

FIBROMYALGIA PRESS RELEASE – SUMMER 2004

For Immediate Release

**HOLISTIC HEALTH EXPERT RELEASES NEW BOOK
Fibromyalgia & Candida: Living Symptom Free**

Salt Lake City, UT – Dr. Linda T. Nelson, a naturopathic specialist, has compiled over twenty years of research and training into a comprehensive resource for people who suffer from the debilitating and life altering symptoms of Fibromyalgia and Candida. This book's focus is on becoming symptom free within just six months without the use of potentially harmful medications.

Fibromyalgia is a debilitating syndrome that affects over 10 million Americans. Both males and females are afflicted, however, it occurs most commonly in women between the ages of twenty and forty years. It is a chronic, disabling condition characterized by the constant presence of widespread pain throughout the body. Most notably, sufferers of Fibromyalgia experience deep muscle pain and tenderness near joints. Other common symptoms include fatigue and weakness, sleep disturbance, subjective swelling and numbness, as well as irritable bladder and bowel syndrome. Fibromyalgia is not only taxing physically, but can also cause serious mental ailments as well. Increased emotional stress, headaches (both migraines and tension types), anxiety and depression are all common.

Fibromyalgia has only been officially recognized and diagnosed for approximately 10 years. Previously, patients may have been diagnosed as having Chronic Fatigue Syndrome or Epstein Barr due to some similar symptoms. The conventional medical community has made little progress in its understanding of Fibromyalgia and have not yet determined a cause for its onset or symptoms. Thus, when treating their patients, physicians have little choice but to prescribe powerful painkillers, muscle relaxers, and anti-depressants. These drugs, at best, simply mask the symptoms while ignoring the underlying causes of the syndrome. So, while the syndrome and its symptoms continue to manifest inside the body, the patient further compromises their health by risking dependency on powerful prescription drugs.

Candida (albicans) is one of the many different types of yeasts present in the human body. We all have yeast growing on our skin, other body surfaces, and in our intestines. Normally our bodies' defense systems keep the total number of yeast cells under control and so, Candida colonies in our intestinal tract are nothing to worry about. However, poor nutrition, a sluggish or impaired immune system, stress and environmental pollutants can weaken the body's ability to maintain healthy yeast levels, thus, abnormally high levels of Candida can occur. A number of other situations can lead to Candida as well. Steroid drugs (such as cortisone), birth control pills and the long-term use of antibiotics (such as those used to control acne or various bacterial infection) can increase the likelihood of a Candida imbalance.

When Candida is in an overabundance, there may be local yeast infections in the mouth (thrush), gastrointestinal tract (gas), vagina (yeast infection), urinary tract (bladder/kidney infection), prostate gland (prostate troubles), skin (hives, rashes), fingernail, or toenail (fungus of the nail bed). Candida can cripple the Immune System, causing chronic viral and bacterial infection or allergies. Candida can damage the intestinal wall allowing food particles and toxins to enter the blood stream. The body then produces antibodies to fight these foreign substances and typical "allergic" reactions like eczema and hay fever, along with headache, dizziness, heart palpitations, anxiety, fatigue, and muscle aches.

In *Fibromyalgia & Candida: Living Symptom Free*, Dr. Nelson addresses the causes and symptoms of these two conditions in great detail, giving the reader a thorough understanding of why he or she is suffering. More importantly, however, she outlines clear and easy to follow all natural "lifestyle change programs" that have been proven effective over many years and are capable of relieving the symptom of these debilitating diseases.

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