Fibromyalgia: The Mysterious Pain Condition You Should Know About



Do you — or your friends and family — often complain of exhaustion, with aches here and pains there that seem to migrate from one spot to another, sometimes so severe that normal work becomes impossible? They've seen every specialist and run every test, big and small, yet no cause can be found. Medicine does recognize one such mysterious pain condition: fibromyalgia.

Watch Out for Persistent Pain, Fatigue, and Insomnia

Fibromyalgia, a complex chronic widespread pain disorder, most commonly affects women aged 20–50. Its exact cause although still unknown but generally thought to involve genetics, neuroinflammation, central and peripheral nervous system sensitization, imbalances in pain-regulating neurotransmitters, viral infections, psychological stress, and certain nutrient deficiencies. Beyond widespread pain, patients experience fatigue and sleep disturbances. Some common comorbidities include chronic fatigue syndrome, muscle stiffness, frequent muscle cramps, joint , menstrual pain and irritable bowel syndrome. Other frequent issues include headaches, mood disorders such as depression or anxiety, cognitive dysfunction such as brain fog or memory decline, and a reduced quality of life, that can lead to disability.

How Fibromyalgia Is Treated

There is currently no known cure for fibromyalgia. Clinical practice uses a multimodal, multidisciplinary, integrated treatment approach, including pharmacological treatment (e.g., duloxetine, pregabalin, paracetamol, cannabinoids, or weak opioids), psychological therapies (e.g., hypnosis or relaxation), patient education, lifestyle modifications (e.g., exercise, weight loss, and nutrition plans). In addition, complementary therapies can ease discomfort as appropriate (e.g., low-frequency electrical stimulation, acupuncture, massage, myofascial release, tai chi, yoga, Pilates, and mindfulness meditation).

How Fibromyalgia Is Treated

Multivitamins and trace minerals : Animal and human studies have found that serum levels of B vitamins, vitamin D, magnesium, zinc, and selenium are generally lower in fibromyalgia patients than in healthy individuals. Supplementation can support neurotransmitter signaling, ease muscle pain and headaches, protect other tissues from damage, and improve quality of life.

Diverse natural antioxidants : Natural nutrients such as vitamins C and E, selenium, flavonoids, curcumin, resveratrol, catechins, terpenoids, and piperine can enhance binding at endocannabinoid system receptors (CB1, CB2). Also, natural nutrients can modulate endogenous cannabinoid levels, regulate immunity, boost antioxidant capacity, ease inflammation, reduce mitochondrial damage, and protect nerve cells. In the important area of pain management nutrients are able to block multiple pain-related Transient Receptor Potential (TRP) channels — which is why they are widely recommended as adjunctive support for fibromyalgia.

Fish oil : Rich in omega-3 fatty acids, fish oil's EPA, DHA, and downstream metabolites activate cannabinoid receptors (CB1, CB2) and promote the synthesis of anti-inflammatory mediators and specialized pro-resolving mediators (SPMs) — including lipoxins, resolvins, protectins, and maresins — to reduce inflammation, ease pain intensity, support immune regulation, and promote nerve cell repair and regeneration.

Coenzyme Q10 : Mitochondrial dysfunction is considered a key contributor to fatigue and muscle pain in fibromyalgia. A 2010 Spanish fibromyalgia study observed lower CoQ10 levels, mitochondrial depletion and increased oxidative free radicals, leading to the proposal of mitochondrial support therapy. Subsequent human trials have supported this view, suggesting the incorporation of a daily supplement of 100–300 mg of CoQ10 to help regulate mitochondrial protein expression, and enhance AMPK (a protein kinase enzyme important in key energy regulation) activity. CoQ10 also improves antioxidant capacity, lowers inflammatory markers, and notably improves pain frequency, pain perception, fatigue, sleep disturbances, anxiety, morning stiffness, physical stamina, quality of life, and many other symptoms.

Probiotics & prebiotics : Gut microbes and their byproducts release hormones that can cause or relieve pain, directly or indirectly influencing pain perception in the central and peripheral nervous systems. Studies show that supplementing with probiotics and prebiotics (e.g., inulin) can reduce pain in fibromyalgia patients and improve sleep quality, depression, anxiety, fatigue, and focus.

Adequate high-quality protein : Protein participates in the production and gene expression of pain-related neurotransmitters such as endorphins, serotonin, dopamine, and GABA. Clinical studies have observed that protein intake and quality correlate positively with pain thresholds in fibromyalgia patients. A meta-analysis of 38 studies suggests that consuming 90–100 grams of high-quality protein daily can effectively reduce pain sensitivity and prevent muscle wasting and neurotransmitter depletion.

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease. For USA use only