

Fibromyalgia Symptoms

The primary fibromyalgia symptoms, such as all over pain, fatigue, non-restorative sleep, and cognitive dysfunction (memory and concentration) can be severe enough to mask other fibro symptoms. This became evident to me when as some symptoms improved on the guaifenesin protocol, others took their place. For instance, on days that I had less fatigue, I had more pain.

I've gathered the following list of fibromyalgia symptoms based on Google Scholar searches, Dr. St. Amand's website, and my own personal experience. I had all but with reversing these symptoms on the guaifenesin protocol, helping other fibro patients and Google Scholar.

You will see yourself in some, but not necessarily all of 155 fibromyalgia symptoms listed below. There are endless combinations of symptoms and degrees of symptoms that one may have, causing this disease to look different and affect everyone differently, especially at onset.

Central Nervous System:

Fatigue, irritability, nervousness, depression, apathy, listlessness, impaired memory and concentration, anxiety, suicidal thoughts, insomnia, frequent awakening due to pain resulting in non restorative sleep, drowsiness, sleepiness, myoclonic jerks while falling asleep, feeling of falling when going to sleep, nightmares, brain zaps, irregular heartbeat, heart palpitations, heart murmur, breathlessness, fainting or feeling like you might faint, cold hands and feet, restless leg syndrome, and multiple chemical syndrome.

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 affected, Joint pains with or without swelling, redness and heat are frequent, foot or calf cramps, numbness and tingling of the face or extremities, tight chest, paresthesias (a feeling of pins and needles), allodynia (pain from stimuli that shouldn't be painful), muscle weakness, imbalance, falling, dropping things, coordination difficulty, dystonia (involuntary muscle spasms), decreased motor skills, spontaneous pains in random areas, difficulty raising arms over head, jerky movements, tremors, [osteoarthritis](#).

Irritable Bowel Syndrome (IBS):

Nausea, indigestion, gas, bloating, pain, cramps, constipation, diarrhea, mucous stools, hemorrhoids, loss of appetite.

Genitourinary:

Frequent urination, pungent urine, burning urination (dysuria) with or without repeated bladder infections, interstitial cystitis (bladder and or pelvic pain), vulvodynia (vaginal spasms, irritation, painful intercourse (dyspareunia), vaginal discharge, bladder spasms, presents as a yeast infection without discharge, intense PMS and uterine cramping, Pelvic floor distress, including pain, urinary and **colorectal dysfunction**, painful sexual intercourse, symptoms worse premenstrual.

Dermatological:

Rashes with or without itching: Hives, red blotches, itchy bumps or blisters, eczema, seborrheic or neurodermatitis, and **rosacea**, brittle nails, hair falls out prematurely, hot or cold sensations, electric vibrations, prickling, super-sensitivity to touch, flushing, sweating, temperature sensitivity, difficulty regulating body temperature, toe fungus, yellow nails, pronounced nail ridges, **nails that curve under**, hangnails, torn cuticles, slowed hair growth or premature hair loss, changes in hair texture, lipomas (benign fatty lumps under the skin).

Head:

Headaches/migraines, dizziness, vertigo (spinning) or imbalance.

Eyes:

Pain, dry, itching/burning with or without sticky or crusty discharge upon awakening, blurred vision, light sensitivity can cause headaches, difficulty judging distances, not finding what you're looking for, sensitivity, vision changes, difficulty focusing, visual overload, eye floaters, eye spasms, conjunctivitis, dark circles under the eyes, **blepharitis** (inflammation of eyelids affecting lashes), swelling-morning eyelid swelling.

Ears:

Tinnitus-ringing or lower-pitched sounds, ear pain, sensitivity to sounds, excess ear wax, itchy ears, ear grit.

Nose:

Sinus pain, nasal congestion, post-nasal drip; sensitivity to odors strong enough to cause nausea or headaches, **nose bleeds**, decreased smell, allergies including late-onset hayfever or asthma.

Throat:

Excess saliva, excess mucus, loss of appetite and/or difficulty swallowing (from GERD), sore throat, swollen sore lymph nodes, wet or dry cough.

Mouth:

Burning mouth syndrome; (burning/scalding sensation, dry mouth with increased thirst, bitter or metallic taste, loss of taste, tingling, stinging or numbness), sore teeth (discomfort when biting down), bleeding gums, chapped lips, salivary gland problems (dry mouth, pain, swelling, fever, foul-tasting drainage into the mouth).

Miscellaneous:

Weight gain or loss, craving carbs, **lowered immunity** (low grade fever, frequent infections/colds), abdominal pain, digestive issues, **slow to heal**, tired, hand swelling, feet swelling, all over swelling), fibro symptoms can worsen after activity and stress.

Other:

- **Myofascial Pain Disorder** Tender sore muscles, trigger points/knots in muscles, muscle weakness, limited muscular range of motion.
- **Costochondritis** Pain that mimics a heart attack, soreness or pain in the rib cage and upper breast bone.
- **Temporomandibular Disorder:** Jaw/ear/facial pain, difficulty/painful chewing, locking jaw
- **Fibrocystic breast condition:** Fibrous, sore breast tissues
- **GERD-gastroesophageal reflux disease:**
Heartburn/indigestion, chest pain, difficulty swallowing, regurgitation of food or sour liquid, sensation of a lump in your throat
- **Mast Cell Activation Syndrome:**
Swelling, itching, rashes, inflammation, vomiting, headaches, chronic pain, flushing, diarrhea, constipation, fast heart beat, low blood pressure, fatigue, fainting, sweats, abdominal pain, mucus buildup, tightened airways, wheezing.
<https://www.webmd.com/allergies/what-is-mast-cell-activation-syndrome>
- **Mold Illness:**
headache, fatigue, skin rash, coughing, wheezing, difficulty breathing, dermatitis, central nervous system (memory/concentration), mood changes, ear infections.

The National Library of medicine's testing shows that 93% of their CFS/ME study participants tested positive for mold. Mold illness disrupts mitochondrial function.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705282/>

With the exception of osteoarthritis, if your symptoms are caused by fibro, they will reverse when given enough time and the correct type and dose of guaifenesin.

Not everything is Fibro. Please seek medical help for any new or persistent medical issues.

Lynn Victoria Phipps, Fibromyalgia Advisor
Updated August 15, 2024

<https://livingwithfibro-quaiprotocol.com>

<https://www.facebook.com/lwfibro>