Fibromyalgia Treatment- Foods Which Influence FMS Symptoms by Mario Gomez

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Research done by many doctors has showed that the foods eaten by people with fibromyalgia affect their symptoms. The same food when consumed by different people can sometimes have different effects on their bodies. This is due to the inherent complexities of the various systems in the human body. However, healthy foods consumed on a regular basis seem to affect all fibromyalgia patients positively.

Having a healthy diet is especially necessary for people with fibromyalgia. Some foods which may not we very unhealthy for a person without fibromyalgia can wreck havoc on the symptoms of a fibromyalgia sufferer. The best solution is to keep a food diary where you note down everything you eat during the day. Then later list down how you felt during the next few hours after eating a particular food item.

Fibromyalgia can be a very painful and disabling condition which can drain your energy and leave you feeling tired all day long. More and more studies are showing that the foods we consume can affect fibromyalgia symptoms in different ways.

Foods to Avoid

Artificial Sweeteners have been known to flare up fibromyalgia symptoms in many people. Foods containing high fructose corn syrup as a replacement for sugar almost always cause some negative effect on people with fibromyalgia.

Even foods contain high amounts of natural sugars is harmful to fibromyalgia suffers. Carbonated drinks like sodas may give you an energy boost for a while but they spike up your blood sugar level. This can lead to worsening of the symptoms of FMS and cause an increase in fatigue.

Vegetables like eggplant, potatoes, hot and sweet bell peppers and tobacco sometimes increase the fibromyalgia pain symptoms.

Caffeine - Though coffee may seem to give a temporary boost of energy, in the long term it can cause even more fatigue in fibromyalgia patients.

Milk Products - Milk based products are generally healthy but they can sometimes cause problems because of additional ingredients like hormones or pesticides which may be present in the milk even in small amounts. If you do chose to avoid milk, make sure you get calcium from some other source.

Monosodium Glutamate, better known as MSG is a compound found in processed meats. It is also added to flavored chips, gravies and sauces and many other foods found in restaurants. MSG can worsen the symptoms of people with fibromyalgia.

Gluten and Yeast - These are ingredients usually found in cakes, breads and many other food items which are baked. There is a huge body of research showing that they can lead to trouble with digestion, joint pain, muscle pain and fatigue. Switching to a gluten free diet has helped many fibromyalgia sufferers get relief from skin problems, digestive problems and body pain symptoms. It also helps a person lose weight easily which in turn can help ease fibromyalgia symptoms indirectly. There are a large variety of gluten free products available in the market which can help you stay healthy and they also taste good.

Fibromyalgia can be a terrible disease to manage. Eating healthy foods and avoiding foods which can increase your symptoms will help you live a healthy life.

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