Treating Fibromyalgia with Vitamins and Minerals



Fibromyalgia is a painful disorder which causes fatigue, pain, and more. It affects around 10 million Americans and possibly 5% of the world population. Currently, the exact cause of fibromyalgia is unknown but the available research suggests that making positive lifestyle choices (including diet and exercise) is one of the best ways to negate the unpleasant symptoms and treat fibromyalgia. In this post, we're going to be focusing on the impact of diet on fibromyalgia and, more specifically, looking at treating fibromyalgia with vitamins and minerals.

Vitamin B12

A small study found that women who suffered from fibromyalgia and chronic fatigue syndrome had very low levels of vitamin B12. In addition to this, a number of studies have shown that consuming high levels of vitamin B12 can reduce fibromyalgia-related depression. Collectively, these studies suggest that consuming adequate amounts of vitamin B12 can minimize many of the negative symptoms associated with fibromyalgia.

Vitamin C

Consuming vitamin C each day may relieve the painful symptoms associated with fibromyalgia. Plus it is good for your general health and immune system.

Vitamin D

Vitamin D deficiency is linked with bone and muscle pain in fibromyalgia sufferers. Consuming and producing adequate amounts of vitamin D (by exposing your skin to sunlight on a daily basis) can significantly reduce fibromyalgia-related pain.

Vitamin E

Taking vitamin E each day can help with many ailments including muscle strength, cramping, restless leg syndrome, as well as fibromyalgia.

Calcium

Many people with fibromyalgia have a deficiency in calcium. Consuming additional calcium could help treat fibromyalgia.

Iron

Women with fibromyalgia sometimes have lower levels of iron in their blood than healthy women. Since iron is used to produce pain-relieving hormones such as dopamine and serotonin, iron deficiency may contribute to the development of fibromyalgia and consuming more iron could help treat it.

Magnesium

Just like with calcium, many fibromyalgia sufferers are deficient in magnesium. Consuming magnesium can help with fibromyalgia-related pain.

Zinc

People with fibromyalgia tend to have lower levels of zinc in their body and also that zinc deficiency can reduce pain tolerance and therefore make fibromyalgia more painful for sufferers. Increasing zinc consumption can minimize the pain experienced by fibromyalgia suffers and possibly treat the disorder.