



Surprising Fibromyalgia Help

"A patient with fibromyalgia was given a sleep formula which had a profound effect in her. Her pain left, mobility increased and her friends thought she looked younger."

I love it when we recommend one supplement and it changes someone's life forever. A patient with fibromyalgia was given a sleep formula called Alpha-Theta Ultra PM. Her pain left, mobility increased and her friends are asking her what she did because she looks so much younger. Those are the words of a clinician's mother-in-law. Let's set the stage before we discuss why this product had such a profound effect on her.

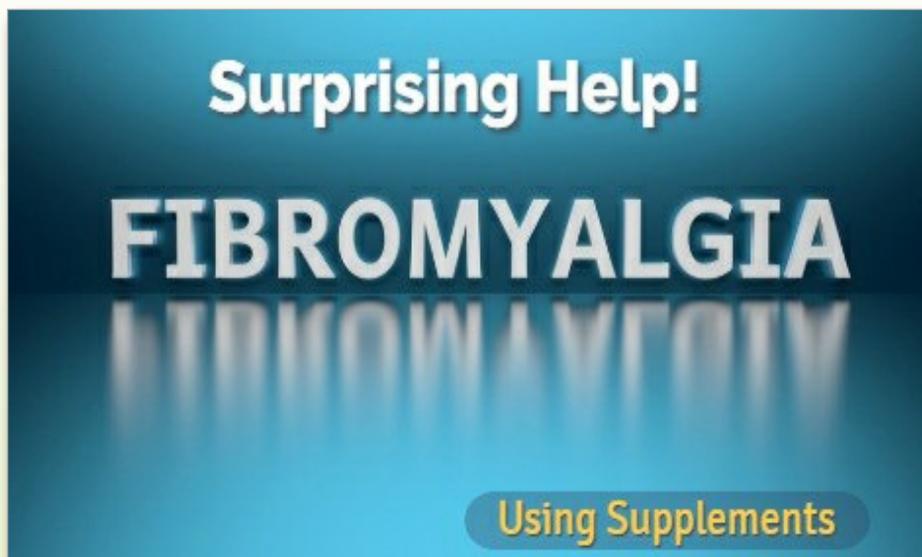
From a clinician's standpoint, family members are our worst patients. They know all our bad habits and shortcomings so when we suggest something it doesn't have the same weight as if they were seeing another clinician. In fact, when this clinician recommended a diet and supple-

ments, her mother-in-law responded well while she was on them, but for some reason the follow through was short lived.

Let's face it, from what we know about fibromyalgia, we have to avoid the foods that cause leaky gut, look for dysbiosis agents contributing to a leaky gut and heal the gut. Next, we look for hidden infections that cause oxidation by overwhelming the body with

free radicals. Then we can start the real healing by supporting or repairing mitochondrial dysfunction. So in her defense treating long term fibromyalgia is a process that takes time, patience and financial commitment.

One of the problems with many fibromyalgia patients is they don't sleep well. Their pain or at least the way they experience pain is intensified so they often don't



achieve a deep level of sleep. It's very common to hear them say they are still exhausted when they wake up or that they didn't really sleep.

Based on this comment, our clinician gave her mother-in-law two capsules of Alpha-Theta Ultra PM. The next morning she reported a great night sleep. Success breeds success so "she continued taking Alpha-Theta Ultra PM. After a few days

she noticed that her pain was reduced, she had a greater range of motion and more energy. After about a week her pain was 90% better and after a few weeks her pain was gone. Oddly the quality of her skin improved and her friends started asking her what she was doing since she looked younger. Her friends also commented on her overall energy, her positive attitude and how she moved with more agility."

After a few weeks of pain free living she did what anyone who is not trained in natural therapies would do. She stopped taking the product. In her mind and in the minds of many patients, they think that as soon as they feel a little better they can stop their program and go back to the life style that caused or at least contributed to their condition. Of course, the pain came back. The process of healing has begun, but true healing takes time.



We may be able to reduce the chemical messengers of pain called cytokines but repairing and rebuilding of cells and tissue takes time. Fortunately, she went back to the product and in a few days was pain free again.

What was it that caused this dramatic response? Let me remind you. Sleep is nature's greatest antioxidant. Deep sleep is where deep healing

and repair take place; and if a patient is not sleeping, they are not repairing. Also, many fibromyalgia or chronic pain patients in general are over stressed and can't relax. Alpha-Theta Ultra PM calms not just one, but many biochemical reasons for over stimulation. Of course, I am not saying that every person with fibromyalgia will respond the same way the mother-in-law did. Two capsules of Alpha-Theta Ultra PM changed her life, she literally said, "I have hope again."

It may not change everyone's life, but if a trial helps you sleep better, it could make a difference no matter what condition you experience. Remember, anti-aging and reducing inflammation can't occur without quality sleep, because that's when repair and recovery take place. Ask your clinician about a sleep product with multiple benefits called Alpha-Theta Ultra PM.