn't matter if you secrete too much or too little, you still create an acidic soup. This explains why so many people take antacids thinking that they are producing too much acid. Most of them are not. It also explains why so much discomfort is felt when lying in bed. In that position it's even easier for the acid to splash up onto your esophagus.

Please also follow an old food combining rule that says that fruit should be eaten first (before a meal) or all by itself (as a snack). The reason is that when fruit is mixed in with other foods or eaten after a meal, it will spoil while waiting for the other food to be digested in the stomach.

Fruit is very easily digested and would usually be released from the stomach quickly for rapid absorption in the small intestine. The same applies to the drinking of fruit juices. But, since you're going to follow this rule, that probably won't be a problem.

Bottom line: No fruits or liquids during a meal or for one hour after. You can drink as much as you wish immediately before a meal and use some water to swallow supplements after the meal...2-3 ounces at the most.

Additional Thought: Stop Taking Your Vitamins, Minerals or Herbs

What? I thought those were good for me! They may very well be, but for a short period of time, please stop taking all of your supplements. The reason for this is to temporarily remove any potential confounding variable from our equation. If your supplements contribute to the problem, which they may well do if they are inexpensive or are made from poor quality raw material, eliminating them for a short period of time (2-4 weeks) will provide valuable clues.

ADDITIONAL DIETARY MODIFICATIONS

In as much as your lifestyle has been the strongest influence that has affected your health and caused you to be "chronically unwell", it will be the lifestyle changes that you incorporate into your daily routine that will help restore your health. The products that I have previously recommended are not to be used forever; they are therapeutic and intended for a short timeframe. Therefore it is the permanent changes that will have the most lasting impact on restoring and maintaining your health. The most permanent and consistent change you can make, with the most beneficial results, is to change your diet.

I will discuss these changes in generalities, with some specifics. I have no menu plans or recipes. The wonderful bounty of Mother Nature's foods is your menu and in general we must think about eating "food as nature intended it to be". What does that mean? It is easiest to define by discussing foods that are not intended by Mother Nature. White bread, sugar, any other highly refined or processed food, NutraSweet, aspartame, saccharin or olestra are obviously not foods found in nature. Carbonated water and sodas are also not found in nature. Fried foods, because the oils used are highly heated and therefore become rancid quickly, should also be avoided. These are rather obvious suggestions: we only want to eat whole foods!

The dietary categories that we will discuss are:

1. Low carbohydrate diet
2. Good and bad oils and fats
3. Sugar and artificial sweeteners
4. Foods that cause pain



Low Carbohydrate Diet

Don't let this section scare you. There is a lot being written about low carbohydrate diets. We have Dr. Atkins, The Zone, Protein Power and The Carbohydrate Addict's Diet to name the most familiar. Everyone seems to have an opinion, but most opinion is based on misinformation, not a true understanding of the concept. Don't worry, I'm going to make it very easy for you.

Let's understand what this diet is not. It is not high protein, high fat or an elimination of a food group. It is simply and only: a low carbohydrate diet. You can eat almost anything you want as long as you keep your carbohydrate intake low.

Do you know what foods contain carbohydrates? They are anything made from grains including bread, bagels and pasta. They are also potatoes, rice, corn and corn syrup, fruits, vegetables and salads. The easiest way to accomplish the diet is to eliminate the breads, bagels, pasta, rice, potatoes and corn products. Your carbohydrates will come from fruits, vegetables and salads. But doc, I can't live without my bread and potatoes. It's important to realize the significance of this diet. This concept is integral in your attempt to recover your health.

O.K., we're going to eliminate the breads, bagels, pasta, rice, potatoes and corn products and only eat the carbohydrates found in fruits, vegetables and salads. What else can I eat? Protein and fat. That's right, you must eat protein (obviously), but not so obviously is the need for fat in our diet. This is a big hurdle for many people to overcome considering the marketing that has occurred during the last 30 years.

They have told us that margarine is better for you than butter (untrue) and that you must eat low fat foods. How many low fat foods are available now? With all of these "healthy" low fat foods, why are there so many overweight people out there? We have more than we have ever had and it has all happened during the last 30 years. Something is wrong with this picture.

But what about heart disease? We've been told for years that fats will contribute to heart disease. Yes, a commonly held belief but unproved when low carbohydrate intake is part of the equation. This diet will normalize cholesterol, triglycerides and HDL levels! It will eliminate the risk for adult-onset diabetes. It will regulate blood sugar levels in the diabetic and possibly eliminate the need for insulin or other drugs used in the treatment of diabetes. Yes, it can do all of that and you will have more energy than ever! And remember it is not a high protein diet, so you will not harm your kidneys.

This all sounds great, but how do I actually accomplish it? The best idea is to buy books from Dr. Atkins, Suzanne Somers, The South Beach Diet or The Zone Diet, but I will tell you in a nutshell.

If you have chronic problems and wish to lose 20 pounds or more, a typical day's diet is:

Breakfast: bacon and eggs, ham and eggs, sausage and eggs, etc.

Lunch: beef, chicken or fish and 1 cup of vegetables and a small salad

Dinner: same choices as lunch with 1 cup of vegetables and a larger salad

If you have chronic problems and weight loss is not an issue, use the above diet and you can add more vegetables and larger salads. Don't fear fat, sauté your vegetables in butter once in a while and use the best olive oil salad dressings you can find or make yourself.

This may sound complicated, though it's not and it's as important as anything that you can do to regain your health. I have seen it happen over and over in my clinic. For a more complete understanding of this diet, buy one of the books I have mentioned. It's well worth it.



Fats and Oils

Are you worried about your fat intake? Do you count fat grams? If you do, you are probably doing yourself a disservice because too little of the right fats can also be bad for you. But what are the right fats?

There are three types of fats: saturated (from animal products), poly-unsaturated and mono-unsaturated (from plants). Saturated fats as a small portion of your total fat intake are healthy. Mono-unsaturated are the best, necessary for optimal health and poly-unsaturated are better than saturated, but are not quite as healthy as mono-unsaturated.

Any oil that is hydrogenated or partially hydrogenated should be avoided completely. You will be surprised when you begin to read labels how much hydrogenated or partially hydrogenated oil is used in your food. Again, we are back to my comment about eating foods that are as nature intended them to be. Hydrogenated oils are not as nature intended. Technically, they are oils that have had a molecule of hydrogen added to them. This makes them solid and it also makes them unrecognizable by the human body. O.K. class, what happens next? These new molecules make their way into the bloodstream, the immune system reacts, HISTAMINE is released and we're back to the same old story I have described a few times here already.

The best oil to use is olive oil. It is mono-unsaturated. Use it for cooking and for salads. Occasional use of sesame oils or other poly-unsaturated oils for special dishes is O.K.

A group of oils that have tremendous benefit to the human body are called Omega 3 oils. They are most easily found in fish. How many of us have parents or grandparents who took cod liver oil everyday. They were on the right track, although we now understand the biochemistry of why it was a good thing to do. Flaxseed oil or eating flaxseed everyday also provides Omega 3 oils.

The importance of these oils can't be underestimated because they participate in biochemical events that are extraordinarily important for any patient experiencing pain. In a nutshell, it is important to know that in the human body, there are compounds called prostaglandins. Big name, right? The name isn't important, it's important to know that there are two kinds of them, those that cause pain and those that eliminate pain. Guess which ones are produced by eating the right kinds of oils? That's right, the ones that eliminate pain. That means olive oil, canola oil, almonds, fish oil and flaxseed oil. There are others, but these are the main ones. How many of you suffering from Crohn's Disease or Colitis incorporate these into your diet on a daily basis? With the unfounded fear that Americans have about fats and oils and the average American fast food diet, these oils are severely lacking in our diet.

The addition of a fish oil supplement may also be wise. Many people have begun to use flaxseeds or flax oil, knowing how good they are for them. It may be better to use the fish oil because some people have an impaired ability to convert the oils found in flaxseeds into the next biochemical compound, which is the same found in fish oil. Eating fish or taking a fish oil supplement is always a better choice than flax.

And stay away from products (mostly chips) that contain olestra. This is a synthetic fat substitute that the human body doesn't absorb, but causes two problems. Right on the label is a warning that the use of this product may cause gastrointestinal problems, specifically abdominal cramping and loose stools in some people. Aren't we talking about that subject? The warning continues that the product may inhibit the absorption of some vitamins and other nutrients. So just in case, they have added Vitamin A, D, E and K. Artificial vitamins no less and the least expensive, poorest quality they can buy. Does this sound like a food product that you want to use?



Sugar and Artificial Sweeteners

We all love sugar don't we? It's a drug, you know. It causes a dependency, a craving. That's not good. For our purposes in this section, suffice it to say that sugars add empty calories to your diet without any nutritional contribution. It also makes you fat. It contributes to insulin problems and potentially diabetes. You should stay away from it, especially refined sugars such as pure cane sugar and brown sugar.

Guess what's worse? That's right, artificial sweeteners. We have already discussed that in order to get well you should eat only foods as nature intended them to be. Artificial sweeteners don't fall into that category.

The worst culprit of all is aspartame, also called NutraSweet and Equal. Clinical experience shows that if you have headaches, and drink diet sodas and eat other foods that contain these products, the headaches go away by eliminating them from your diet.

There is anecdotal evidence that these products cause petit mal seizures (that's when you black out for a split second), and is linked to MS, Parkinson's, Alzheimer's and many other neurological disorders. Clinically, whenever a patient comes into the office with unexplained symptoms that traditional medicine cannot identify or treat successfully, I ask the patient if they consume any type of artificial sweeteners. If the answer is yes, eliminating them from their diet reaps amazing rewards.

In alternative medicine, these products have been widely viewed as central nervous system toxins. In other words, they may cause complications to the brain that you may or may not notice. These products are to be completely avoided.

Also, Splenda, Sucralose and Acesulfame K are also artificial sweeteners in spite of the manufacturer's attempts to sweet talk the public into thinking they are derived from natural substances like sugar. Splenda and Sucralose both are derived from sugar but they dirty little secret is the addition of a chlorine molecule to the partial sugar molecule. The same chlorine used in DDT or the water in your pool. No thank you! Acesulfame K is also a non-tested product with yet unknown side effects. Beware, avoid like poison because they all have long-term health risks. Follow a simple rule: If man has created, altered or processed the product, your body will not understand it and will react to it.

Foods That Cause Pain

There are a number of foods that are known to cause pain in some people with pain syndromes. We have discussed some of them already, but here are the most common ones: Dairy products, sugar, chocolate, hydrogenated oils and oils used for frying, alcohol and nightshade vegetables.

Nightshade vegetables are those that contain a chemical that causes pain in some people. It is worth the effort to eliminate these vegetables from your diet for 2 weeks to see if your level of pain goes down and then reintroduce them to see if you notice an increase in pain. Members of the Nightshade family are tomatoes, white potatoes, eggplant and green, yellow and red peppers.

Additional Thought: Instigating Event

What in the world is an "Instigating Event"? It is an event in your life that can be associated with the approximate beginning of a decline in your health, leading to conditions like Fibromyalgia. This is an observation I have made after seeing thousands of patients. There always seems to be an event where the patient believes either that their health changed dramatically the same day that this event happened or within a year or two after the event. There is a distinct difference in their health before and after this event.

So what, you say! What has this observation got to do with anything? It has a lot to do with our understanding



of what true health is. Even though you may not have had any health problems (or at least no significant symptoms) prior to the instigating event, it doesn't mean that you were actually healthy. In reality, you weren't. You may have been free of symptoms, but a lack of symptoms does not define health. Losing your health is a process that has been building up for many years, even decades. Then something comes along that pushes you over the edge. That's the instigating event. Everything changes from that point forward.

The instigating events that I have observed over and over again in my office are:

1. Automobile accident
2. Some other form of trauma (bruise, fall, broken bone, etc.)
3. Surgery
4. Giving birth
5. An emotional upheaval (end of relationship, death of loved one, loss of employment, changing residence, stress at your job)
6. Toxic exposure (too many prescription drugs, chemical exposures at work)
7. Bacterial or Viral Infection

What is important to understand here is that if you are unhealthy for many years, even though you seem to function quite normally, it doesn't take much to push an unhealthy person over the edge, and your health changes dramatically. All you needed was an instigating event.



WHAT TO ORDER FROM MY SECURE ONLINE STORE

Here are the products that we have already discussed that you will use to resolve your Fibromyalgia. If you elect to use my phone consultation program, we will talk every two weeks or so and each month you will purchase a month's supply of products from my secure online store.

Patient's Fibromyalgia Product Schedule

1st Month: (2) UltraInflamX Plus 360, (2) Ultra Flora Spectrum, (1) Azeo-Pangen (90 Tabs), (1) Metagest (90 Tabs), (1) Intesol (60 capsules), (2) Perimine (60 Tablets)

2nd Month: (2) UltraInflamX Plus 360, (2) Ultra Flora Spectrum, (1) Azeo-Pangen (90 Tabs), (1) Metagest (90 Tabs), (1) Intesol (60 capsules), (2) Perimine (60 Tablets)

3rd Month: (2) UltraInflamX Plus 360, (2) Ultra Flora Spectrum, (1) Azeo-Pangen (90 Tabs), (1) Metagest (90 Tabs), (1) Intesol (60 Capsules), (2) Perimine (60 Tablets)

4th Month and going forward: (2) UltraInflamX Plus 360 and (2) Perimine

The amount of time you remain on the UltraInflamX 360 Plus and Perimine is up to you. The typical time period will be six to 12 months.

Please return to my website at www.drDahlman.com and go to my secure online store. There you will be able to purchase all of the products that I have mentioned and also read more detail about each product. You also have an opportunity to set up a recurring order to be shipped to you every 30 days. At the end of the 3rd month you can change your recurring order to just the two cans of UltraInflamX 360 Plus and the two bottles of Perimine.

The doses that should be followed are those that I have recommended in the next section of this article. Do not follow the dosages on the labels of each product, follow my instructions on the next page.



HOW TO TAKE YOUR SUPPLEMENTS

1. Take Ultra Flora Spectrum on an empty stomach and keep them refrigerated.
 - 1 capsule twice a day. If you have diarrhea, please double this dose for 1 week.
 - These products re-establish bacterial balance in your G.I. tract.
2. Take UltraInflamX Plus 360 as mid-morning and mid-afternoon snack or before meals.
 - 1 Scoop twice a day in a glass of water
 - This product heals the gastrointestinal tract, restores chemistry and provides all natural anti-inflammatory herbs and other compounds to reduce the inflammatory process. The flavors considered best are: Pineapple/Banana or Tropical Mango. If you discover you have a fructose intolerance, please contact me for substitute products.
3. Take your digestive enzymes before or after each meal as indicated:
 - Azeo-Pangen: 1 immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal. These are pancreatic enzymes.
 - Metagest: 1 immediately after each meal is best. If you forget, you may take within 30 minutes after the end of the meal. This is hydrochloric acid from beets.
 - Lipo-Gen: Only use if you have lost your gall bladder or have trouble digesting fats. Take 1 immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal.
4. Take this soothing combination of peppermint, lavender and chamomile oils as it is anti-inflammatory, anti-gas and anti-spasmodic:
 - Intesol: take 1 gel cap twice a day immediately before any meal is best. If you forget, you may take within 30 minutes after beginning the meal. If you taste the peppermint or feel discomfort from it, freeze them and take frozen. This will cause them to break open farther down in your GI tract.
 - Take ALL of the above products except Lipo-Gen, as the foundation of this protocol. Lipo-Gen is part of the protocol only if you have lost your gall bladder or have trouble digesting fats.
5. To reduce levels of HISTAMINE and other chemistry contributing to your skin symptoms:
 - Perimine: 2 Tablets, 2 times per day. Each bottle lasts 15 days.



ADDITIONAL THOUGHTS

Anxiety/Stress

Anxiety/Stress does not cause Fibromyalgia. I get asked this question all the time as if the patient is looking for a reason that they can't be cured. They do know one thing: Each time they get anxious or experience stress, their symptoms rise up and smack them. Therefore they draw a conclusion that anxiety/stress causes them. It doesn't, it only exacerbates an already unhealthy situation. Think of it this way, I don't screen my patients at my front door to determine how much stress is in their lives or how anxious of a person they are. I still reduce or eliminate everyone's symptoms.

What the patient will notice as they go through my program is that life will still present all of the challenges they are used to and they will still react the same way, anxiously, but their body will not express itself with the same uncomfortable symptoms as before. As explained earlier, imbalances in bacteria and chemistry are responsible for your symptoms, anxiety/stress only makes them worse if the imbalances are in place.

Infections

What if I get an infection and need to take an antibiotic? Take one! Well, let's think about this for just a minute. If you get an infection, the first thing you could do is call me. No matter what you do, see if you can muscle your way through the infection to see if your body catches up to it and you don't need the antibiotic after all. If you get to the point that you need the antibiotic, then by all means we will take one. You prevent yourself from entering that vicious cycle that results in an unhealthy GI tract by taking the probiotics I recommend (Ultra Flora Spectrum) that are designed to re-establish the good bacteria that's being destroyed while you take the antibiotic. Yes, some of the probiotics will be killed by the antibiotic, but it's better to be putting some in as opposed to not taking any and try to catch up later. Take during the course of antibiotics and for 2 months after.

Don't Pick and Choose My Advice

Don't pick and choose the supplements you think best or the dietary advice that you think makes the most sense to you. Please don't think you can design your own plan. If you have come this far, through all the self-medications, prescriptions, doctors, tests, health food stores, magazine articles, books and friendly advice, I already know you're well educated in this area. But I also know that you haven't yet put together a comprehensive program for the elimination of Fibromyalgia or any other pain syndrome. If you had you wouldn't be reading this. Please don't pick and choose what you think applies to you. The foundation of the program applies to everyone and consists of Ultra Flora Spectrum, UltraInflamX Plus 360, Azeo-Pangen, Metagest, Intesol and Perimine. You will also need the LipoGen if you have lost your gall bladder. The Big Four dietary advice needs to be taken seriously and you need to be true to yourself and follow it 100% in order to see if it applies to you. Don't cheat, use that same discipline you use in other parts of your life. You won't regret it.

Constipation, Water and Calories

If you're constipated, surprisingly, many people don't drink enough water. Constipation is usually hard fecal material that doesn't move well through the intestines causing bowel movements to be days apart or more frequent, but hard to pass or a combination of both. Do you know what the large intestine is designed to do? It is a storage organ and it also regulates the amount of water in the fecal material. Too little and you're constipated, too much and you have diarrhea. If you don't drink enough water (yes that means 6-8 glasses per day) you may be in a constant state of dehydration. There are some very important organ systems dependent on water for maintaining your life. How about the brain? How about your heart? There are others also. If you don't take in enough water, the body is very smart. It will take the water from wherever it can get



it. From the bowel is the easiest place. This then creates a hard stool that will either occur infrequently or will be hard to pass. Getting enough water everyday may be very helpful as you rebalance the bacteria and chemistry of the gastrointestinal system. Additional causes of dehydration are also any drinks that contain caffeine (coffee, tea, soft drinks), which is a diuretic and forces water out of the body. How many of you are also taking a diuretic along with your blood pressure medication? You all need additional water.

Let me scare the ladies out there just a little bit. Have you ever seen an older woman who has lost some of her height? Lesson in anatomy: You have 24 spinal vertebra in you back. Each vertebra is separated by a disc. Each disc is made up mostly of water. If you are in a constant state of dehydration, remember the body is very smart and will get water from wherever it can. Imagine if you lost only a 1/32 of an inch due to dehydration in each spinal disc. You would lose 3/4 of an inch in height. Drink your water!

If your excuse for not drinking enough water is because you work in an environment where you can't run to the bathroom whenever you want to (I've heard them all, haven't I?) the solution for you is to drink small amounts frequently. If you drink large amounts at a time the body only needs so much and you will have to excrete what you don't need at that time. If you drink small amounts at a time, the body will use it for your normal processes and not have excess to excrete. And you won't have to run to the bathroom. Drink your water!

While we're on constipation, consider that one of the reasons that a bowel movement is stimulated at all is the weight of the last meal. Eat something, it plops down into the stomach, is released and the weight at the top of the tube causes the body to release the fecal material at the bottom of the tube. Simple design, huh?

Women, yes I'm picking on you gals, because you all tend to eat less than men. Women tend to be afraid of calories (they think it will help control their weight...it only works to a certain degree, but that's another 30 page article) and therefore eat less at each meal thereby not putting much weight on top of the tube, the body isn't stimulated to release and it promotes constipation. If you are only eating a third of the calories your body requires, it makes all the sense in the world to only have a bowel movement every two or three days. Also consider that eating many small meals instead of 3 good-sized ones may be bad for you if you're constipated.

Do your Medications Contribute to your Gastrointestinal Problems?

Your medications may have an effect on your symptoms. Some patients come to me not taking any medications and some take 15 different prescriptions. Could the medications you are taking cause some of the stubborn symptoms you are complaining about? I don't have a clue. So, you know what I do, right there in front of my patient? I search the Internet.

Let's face it, everything you ever wanted to know can be found on the Internet. Search like this: In any search engine (I use Google) put the name of the medication in with the words "side effects". Or, put the name of the medication in the search engine and the side effect you are concerned about, such as gas, diarrhea, constipation, etc. You will be surprised what you will learn. Then you can experiment, with your doctor's permission of course, not taking the medication for a few days and see if any remaining symptoms go away. You can also ask your doctor for a different drug that might not have the same symptoms.

UNSOLICITED ADVICE

We have discussed everything that you need to completely resolve your psoriasis and eczema and probably most other skin conditions. But I am a holistic physician. To me that means that I'm concerned about the "whole" patient. So, I have some additional advice that you didn't really ask for, but I think it's important that you at least know about. These are some simple suggestions that everyone ought to be able to incorporate into their lifestyle. If you can't, don't worry, these aren't important for you to get over your condition, just



important for you to be able to express your health to its fullest. And please remember one thing: The following advice is just for a healthier lifestyle, it is not part of the program for eliminating your symptoms. Let me repeat that as many people seem to get confused: The following advice has nothing to do with eliminating your symptoms. It's just good advice. Don't confuse the two.

Pure Water

One of the simplest health suggestions that can be made, although I am always surprised by the number of patients in my clinic who admit to drinking very little water, is to drink 6-8 glasses of water per day. This creates another question: What type of water? The best water is the purest. This is water without chemicals, bacteria or minerals. What, no minerals? That's right. Your local tap water does not qualify on all counts. Tap water is treated with too many chemicals, especially chlorine. Bacteria generally are not a problem, but can be. Therefore, distilled or Reverse Osmosis water is the best. I know, you're still thinking about that comment about no minerals, right? I'll get to that in a second, but first, let's define distilled and Reverse Osmosis water.

Water is distilled through a high heat process. It can be done in large plants or using small machines in your home. When you heat water high enough it turns into steam. The high heat kills all bacteria. When steam is created, the chemicals also vaporize and are vented out. This leaves pure water in steam form that when cooled is collected and results in pure drinking water: no bacteria, no chemicals. The absolute best water you can drink. If you don't want to distill your own, you can buy it at the local grocery store in gallon jugs.

Reverse Osmosis water is about 99% as pure as distilled. In this process, water is pushed at high pressure through a series of filters that remove all bacteria and chemicals. This is again accomplished in large plants or you can buy a unit for under the sink at home and use it for drinking and cooking. There are also in-store units at some grocery and health food stores, where you can bring your own jug to fill. Second best to distilled, but equivalent enough to not be concerned about which to use.

The small home filters that attach to your faucet or the counter top pitchers with filters in them are a waste of time. If it is your only option, it's better than tap water, but not nearly as good as distilled or Reverse Osmosis.

Let's get back to that no mineral comment. Rainwater is distilled. It hits the earth, runs through soil, over rocks and picks up minerals. This is what tap water or bottled spring water contains. The minerals that are in this water are more difficult for your body to absorb than the minerals found in plants. How come? The reason has to do with photosynthesis. Remember, in elementary school, 30, 40, or 50 years ago, we studied that? A plant absorbs water from the ground and brings it up into its root system, stalk, branches and leaves. When the sun shines down on the plant, photosynthesis creates chemical changes in the leaves, converting nutrients into useable food for the plant. One of the changes pertinent to our discussion is the chemical conversion of minerals. The minerals found in ground water are not as absorbable as the minerals that have undergone the photosynthesis in the plant.

Therefore leave the spring or tap water minerals alone and get your minerals from plant material and proper supplementation, which if high quality, are also better absorbed. The controversy about this position is that many experts will say that distilled or Reverse Osmosis water will leach minerals out of the body. They are completely right. But you only have half the story. If you eat a plant-based diet and take high quality vitamins and minerals, the amount leached out is insignificant compared to what you are putting in. It's a non-issue.



SUMMARY

In this report you have learned why you have your condition and have had described a proven, successful protocol used not only in my office, but there are similar protocols used in many offices throughout the country. If you would like to become a patient of mine, you can begin by:

1. Call me at my office at 513-871-3300 or email me at info@drdahlman.com .
2. Ask me any questions you would like answered to help you decide if you would like to become my patient allowing me to direct your treatment through my Phone Consultation program.
3. If you would like to be my patient, I will set your first appointment. The pricing for the consultations and all the products are located at my website, www.drdahlman.com where you can click on "Phone Consultation Program" on the right side of the page.
4. Please follow the "Big Four Dietary Rules" described in this report as best you can till you get a chance to talk to me during your first consultation. I will discuss those rules in more detail when you speak with me.
5. If you would like to order your first month's worth of products before you speak to me during you first appointment, please return to www.drdahlman.com and click on "Online Store" where you will have to register by creating a username and password, click on "Register" which will log you out and then allow you to log back in using your newly created username and password. All products are listed alphabetically and you may also set up your recurring orders at this time. This gets your product order in the loop and shipped to you so it arrives closer to the time of your first consultation.

Good luck and I wish you only the best of health!

Note: This report is meant to be only 28 pages long.













