



Functional Nutrition Working Group Newsletter

December 2022

Fibromyalgia aka Fibromyositis

What is Fibromyalgia?

- A chronic widespread disorder that may present with pain, fatigue, cognitive symptoms, cramps, and depression
- A non-articular type of arthritis, common in women, and associated with more than 40 infectious, metabolic, neurologic, and neoplastic disorders
- Can be expressed at the cellular level by excessive or diminished cytokine levels consistent with autoimmune like regulatory pathways

What to look for?

Signs:

- Widespread bilateral pain
- Fatigue
- Insomnia
- Paresthesia
- Dysmenorrhea
- IBS

Labs:

- Multichannel blood chemistries
- IgG food sensitivities
- ESR
- Urinalysis (heavy metals)

Considerations:

- Estrogen detoxification due to metabolism dysfunction
- Having a good exercise regime can be helpful

FNWG Update!

The FNWG has welcomed the Partners group. We would like to thank Drs. Gill, Gorman, and Bentson on their contributions and look forward to working with them on meeting our goals. The Partners group is headed by Dr. Benedetto, who has been a tremendous help and an outstanding leader. We also look forward to having her continue to lead the Partners in a positive manner!



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