


Nutritional Recommendations

- | | |
|---|--|
| <input type="checkbox"/> Nutritional supplement per day (Ensure, Boost, Go, Sweet Success) | |
| <input type="checkbox"/> Vitamin C (ascorbic acid) time release tablets: | 1,000 mg per day |
| <input type="checkbox"/> Vitamin E (tocopherol): | 400 I.U per day |
| <input type="checkbox"/> Beta Carotene: | 25,000 I.U per day |
| <input type="checkbox"/> Calcium supplement: | 1000 – 1,200 mg per day |
| <input type="checkbox"/> Magnesium supplement: | 500 to 600 mg per day |
| <input type="checkbox"/> Multivitamin (Centrum or other) | 1 tablet per day |
| <input type="checkbox"/> B-100 Complex | 1 tablet per day |
| <input type="checkbox"/> Folic acid | |
| <input type="checkbox"/> Glucosamine
dosages |  <p>Supplements come separately/ together with a range of dosages</p> <p>Glucosamine (1500 mg + per day)
Chondroitin (1200 mg + per day) MSM (500 mg + per day)</p> |
| <input type="checkbox"/> Chondroitin | |
| <input type="checkbox"/> MSM (methylsulfonylmethane day) | |

Nutrition: Keep it natural

Even very healthy people have problems meeting the precise nutritional needs of their bodies, even if they are intelligent and aware of these needs and want to satisfy them. So, of course the person with fibromyalgia syndrome (or fibromyalgia syndrome and myofascial pain syndrome), the proper nutritional balancing act is even more difficult to achieve.

Nutrients:

There are three basic types of nutrients:

- Proteins such as beef, fish, poultry
- Fats such as butter, cream and vegetable oils
- Carbohydrates such as vegetables, fruits, grains, pastas and cereals

Lately, the current trend for a healthier diet has caused many people to eat high carbohydrate and low fat diets. The problem for this kind of diet for people with fibromyalgia syndrome, especially for those who have reactive hypoglycemia as well, is that they have a problem metabolizing carbohydrates. This can lead to becoming overweight, inability to lose the extra weight, fatigue, carbohydrate craving and the worsening of many other fibromyalgia syndrome symptoms.

Carbohydrate, Fat, and Protein Ratios

Dr. August recommends a book called *The Zone* (Sears and Lawren 1995). It explains in detail why a ratio of 30/30/40 (the ration of protein to fat to carbohydrate) is the healthiest way for the majority of people to eat.

Dr. Sears' work shows that the best ratio for food balancing is 3 grams of protein to 4 grams of carbohydrate. Protein should comprise 30% of the diet, fats 30% of the diet and carbohydrates 40%. Each time you eat either a meal or a snack, your food intake should match the 30/30/40 ratio because there is a need for a balanced hormonal response every time you eat. At the same time, you will need to adjust your caloric intake and exercise to meet the needs of your body. Your food cravings will become much less intense once you are eating the proper balance and amounts of food.

When starting a meal, it is wise to eat some protein first. That allows its products to reach your brain first. Learn to eat like a gourmet. Eat slowly, chew thoughtfully and enjoy each bite. Eat less but eat mindfully so that you will be satisfied. You may have a lifetime of habits to break but if you succeed, you will live a longer healthier life.

Headache Prone

If you are prone to headaches, avoid red wine, beer, caffeine, aged cheese, nuts, chocolate, and foods that fermented, pickled, aged and marinated. These foods all can cause the blood vessels in the head to dilate. MSG, sodium nitrates (bacon, cold cuts, hot dogs, and smoked foods), tyramine (aged cheese, chicken liver, fava beans, overripe bananas and avocados) are also common headache activators.

Limit the following foods from your diet:

- Refined sugars
- Food high in saturated fats
- High calorie, high fat, low food value junk food
- Alcohol
- Caffeine

The ratio of 30/30/40 is further supported in studies that reveal both the increase risk for type II adult onset diabetes with high carbohydrate intake (Alhazmi et al 2012) and better results for a decrease in cardiovascular risk with low glycemic index carbohydrates as compared to more conventional decrease with low fat diets. (Brand-Miller 2007). Over the last 40 years, fat consumption has been decreased in U.S. adults but obesity has increased. While there is much speculation over what dietary compensatory mechanisms have occurred (Walker 2014 Lessons from the war on dietary fat), apparently this strategy has been very ineffective. Perhaps it is time to strike a balance as suggested.

Eating Wisely

- Make regular shopping trips a priority so that you can have healthy foods on hand

- Utilize a food plan with a shopping list to focus on the 30/30/40 ratio
- Take time to cook good foods for yourself
- Keep a supply of frozen healthy foods ready for the times you are too busy to cook
- Identify local restaurants with healthy menu items
- Avoid buying junk food
- Avoid using food as a reward or emotional comfort