

FIBROMYALGIA PROGRAM

Common Symptoms

- Chronic, widespread pain that can be disabling
- Fatigue in body and mind
- Sleep disorders
- Irritable bowel syndrome
- Memory and concentration difficulties
- Chronic headaches
- Temporomandibular Joint Dysfunction Syndrome (TMJ)
- Sensitivities to odors, noise, bright lights, medications, foods
- Anxiety and depression

Conventional Treatment

- Anti-depressants
- Muscle Relaxants
- Painkillers

M'Lis Program Highlights

- Body cleansing to eliminate accumulated toxins and wastes, strengthen vital organs, and assist in viral eradication.
- Juice therapy to provide live enzymes essential for digestion, absorption, energy, and new cell growth.
- 100% nutrition through supplementation and healthy eating to strengthen the immune system and help the body regenerate.
- Herbal formulations, including TRANQUILITY Herbal Stress Relief, RELIEF Muscle & Joint Aid, DHEA Anti-Aging formula and VITAL Antioxidant.
- A gradual exercise program to maintain joint and ligament strength and help decrease the amount of muscle pain felt in these areas while becoming stronger and healthier.
- Imagery and Manipulation to benefit body and mind.

It is estimated that between 7 and 10 million people in the United States alone suffer from fibromyalgia. The condition affects mostly women between the ages of 25 and 50, though men and women of other ages, and even some children, are also affected.

Fibromyalgia is frequently misdiagnosed and under-recognized, which is why fibromyalgia is often called "The Invisible Disease". Fibromyalgia sufferers don't look sick. Abnormalities do not appear in any blood test, X-ray, thyroid test, HIV test, liver scan, MRI, or CT scan. Symptoms are felt all over, yet traditional medical tests can find nothing wrong. Sufferers are often misdiagnosed with hypochondria, Alzheimers, or psychological problems, leading to depression and despair.

Fortunately, the existence of fibromyalgia is becoming better understood in the medical community. The American College of Rheumatology published criteria for its diagnosis in 1990. Eighteen "tender points" have been detected on the body, and pain caused by gentle pressure on at least 11 of these 18 points is the only known way to receive an accurate diagnosis of fibromyalgia. Once the diagnosis is clear, M'lis offers natural solutions to be symptom free in less than six months.



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Progression of Disease

Before the M'lis program can be understood, contributors to the condition must be recognized. Though researchers do not agree on the cause of fibromyalgia, there is a viable theory that is supported by research and by the experiences of Linda T. Nelson, N.D., PhD, the M'lis Company founder, and many M'lis clients. This belief is that fibromyalgia is not caused by one factor, but by a lifetime of symptom suppression and disease progression.

The belief is that the progression of fibromyalgia begins with the chicken pox virus very early in life. This virus becomes dormant in the body, waiting until a depletion of the immune system to reactivate into the next stage. Over the course of many years, a person may experience cold sores or herpes, shingles, mononucleosis, Epstein-Barr, or chronic fatigue. These are the different levels of disease progression, and some or all may be experienced before fibromyalgia develops. If these viruses are not eradicated completely from the body at the time that they manifest, (as is usually the case when chemical drugs that "stuff" symptoms rather than cleansing them from the body are taken as a solution), they are stored in the body until a later time.

When the immune system is compromised through illness, stress, injury, or unhealthy lifestyle choices, the progression of disease finally leads to fibromyalgia. At this point, the symptoms have become debilitating and affect every facet of a person's life. The only way put an end to fibromyalgia and the symptoms that accompany it is to completely remove the virus that has been in the body for years. This can be accomplished through dedicated lifestyle change that allows the body to rebuild and heal by its own power.