

Fibromyalgia Protocol

The following protocol comes from the webinar presented on Fibromyalgia and by Dr. Vasquez new book Migraine Headaches, Hypothyroidism and Fibromyalgia: Assessments and Therapeutic Approaches using Integrative Chiropractic, Naturopathic, Osteopathic and Functional Medicine. This information is intended for professionals and is to be used in conjunction with their clinical experience and the presentation of the patient.

Patients need to be given the basic nutrients so that their metabolism can function efficiently. The body in its wisdom has so many compensatory mechanisms that are interdependent that basic macro, micro nutrients must be present for optimal energy production and repair. Deficiencies can short circuit energy and inflammatory pathways. As such healthy, clean food is mandatory. So the basic 5 part protocol is as follows:

1. Modified Mediterranean/Paleolithic diet. Eliminate potential food allergies for 21 days and then reintroduced one at a time with the intention of identifying food sensitivities which can cause leaky gut and systemic inflammation. When treating fibromyalgia or any bacterial overgrowth syndrome a low carbohydrate, low grain, high fiber diet is preferred as the bacteria will feed on the dietary carbohydrates.
2. **ProMulti Plus®** 2 capsules, three times a day.
3. **Optimal EFAs®** 2 capsules, three times a day.
4. **Bio-D–Mulsion Forte®** increase levels to 50-80 ng/ml or use 4,000 to 10,000 until blood levels can be acquired.
5. **BioDoph-7 Plus®** 2 capsules at bedtime or first thing in the morning away from the **A.D.P.®**

In addition to the above the following should be added specifically for fibromyalgia type conditions. The following doses are for adults.

6. **A.D.P.®** (emulsified oregano oil) 600 mg in divided doses throughout the day with meals to reduce small bowel intestinal overgrowth. Note: take at different times than probiotics as they will compete. Use 2 bottles. **Dysbiocide®** is another option.
7. Coenzyme Q100 (100 mg of emulsified CoQ with mitochondrial cofactors) 1-3 capsules in divided doses to enhance mitochondrial repair.
8. **5-HTP** 50 mg Use 50-300 mg per day to assist the restoration of serotonin and melatonin pathways. Start with 50 and increase dosage as necessary.

The following nutrients may be valuable in treating more advanced cases.

9. **Acetyl-L-Carnitine** 500-1000 mg three times a day to assist with mitochondrial repair.
10. **Potassium-HP® (with Magnesium)** 1 tsp mixed with juice. Citrates feed the Krebs cycle and the buffering effects of the minerals, Potassium and magnesium are essential for mitochondrial repair and function. Most chronic patients are in a state of relative acidity and need alkalizing buffers. See Dr. Vasquez webinar on pH to understand further rationale and therapeutic application.
11. **Chlorella Caps™** 2-3 three times a day to help modify gut flora and assist with detoxification.
12. Make sure patients are having 1 preferably 2 bowel movements a day. Either the addition of magnesium or vitamin C to bowel tolerance can help achieve this goal.
13. If patients do not respond in 30-60 days suggest a comprehensive stool analysis to look for further dysbiosis and rule out borderline hypothyroidism especially with patients who present with elevated cholesterol and triglycerides.

Please note this is a brief overview of this extensive condition. Please refer Dr. Vasquez's text book, [Migraine Headaches, Hypothyroidism and Fibromyalgia: Assessments and Therapeutic Approaches using Integrative Chiropractic, Naturopathic, Osteopathic and Functional Medicine](#) for greater insight and clarification.