

Fibromyalgia Syndrome: From Proper Diagnosis to New Treatment Options

By Dr. Danny Jui, ND

What is Fibromyalgia?

Fibromyalgia Syndrome (FMS) is a common clinical syndrome characterized by widespread pain and muscle tenderness often accompanied by chronic fatigue, sleep disturbance and depressed mood. It is the second most common rheumatologic condition in North America, after osteoarthritis.

How is Fibromyalgia Diagnosed?

The exclusion of other medical conditions with similar symptoms is the first step in the proper diagnosis of FMS. Medical conditions such as anemia, blood sugar imbalance, hypothyroidism, rheumatoid arthritis, and Lyme disease among many others need to be thoroughly investigated based on the individual's specific clinical history. The next step is to confirm or exclude the diagnosis of FMS working with a rheumatologist.

What Treatment Options Are There?

Going beyond conventional pharmacotherapy for symptom relief, naturopathic medicine uses evidence-based natural approaches to address the potential underlying causes of fibromyalgia. Current research has identified four main clinical correlations with fibromyalgia: 1) Exhausted or confused immune system 2) Physical trauma at various levels 3) Psychological stress and trauma and 4) Weak or damaged digestive tract. Naturopathic interventions such as essential fatty acids, acupuncture and certain vitamins and minerals have been shown to be beneficial for people recovering from fibromyalgia. The latest research has also placed a positive spotlight on Intravenous Micronutrient Therapy, a treatment which had already received many successful anecdotal reports for treating fibromyalgia. In this new study, all participants




reported increased energy and ability to perform activities of daily living as well as a 60% reduction in pain and an 80% decrease in fatigue at the end of the 8-week treatment period.

What is Intravenous Micronutrient Therapy?

Intravenous Micronutrient Therapy (IVMT) is a high-dose combination of calcium, magnesium, vitamin B-complex, and vitamin C delivered using standard IV techniques, allowing patients to absorb higher concentrations of these nutrients than oral dosages. It is aimed as a way to allow the body to recover optimally by more efficient use of these nutrients. Patients typically receive eight weekly treatments and then are re-assessed.

Am I a Candidate for IVMT?

A complete history, relevant physical exam and baseline lab tests are recommended in order to determine the appropriateness of IVMT for you. There are certain medical or physiological conditions that may prevent you from receiving this therapy. Working with experienced physicians in the area of IVMT and fibromyalgia is an important step to ensuring a proper diagnosis and appropriate treatment options for you and your family. 



Dr. Danny Jui offers comprehensive naturopathic care including Intravenous Micronutrient Therapy as a treatment option for people with fibromyalgia. For more information or references on this article, please visit www.DrDannyJui.com