

Fibromyalgia/Chronic Fatigue/Multiple Chemical Sensitivities

What causes Fibromyalgia[FMS], Chronic Fatigue and Multiple Chemical Sensitivities?

Fibromyalgia is an autoimmune disease. Thymus gland which controls immune system by producing healthy T lymphocytes is usually impaired for people with FMS. Massaging the thymus gland in the upper chest daily helps to stimulate this important gland. Lymphatic drainage by massaging the whole upper breast helps also to activate the Lymph gland which helps remove toxins.

Cause #1: Toxins

Toxins cause inflammation by penetrating healthy tissue in your body and hiding there. Your immune system knows they are there and responds with acute inflammation to eradicate them – even killing healthy cells to get rid of the toxins. Toxins create death when more cells die in a single day than your body can replace with healthy cells. Inflammation kills diseased cells but at such a slow rate that a few replacement cells keep the lungs functioning. However, over time the rate of cell replacement cannot keep up with the rate of cell death and the patient dies of a chronic lung disease such as cancer or emphysema. Toxins are produced outside our body as well as inside our body.

Cause #2: Deficiency

Your body must replace millions of cells every hour. Building healthy cells requires that we have healthy building materials in our system all the time: oxygen, water, vitamins, minerals, enzymes and many other elements. We must give our body time to rebuild with 7 ½ to 9 hours of peaceful sleep every night.

If any element in your health routine is missing for even a moment, a cell will be created without critical building materials and the cell will be weak. A single weak cell will be eliminated by the acute inflammation of our immune system. However, poor nutrition day after day and poor sleep night after night will create a deficit between the number of healthy cells you have and the number of healthy cells you need to live. Chronic inflammation is the way your body deals with this deficit. It is the seedbed for infection, disease and an early death.

Cause #3: Emotional Distress

Stress describes the forces trying to tear us apart: toxins and deficiencies, gravity and weather, injuries, expectations and time pressures. These are examples of things that pull us apart. The forces trying to pull us back together – homeostasis – are seen in the 10 Essentials: deep breathing, pure water, peaceful sleep, nutritious food, daily activity, emotional and spiritual support.

Emotional distress is based on how we appraise or evaluate changes in our environment. All changes are stressful – even “good” changes such as a raise at work or a new, healthy grandbaby! The changes that threaten our health and create long-term, chronic stress are those that may cause pain or loss to ourselves or to someone we care about, or that may overextend our coping resources.

Cause #4: Injuries and Trauma

Acute inflammation is the normal response to trauma. Acute inflammation is characterized by pain, swelling, redness and heat.

Conclusion

There are four basic causes of inflammation; therefore, there are four basic causes of chronic disease. Work to insulate yourself from these malevolent influences with appropriate nutrients and emotional/spiritual nurturing and you will improve the quantity and quality of your life!

Brief History

A team of medical doctors, Naturopaths, Chiropractors, Complimentary/Alternative Therapists and Research Scientists have completed a preliminary investigation on the relationship between tissue hypoxia and FM/CFS/MCS and approximately 50 clients were given a high absorption multivitamins/minerals/Bioflavonoid and over 90% have reported higher energy, less muscle/joint pain and better sleep during 3,6 and 9 months period supported by a blood test and a questionnaire.

If you are interested in participating in this study or you know someone who has Fibromyalgia, chronic fatigue syndrome, multiple chemical sensitivity, MS, Lupus or any related autoimmune disease, please email us"

drgrant@rogers.com or call 416.562.3140.

The Links between Chemical Exposure & Fibromyalgia, Chronic Fatigue and Multiple Chemical Sensitivities:

Fibromyalgia, chronic fatigue syndrome, arthritis, lupus, multiple sclerosis, circulatory disorders, Alzheimer's, Parkinson's disease, irritable bowel syndrome, depression, and hormonal problems are diseases commonly related to chemical exposure.

Lysol is a common household cleaner and disinfectant that claims to kill 99.9% of germs in 30 seconds. The company Reckitt Benckiser manufactures it. It is an EPA registered disinfectant that kills a wide range of bacteria, viruses, mold, and mildew on hard nonporous surfaces found commonly in the home or at work. Some of the bacteria Lysol claims to kill include Staph, Strep, Salmonella, Escherichia coli, and Campylobacter. It targets viruses such as the Rhinovirus, Poliovirus type 1, Herpes Simplex virus Types 1 and 2, and the Hepatitis A virus. It also claims to work on Athlete's foot fungus as well as mold and mildew.

Lysol consists of three main active ingredients, Diethylene Glycol Monobutyl Ether (which is an alcohol), Alkyl Dimethyl Benzyl ammonium chloride and Dialkyl Dimethyl Ammonium Chloride (both of which are Quarternary Ammonium compounds). The two different types of antimicrobial agents both have similar though different mechanisms of action responsible for killing bacterial cells. The alcohol works by changing the structure of proteins in the microorganism and is enhanced by the presence of water. The Quaternary Ammonium compounds function by affecting proteins in the cell membrane and releasing nitrogen and phosphorous from the cells. These mechanisms of action allow the disinfectant to be effective against a wide range of bacteria including both gram negative and gram positive bacteria. These active and inactive ingredients in Lysol and commercial disinfectants can contribute to symptoms of Fibromyalgia, Chronic Fatigue Syndrome, Multiple Chemical Sensitivities, ADD/ADHD, seizures, hormone imbalance and Asthma.

Research Proposal for Examining Tissue Hypoxia as related to Fibromyalgia/ Chronic Fatigue Syndrome (Myalgic Encephalomyelitis)/ Multiple Chemical Sensitivities & Evaluating 2,3DPG & HSCRIP as a Biochemical markers using double blind clinical trials

Possible Causes

We believe that tissue hypoxia, high 2,3 DPG (2,3-diphosphoglycerate), high substance P (pain neurotransmitter), low serotonin, low norepinephrine, high cortisol, low HDL, high LDL, high VLDL, high Homocystein are the key factors in the pathophysiology of FM/CFS/MCS. Medications that have been tried in raising serotonin and norepinephrine neurotransmitter levels have limited success (Elavil, Effexor, Paxil, Xanax, Sezone and Prozac)

None of the NSAID's like Aspirin and Tylenol were effective in relieving pain. The supplement program used over 3,6 and 9 months period produced remarkable reduction of musculoskeletal pain, increased energy and better sleep for over 90% of patients.

Other Related Research Projects: ADD/ADHD/Heart Disease/High Cholesterol/Weight Management/Depression/Asthma/Allergies.... Currently we are doing a pilot study using Natural Supplements + Antioxidants for 9 months and upon completion, double blind randomized clinical trials using 2 active ingredients as well as a placebo will be completed as soon as we complete the pilot study and obtain funding for our research project.

References

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- American College Of Cardiology 47th and 48th Annual Convention.

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