

Fibromyalgia Syndrome

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A rheumatic disorder characterized by body aches, pain, stiffness, sleep disturbances and fatigue, as well as tenderness in specific sites on the body, that occurs predominately in women.

Black Walnut and Garlic- Internal Purposes: Used to expel internal parasites from the body.

Boswellia- Internal Purposes: This herb is an effective anti-inflammatory used for centuries to relieve joint pain and improve mobility.

Burdock Root, Dandelion, and Red Clover- Internal Purposes: These herbs are considered cleansing tonics that purifies the blood and boosts the immune system. These herbs can be combined or used alone as teas. Drink 4 to 6 cups daily.

Calendula or Rosemary Oil- Internal Purposes: Combining these herbs with equal amounts of water or vegetable oil make an excellent potion that can be massaged into the skin. This potion is said to ease pain. You can make the potion with just one of these herbs or combine them.

Ginger biloba- Internal/External Purposes: Prepare a moderately hot bath and put 4 to 6 ounces of ginger powder into it. This is beneficial as it causes sweating which aids in the removal of toxins from the body. Can also make Ginger Powder Tea and drink it as this will give the same benefit.