

THE MELALEUCA WELLNESS GUIDE



Hints, Tips, & Stories

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Fibromyalgia

[\(Please read our disclaimer\)](#)

Imagine having long-term pain and tenderness in places all over your body; in joints, muscles, tendons, along with fatigue, sleep problems, headaches, depression, and anxiety. Reading this [review of fibromyalgia](#) makes you realize how hard it must feel to be tested for disease after disease before finally getting a diagnosis of fibromyalgia.

The Melaleuca Wellness Guide tells us that some think it is caused by an overload of toxic chemicals in the body, and that not much is known as to a definitive treatment for this condition, although a healthy diet, rest and good nutritional supplements help in the relief of pain. Recent research validates these recommendations. [A PubMed article notes](#) that 20 to 47% of individuals with fibromyalgia suffer from chemical intolerance. Low levels of environmental chemicals that would normally be considered non-toxic are reported to trigger reactions in persons with fibromyalgia and chronic fatigue. Improvement can be experienced by converting your home to safer **EcoSense** household products, **Melaleuca Bath and Body** and **Sei Bella**.

The recommended diet is high in fiber and low in fat. Eat as many raw fruits and vegetables, whole grains, raw nuts, and seeds as possible. One of the best sources of fiber on the market is delicious **FiberWise Drink and Bars**. Avoid animal fats, soft drinks, caffeine, sugars, and alcohol.

People with fibromyalgia have been found to have low serotonin and tryptophan levels. It has been suggested that 5-HTP might be useful, such as found in **Luminex**. A larger dose may be even more useful. **Luminex** may also help with the depression associated with fibromyalgia.

The **Vitality Pack with Oligofructose** helps increase magnesium levels. **CellWise**, **ProvexCV**, **ProVex-Plus** and **Coldwater Omega-3** helps reduce inflammation. This article notes that [probiotics are often useful](#) to relieve the Irritable Bowel Syndrome (IBS) symptoms that afflict most fibromyalgia patients. Use **Replenex** for help with joint pain. **Vitality 4 Essentials** includes **Vitality Pack** along with **CellWise** and the probiotic **Florify**.

Renew Bath Oil will relieve muscle aches to an amazing degree because of the **Melaleuca Oil**. Also, remember **Pain-A-Trate** to help with muscular pain.

~ Richard M Barry

Fibromyalgia Success Stories

*The people below will receive a free **Melaleuca Wellness Guide** for submitting their stories.*

I have fibromyalgia and I have been a Melaleuca customer for about 5 years. When I first was diagnosed with fibro I spent most of my time in bed too tired and in too much pain to do anything. Even reading took up too much energy. I now take double Vitality 4, double Phytomega, and Replenex and Florify. I take Activate for 2 weeks and then have two weeks off. This means I can hold down a part time job and a social life including doing a couple of Melaleuca presentations a month to maintain my director status. My GP (doctor) recommended I double my vitality 4 intake and thanks to Melaleuca I can enjoy life again.

~ Lauren

My mom, 86, has fibromyalgia and two kinds of Arthritis. Many of our Melaleuca products make life easier for her. I rub Pain-A-Trate on her back and joints every night. She takes the Vitality 6, Nutraview, Replenex, Calmicid, and CounterAct PM. She loves the Attain shakes, FiberWise, and Strawberry Crunch cereal, too. I love knowing that, with the help of Melaleuca, her remaining years can still be healthy and less painful. (Thank you, Mr. Barry, for this newsletter.)

~ Joy

I have suffered with constant pain from fibromyalgia since I was a teenager. I found once I joined Melaleuca in 1999 that taking the Vitality Pack daily has really given me more energy and the proper nutrients to help me function. Replenex has helped with my joints, and the Coldwater Omega 3 has helped with the inflammation throughout. Luminex has also helped with the depression aspect, and Florify has helped with the digestion problems. Occasionally I will take the Counter Act Pain/IB if the pain is just too much, but generally if I take the Vitality Pack I manage quite well. Thank you to Melaleuca for getting me out of bed in the morning, and able to care for my family.

~ Brenda

My husband and I are very new to Melaleuca, only 2 months now and so far we are thrilled with the results! I have had "Life-Changing" results from using the Vitality Pack vitamins! I have fibromyalgia, carpal tunnel syndrome, low blood sugar, and anxiety issues. We started by ordering the Value Pack, and got the Vitality4 for Age 50+. I took the PM packet the first night and slept better & longer. After one week, and since then, I have much less pain, have been sleeping better, and I have a lot more energy. I used to have to take a nap every afternoon, but since using these vitamins, I no longer need to take that daily nap. It is just so amazing to me that these

vitamins work so well and so fast. My doctor had sold me vitamins and also suggested trying different things, but, none of them really worked. We are so excited about this company, ALL of the amazing products, and the opportunity! < /p>

We also ordered *The Melaleuca Wellness Guide* along with a few other booklets from RM Barry, and we are starting to read and use them in our business, as well. We noticed a few other products that we probably never would have ordered, or even thought of using to help me, but *The Melaleuca Wellness Guide* gave us a few new ideas on how to use them. We also used *The Melaleuca Wellness Guide* for my mom, who has some neuropathy issues, and now we know what to get for her. Thank you RM Barry and company for researching and producing such a valuable asset to help our family, friends, and customers in using *The Melaleuca Wellness Guide*! THANKYOU!!

~ Lynn

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