

## Fibromyalgia Symptoms

### Dr St Amand's Guaifenesin Protocol Symptoms List

"Fibromyalgia has no set symptoms and many combinations from the following list are interwoven:

- **Central Nervous System:** Fatigue, irritability, nervousness, depression, apathy, listlessness, impaired memory and concentration, anxieties and suicidal thoughts. Insomnia and frequent awakening due to pain result in non restorative sleep.
  - **Musculoskeletal:** Pain and generalized morning stiffness could arise from muscles, tendons, ligaments and fascia of the shoulders, neck, entire back, hips, thighs, knees, ankles, feet, inner and outer elbows, wrists, fingers, and chest. Injured or old operative sites are commonly affected. Though fibromyalgia is described as a "non-articular" disease many know better: Joint pains with or without swelling, redness and heat are frequent. The litany includes foot or calf cramps, numbness and tingling of the face or extremities.
  - **Irritable Bowel:** (Often called leaky gut, spastic colon or mucous colitis). Symptoms include nausea (often brief, repetitive waves), indigestion, gas, bloating, pain, cramps, constipation alternating with diarrhea and sometimes mucous stools.
  - **Genitourinary:** Common are pungent urine, frequent urination, bladder spasms, burning urination (dysuria) with or without repeated bladder infections and interstitial cystitis. Vulvodynia (vulvar pain syndrome) includes vaginal spasms, irritation of the vaginal lips (vulvitis) or opening (vestibulitis) and painful intercourse (dyspareunia). It typically mimics a yeast infection but without the cottage-cheese discharge. Intense PMS and uterine cramping are common. Symptoms of fibromyalgia are worse premenstrual.
- Dermatological:** Various rashes may appear with or without itching: Hives, red blotches, itchy bumps or blisters, eczema, seborrheic or neurodermatitis, and rosacea. Nails are often brittle and of poor quality and hair falls out prematurely. Strange sensations are common such as cold, heat (especially palms, soles and thighs), crawling, electric vibrations, prickling, super-sensitivity to touch, and flushing that is sometimes accompanied by sweating.
- **Head, Eye, Ear, Nose, and Throat:** Headaches (migraines), dizziness, vertigo (spinning) or imbalance; dry eyes as well as itching and burning with or without sticky or crusty discharge upon awakening; blurred vision; nasal congestion and post-nasal drip; painful, burning tongue, mouth and abnormal tastes (scalded, bad or metallic); ringing in the ears (tinnitus) or lower-pitched sounds; ear and eyeball pain; sensitivity to light, sounds and odors.
  - **Miscellaneous Symptoms:** Weight gain; low grade fever; lowered immunity to infections; morning eyelid and hand swelling from fluid retention that gravitates to the lower extremities by evening where it stretches tissues causing restless leg syndrome.
  - **Hypoglycemia Syndrome:** This is a separate entity. Thirty percent of female and twenty percent of male fibromyalgics suffer both conditions (fibroglycemia). Symptoms greatly overlap those of fibromyalgia, but sugar craving accompanied by tremors, sweating, anxiety, panic attacks, heart pounding, faintness, and frontal headaches, especially if hunger induced, are solid clues to the diagnosis. Hypoglycemics must follow a prescribed diet or recovery will not be complete even with the reversal of fibromyalgia."

<http://www.fibromyalgiatreatment.com/the-guaifenesin-protocol.html>

**Other fibro symptoms:**

From over 7 years of personal experience and working with others with fibro, as well as Dr St Amand's website and physicians paper, the following are symptoms which have evidence of improvement or reversal on the GP treatment.

TMJ, growing pains (45% of fibro patients), Myofascial Pain Disorder, Mast Cell Activation Syndrome, hyper mobility, paresthesias (a feeling of pins and needles), Allodynia (pain from stimuli that shouldn't be painful, such as my cat walking across my lap), "restless leg syndrome" all over, fainting, decreased motor skills, spontaneous sharp or shooting pains in random areas, difficulty raising arms over head, jerky movements, tremors, all over swelling (not just hands or feet), vision changes, eye floaters, eye spasms, eye pain, conjunctivitis, dark circles under the eyes, blepharitis (inflammation of eyelids affecting lashes), excess ear wax, itchy ears, crusty ear discharge, excess saliva, dry mouth, sore teeth (pain when biting down), bleeding gums, chapped lips, heartburn/indigestion, loss of appetite, weight loss, difficulty swallowing, sore throat, sore and swollen lymph nodes, deep dry or wet cough, excess mucus, odors causing nausea or headaches, wheezing, labored breathing, Costochondritis (soreness or pain in the rib cage and upper breast bone), loss of lordotic curve (straight cervical spine) 14, chronic misalignment of cervical spine-especially C1 and C2, decreased libido, drowsiness, sleepiness, myoclonic jerks while falling asleep, nightmares, difficulty speaking, difficulty finding words, toe fungus, yellow nails, slowed hair growth or premature hair loss, changes in hair texture, sensitivity to crowds creating an anxiety or claustrophobic response.