

September 2015

\$2.95

# ENERGYTIMES®

ENHANCING YOUR VITALITY THROUGH NUTRITION, HEALTH & HARMONY

DEFENDING  
AGAINST  
ENVIRONMENTAL  
TOXINS

---

COOKING  
WITH ORGANIC  
WINE

---

IMMUNE  
BOOSTERS  
CHART

## Candice Bergen

The Emmy-Winning Actress  
Reflects on Love, Loss & Life  
In Her Memoir *A Fine Romance*



# MALADY

makeover

## Endless Ache

*Lifestyle changes can help patients deal with fibromyalgia's pain and fatigue.*

**P**ain has been Lynne Matallana's companion since she was a child. However, "I was always told that pain was a sign of weakness and should be ignored."

As Matallana got older the pain was joined by other woes including *endometriosis*, in which patches of uterine lining appear in other parts of the body. What's more, the operation that was supposed to help bring relief only made things worse.

"All of a sudden everything didn't work; it felt like acid was running through my veins," recalls Matallana, now 58 and living in Newport Beach, California. "That was the beginning

of what was eventually diagnosed as fibromyalgia."

According to the National Fibromyalgia Association ([fmaware.org](http://fmaware.org)), an estimated 10 million Americans suffer from this disorder, marked by what the NFA describes as "profound, chronic and widespread" pain along with severe fatigue and poor sleep. And while most people diagnosed with fibromyalgia are women between the ages of 20 and 50, it can affect anyone at any age.

### Difficult Diagnosis

No blood test or body scan can detect FM and its symptoms mimic those of other disorders, which complicates the diagnostic process.

Matallana knows. When she sought help in 1993, "doctors who had heard of FM didn't believe it—they thought, 'Hysterical woman, overly stressed.'" Matallana saw 37 practitioners before being diagnosed (an experience that led her to cofound the NFA).

"I think FM gets more respect than it used to, thank goodness, but less than it deserves. It's the Rodney Dangerfield of medical problems," says David Katz, MD, MPH, FACPM, FACP, founding director of Yale University's Yale-Griffin Prevention Research Center. But he adds, "There is pretty widespread recognition that this condition is legitimate. It used to get a roll of the eyes." Despite the development of diagnostic standards, a Mayo

The exclusive line of BioPerine® enhanced formulas in fast-acting liquid soft-gels

**NEW PRODUCTS!**



Available at Fine Health Food Stores Everywhere.

BIOPERINE® is a registered trademark of Sabinsa Corporation.



Clinic study found FM to be under-diagnosed (*Arthritis Care and Research* 11/30/12).

According to the American College of Rheumatology, a finding of fibromyalgia is made depending on how many body parts out of 19 are painful and how severe the pain is, as well as how long the pain lasts (at least three months). FM also leaves people fatigued, unrefreshed by sleep and suffering from cognitive problems.

Katz notes that these symptoms often reinforce each other. "Exhaustion heightens sensitivity to pain," he says, adding that impaired sleep means that "your brain never gets a chance to reboot." A study in *Arthritis and Rheumatism* found that disruptions in brain signals for pleasure and pain appear to increase pain sensitivity in FM patients (11/13).

One problem is that FM overlaps chronic fatigue syndrome. "In most people, they are the same illness with two different names," says Jacob Teitelbaum, MD, author of five books



on the subject including *The Fatigue and Fibromyalgia Solution* (Avery/Penguin). "A small subset have pure CFS, with the fatigue but without the widespread pain."

Matallana believes FM can be triggered in genetically susceptible people by "a car accident, a pregnancy, a long-term infection. It's like your body blows a fuse." Teitelbaum says hormonal deficiencies and chronic stress can also trigger FM.

### Individualized Response

Each FM patient not only experiences the disorder differently but also responds to treatment differently. That makes trying various complementary approaches helpful. Among those the NFA says can be "very beneficial" are acupuncture, aromatherapy, bio-feedback, chiropractic, physical therapy, therapeutic massage and yoga. A recent study suggests that hyperbaric oxygen therapy may also help (*PLOS ONE* 5/26/15).

Addressing physical symptoms requires dealing with psychological issues as well. Teitelbaum has found that many people with FM/CFS "are approval seekers who avoid conflict to avoid losing approval." A number of studies have found a link between fibromyalgia and an abusive childhood.

Being in constant pain also causes psychological distress, which itself needs to be addressed. "Learning to live with a chronic illness often challenges a person emotionally," says the NFA, which recommends finding a

*Continued on page 42*

For over 20 years, Irwin Naturals has formulated "best-in-class" supplements that address a wide spectrum of health needs. Our extensive line uses an all liquid soft-gel delivery that offers superior advantages over hard-to-digest tablets and capsules. Plus, our signature BioPerine Complex enhances nutrient absorption and potency. **Check out some of the latest additions to our family of products below** and if you are not yet familiar with the entire breadth of this amazing health conscious brand, then check us out at [www.IrwinNaturals.com](http://www.IrwinNaturals.com) and put yourself on the path to a happier, healthier you.



Save \$2.00 on any product at [www.IrwinNaturals.com](http://www.IrwinNaturals.com) by entering coupon code: **012017**

**ANY IRWIN NATURALS PRODUCT SAVE \$2**

EXPIRES 12/31/15 MANUFACTURERS COUPON

Consumer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer: Irwin Naturals will reimburse you for the face value plus 8 (cents) handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Irwin Naturals reserves the right to deny reimbursement (due to misredemption activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMS Dept. 10363, Irwin Naturals, 1 Fawcett Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order/websites. Retail only.



These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# MALADY

## makeover

Continued from page 13

support group or talking things out with a therapist. (You can find online support at [livingwithfibro.org](http://livingwithfibro.org).)

### Natural Relief

Exercise is front and center for people with fibromyalgia, although as Matallana cautions, "When you start, it will hurt more and it takes a bit to get over that hump. It's really important that you do activities to where you're going to hurt a little bit but not that you wind up in bed two or three days."

Teitelbaum suggests starting a very gentle walking program, adding 50 steps a day until you find the level that feels best. Matallana says that after exercising you should "take time to rest, take a hot shower or bath to relax

your muscles, do stretching so the muscles cool off slowly."

Proper nutrition also plays a vital role. Teitelbaum says it is especially important to cut out added sugar, which suppresses the immune system, stimulates yeast overgrowth and makes *hypoglycemia*, or low blood sugar, worse. And while each FM patient's dietary needs will differ, Teitelbaum says, "Most people with fibromyalgia find that they feel best with a high-protein, low-carbohydrate diet."

Teitelbaum suggests taking **vitamin B12, iron and fish oil**, a source of the types of **omega-3 fatty acids** that are often low in people with FM. If you take acetaminophen frequently, Teitelbaum says to take 500 to 1,000 milligrams of an amino acid variant called **NAC** "each day so you don't deplete your glutathione levels."

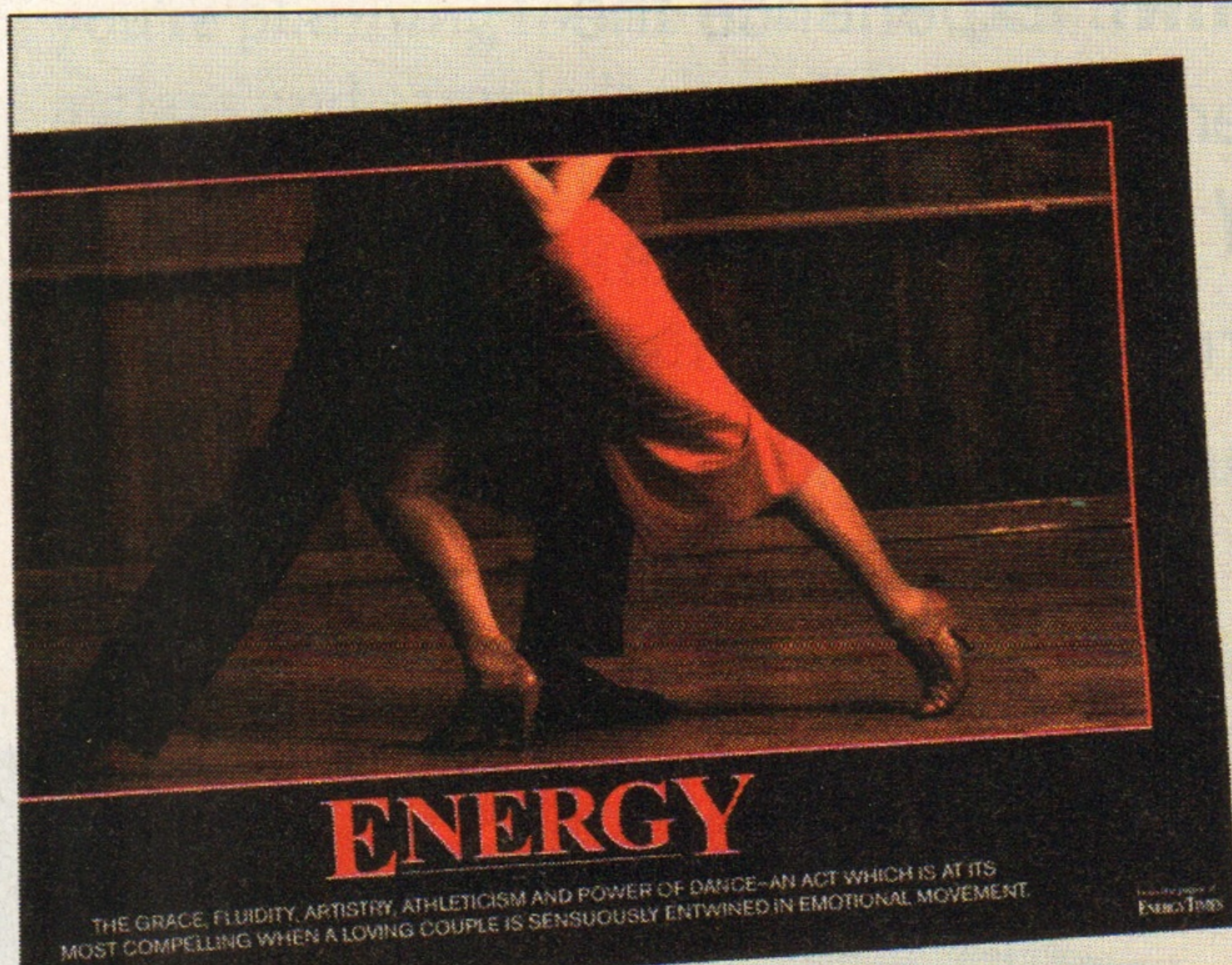
While scientists continue to look for ultimate answers to the riddle

that is fibromyalgia, the NFA urges people with this condition to embrace a take-charge attitude. The group says, "Developing an individualized self-management plan, from identifying effective treatment approaches to making necessary lifestyle changes, will further improve one's health."

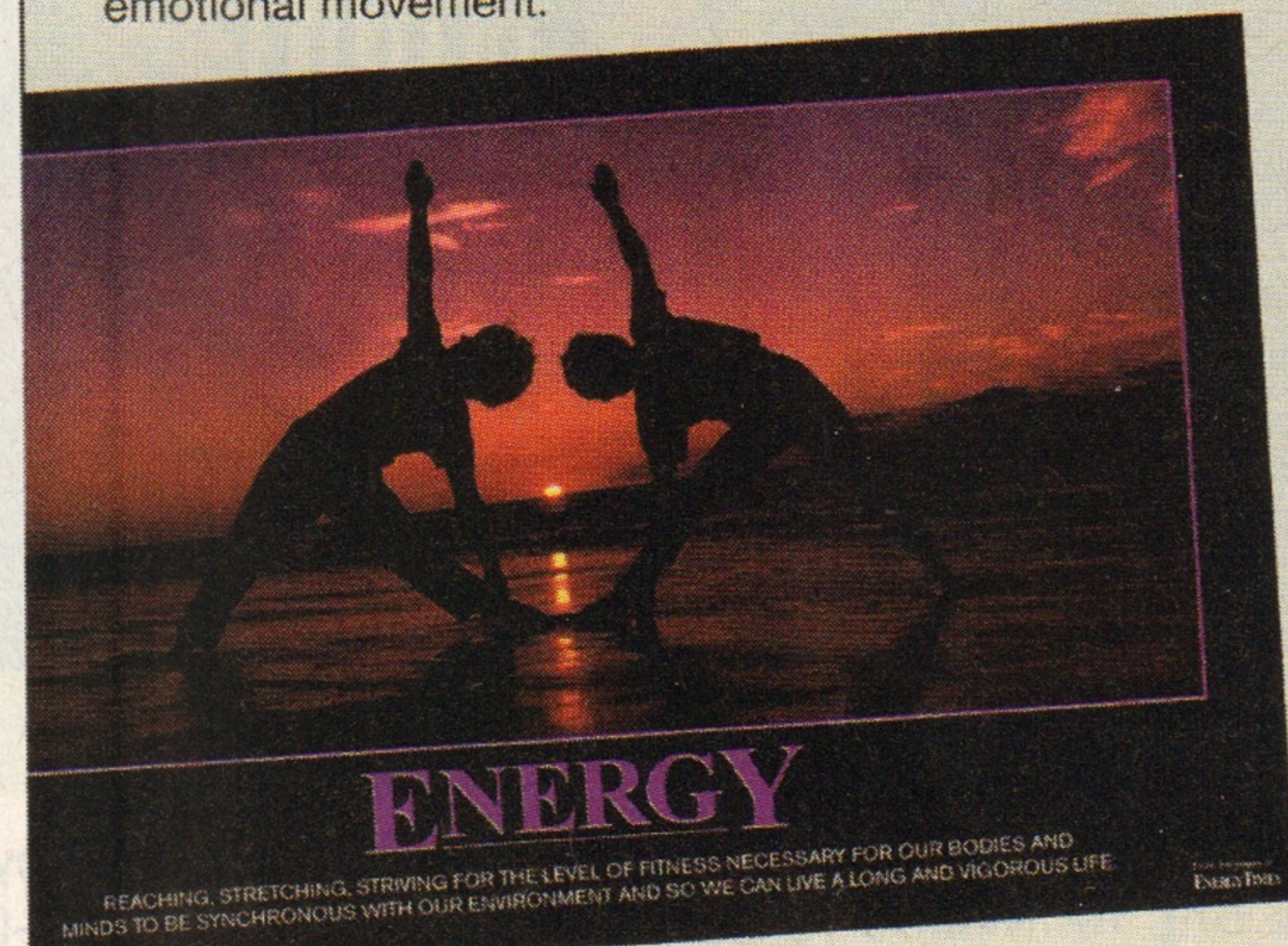
Matallana, now the CEO of a web portal for pain patients called Community Pain Center ([ourcpc.com](http://ourcpc.com)), knows that it's possible to live a good life with FM. She went from being bedridden to "17 years later being very active. I believe over time everyone can get better even if it isn't a complete cure." —LISA JAMES

**ETWEB  
EXTRA**

Share your fibromyalgia experience with us on our **Facebook** page.



**DANCE** — The grace, fluidity, artistry, athleticism and power of dance—an act which is at its most compelling when a loving couple is sensuously entwined in emotional movement.



**YOGA** — Reaching, stretching, striving for the level of fitness necessary for our bodies and minds to be synchronous with our environment and so we can live a long and vigorous life.

# FRAME IT

These inspirational posters—taken from *Energy Time's* contents pages—are designed to motivate you!

All posters measure 26x18 inches  
**\$12.95 each or 2 posters for \$20**  
 (Includes postage & handling)  
 Canada & outside U.S. add \$2 per order.

Indicate quantity next to each title.

Dance  Yoga  Sky Diving  Skiing

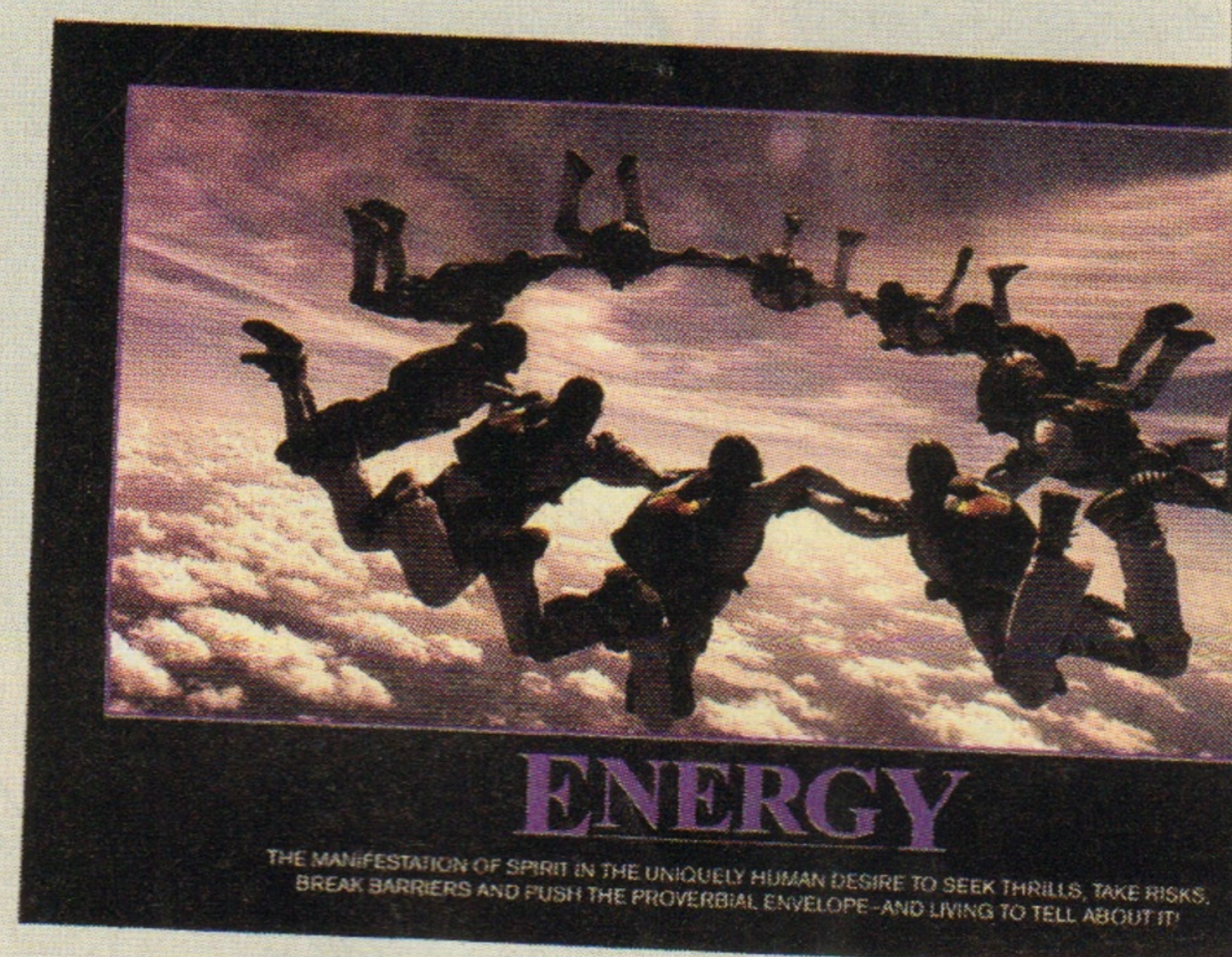
Name \_\_\_\_\_

Address \_\_\_\_\_

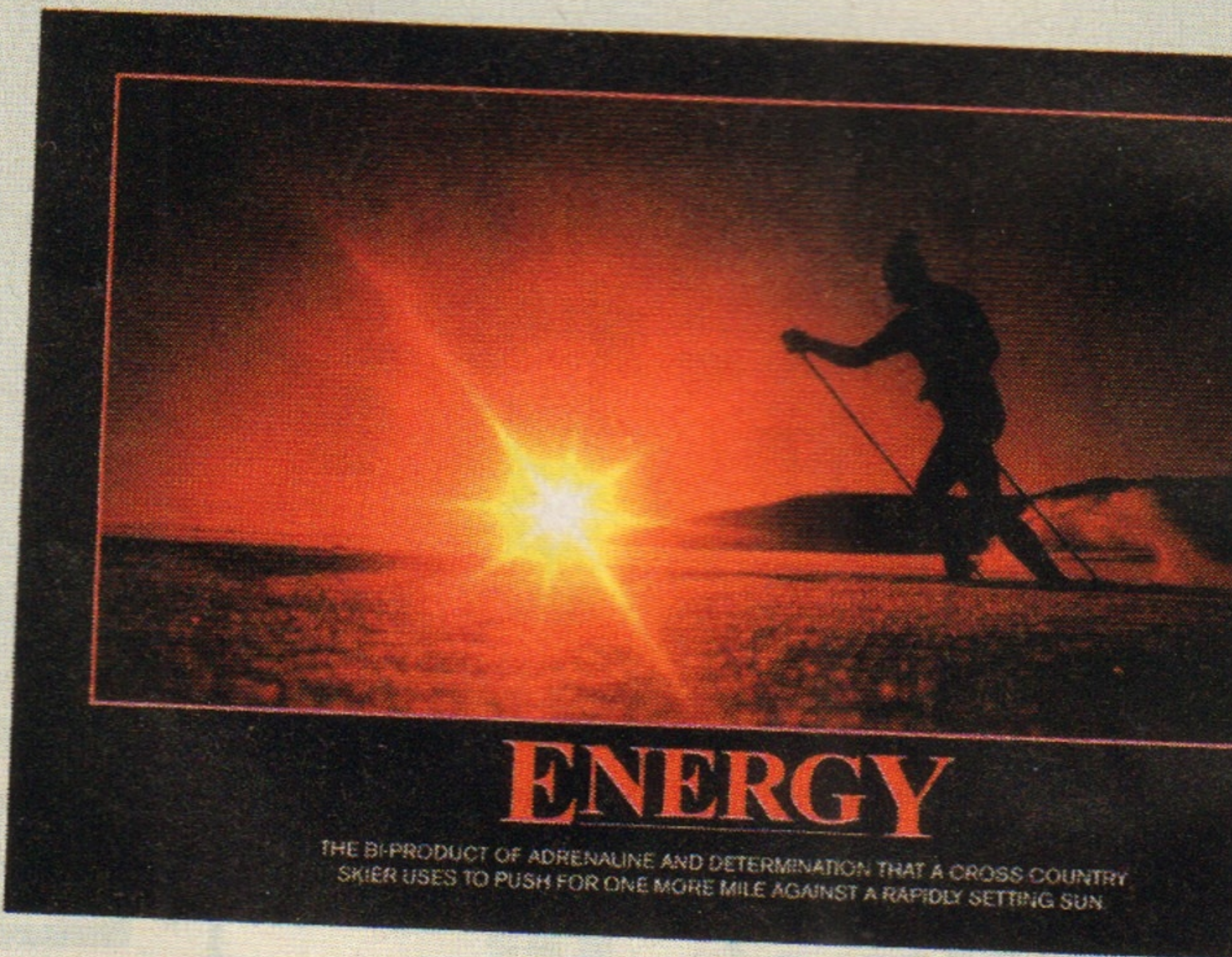
City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Please send check or money order to:  
 Energy Times Poster Dept., 548 Broadhollow Road,  
 Melville, NY 11747. Allow 5-10 days for delivery.



**SKY DIVING** — The manifestation of spirit in the uniquely human desire to seek thrills, take risks, break barriers and push the proverbial envelope—and living to tell about it!



**SKIING** — The bi-product of adrenaline and determination that a cross-country skier uses to push for one more mile against a rapidly setting sun.