

# **Acupuncture: An Effective and Integral Therapy for Fibromyalgia**

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## **I. Introduction**

Fibromyalgia is a chronic disease characterized by generalized musculoskeletal pain, hypersensitivity (allodynia and hyperalgesia) in multiple areas of the body, and predefined tender points without demonstrable organic alterations. A great variety of symptoms are related to fibromyalgia, like persistent fatigue and non-restorative sleep. Also, it coexists with other rheumatic and psychiatric disorders. There is no known cause for fibromyalgia. Since it shares a lot of symptoms with other rheumatic and psychiatric conditions, it is not easy for the doctor to establish a definite diagnosis and correct therapy. Lack of clinical evidence causes a feeling of abandonment by the medical community in patients.

The lack of definite diagnosis does not allow for an adequate therapeutic plan for these patients, who end up using a lot of analgesics and antidepressants in their search for relief. The patients feel like they are in a limbo, where nobody knows if their condition is mainly emotional or physical. The only findings that explain the pain symptoms suggest a hypersensitivity of the nervous terminals associated with the perception of pain. Based on that, pharmaceutical companies designed several powerful medicines. However, there is no general or successful relief treatment for the complex symptoms of the fibromyalgia condition.

## **II. Traditional Chinese Acupuncture is a Hopeful Therapy for the Condition of Fibromyalgia.**

Traditional Chinese therapy classifies diseases by integrating the imbalances that cause symptoms based on the patient's lifestyle (nutrition, physical activity, and stress levels.) This method of classification allows for a more compatible therapeutic plan to treat the symptoms. Studies demonstrate the effectiveness of traditional Chinese medicine treatments, resulting in reduced pain and lesser emotional symptoms. Therefore, it is one of the most effective therapies available for fibromyalgia patients.

Traditional Chinese medicine treatment allows the reduction of pharmacological dependence and associated toxic effects. For a doctor, one of the most challenging problems to face is how to guide a patient through a recuperation path where they feel supported at all times by all members of their therapeutic team without promoting permanent pharmacological dependency.

## **III. Emotions: One of the Most Important Elements in the Condition's Development.**

Understanding the connection between emotions and the physical symptoms of fibromyalgia is very difficult for both doctors and patients alike. According to the traditional Chinese medicine vision, the emotional events are pathogens as real as

physical injuries. These emotional events can cause residual subconscious results in the memory, like energy scars interrupting the flow of energy within the acupuncture meridians that run throughout all parts of the body and organs. These events in our subconscious mind let us know they exist through physical and mental symptoms that manifest like alarms or loose ends from our past. These events could be memories about divorces, marital abuse, job harassment, or the loss of a loved one. The events can cause guilt, embarrassment, or anger, all of which activate symptoms through the autonomous nervous system like panic attacks, insomnia, anxiety, depression, and of course, pain throughout the body.

#### **IV. The Holistic Effect of Acupuncture on the Clinical Picture.**

According to my therapeutic vision of acupuncture the three main components of the person are the body, mind-emotions, and spirit, all in different energy frequencies connected by the meridians of acupuncture. The treatment of the affected body parts reconnects the mind and emotions with the spirit, promoting the integral well-being of the whole organism. In my book *Spirituality 103, The Key to Forgiveness*, I explain that the way to heal all the repressed emotions caused by guilt is forgiveness, and I also teach the exercises that have been effective with my patients.

The analgesic effects of acupuncture for the condition of fibromyalgia are the most effective of any therapeutic regimen to date.