



# HELP FOR FIBROMYALGIA

## What Can Be Done When Pain Is Everywhere?

### Scott Family Chiropractic

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It has been three years since her accident. It was a “fender bender” that wasn’t even her fault.

She felt a mild discomfort at the time, but her doctor assured her she had nothing to worry about. “It is just a minor soft tissue injury”, he explained.

Despite the x-rays and examinations by more doctors, she somehow just didn’t feel right.

She felt strange at night. She tossed and turned but, somehow, still couldn’t rest comfortably.

She woke up groggy in the morning and found her focus at work started to suffer.

People around her made comments about

her mood and said she seemed to be acting “strange lately.”

Then her digestion seemed to be off. Prior to the accident her bowels were a little sluggish, but now they seem to shut down for days at a time.

The pain that used to be intermittent and mild is now becoming consistent and unbearable.

She struggles to complete minor tasks that used to be no trouble at all. Pain, fatigue, brain fog, irritability, constipation, are all becoming frequent irritants.

Sleeping pills, digestive aids, pain killers and anti-inflammatories are all her doctor seems to offer now.

At her last visit, her doctor suggested that she may want to seek the help of a therapist.

After seeking the help of doctors and specialists,

she was finally told she was experiencing the classic signs of fibromyalgia.

When someone lives with fibromyalgia, they feel pain on a daily basis. But it is unpredictable. It moves from one spot to another without reason.

They feel extreme fatigue at times and are unable to recharge at night.

Often they experience symptoms beyond their muscles and joints. They cannot focus at work, they feel irritable at times and their whole body seems to be in trouble.

Medically, we try to solve the problem by medicating the symptoms. Pain relievers seem to work for a while, but their effect fades over time.

Digestive aids, sleeping pills and anti-depressants only work as a temporary measure, lose their

effectiveness as well. The sad reality for many who suffer from this problem, is they are not given solutions that actually work.

They are not told about how the body has an incredible ability to heal itself when given the right conditions.

Did you know, for example, many of the foods we commonly eat today can aggravate this condition?

Did you know there are many breathing techniques, natural compounds, hands on techniques, stretches and activities that have shown amazing effectiveness in healing?

On Tuesday, February 24th at 7pm Dr. Scott will be teaching about methods that can reverse this debilitating condition. This is what we love to do in this clinic - empower people to live healthier. Bring those you love to join us for this life changing workshop!