

FIBROMYALGIA DISEASE



PATIENT DIET



► FIBROMYALGIA DIET: CHOOSE THE BEST FOODS TO MANAGE YOUR SYMPTOMS

Fibromyalgia is a condition which is characterized by a chronic disorder, and it causes fatigue, pain and tender points around your body. There are more chances for middle-aged women to develop this condition, rather than men, children and younger women, but still, they are also susceptible.

Making changes to one's lifestyle such as exercising, participating in physical and/or occupational therapy, reducing stress levels, and altering diet to be more nutritious can bring relief to those with the condition. You can also choose stem cell therapy in Delhi NCR for fibromyalgia from Stem Cell Care India.

Eating the right foods may help reduce the unpleasantness of fibromyalgia, but it should not be considered the primary cause of the condition. People should be aware that certain meals may worsen their symptoms and try to avoid those items.

Evidence suggests that people with chronic pain can benefit from an anti-inflammatory diet which is not a specific eating plan but provides guidelines that can help one to make healthy dietary choices.

► FOODS TO INCLUDE IN YOUR DIET PLAN

The foods you can consume may differ depending on the findings of the elimination diet, yet some are generally preferred while others are thought to aggravate fibromyalgia symptoms.



Dairy products: If you are looking for alternative milk products, there is an abundance of non-dairy products to pick from, ranging from rice, soy, almond, and oat milk to yogurts, creamy desserts and non-dairy cheeses made from cashews or tofu.

Whole grain food products: Whole grain, unrefined foods such as brown bread, pasta and rice are healthier for you than refined grains. These types of food are digested more slowly, preventing sharp fluctuations in blood sugar, while short-grain brown rice is both cooked quickly and easy to chew. Additionally, oatmeal is a nutritious choice, providing lots of vitamins, protein, and fiber.

Vegetables and fruits: Bananas are an excellent source of carbohydrates and essential vitamins and minerals, like B6 and potassium. Furthermore, non-citrus fruits are packed with beneficial digestive enzymes. Dried fruits, seeds, and beans are also rich in magnesium which helps the body absorb calcium. Incorporating dried fruits into snacks is a great way to reduce sugar intake. Lastly, certain vegetables, like cauliflower, cabbage, turnip, squash and carrots, may help with fibromyalgia.

Protein: Protein is important for muscle growth and repair, a factor that is especially important for people suffering from fibromyalgia. Increasing the intake of lean proteins, such as tofu, nuts and legumes, can help support muscle health. Additionally, some research has found that consuming an adequate amount of protein may help reduce fatigue and pain associated with fibromyalgia. Protein also helps keep blood-sugar levels stable, which can help reduce brain fog and irritability. Finally, protein can reduce inflammation levels, which may help reduce muscle and joint pain.

Omega-3 fatty acids: Eating foods rich in omega-3 fatty acids can offer anti-inflammatory benefits, beneficial for those suffering from joint pain. Options include salmon, Brussels sprouts, eggs, chia seeds, walnuts, sardines, flax seeds, and soybeans.

Herbs and spices: Antioxidants, which may help reduce inflammation, can be found in a variety of herbs and spices like turmeric, bay leaves, cinnamon, and more. Adding these to your meals can offer numerous health benefits.

Antioxidants: These foods will support your condition by strengthening the body's cells against oxidative stress and inflammation, both of which are known to be associated with this condition. Antioxidants also boost the body's natural defences and reduce swelling. Eating foods rich in antioxidants can help to reduce fatigue, muscle pain, and joint tenderness associated with fibromyalgia. Additionally, antioxidant supplements can be taken to supplement dietary needs and contribute to reducing inflammation and pain.s.

Vitamin D: If you suffer from fibromyalgia, vitamin D supplementation may help reduce your pain. Vitamin D is found naturally in swordfish, tuna, sockeye salmon, and eggs, and some foods are fortified with it, such as orange juice and milk. It can also be taken as a supplement or in cod liver oil, which provides both vitamin D and omega-3 fatty acids. You may also find that spending time outdoors increases your body's vitamin D levels.

Though treating fibromyalgia is challenging, incorporating various strategies that work together to help you feel your best is essential. Adopting a fibromyalgia diet may or may not improve your symptoms, but it is bound to benefit your overall health.

► **FOODS THAT YOU SHOULD AVOID WITH FIBROMYALGIA**

Eating the following foods could be harmful to those with autoimmune diseases due to their potential to cause increased inflammation and sensitivity reactions.



Sugar: By decreasing or removing sugar intake, one can reap a great deal of health benefits. This is due to studies demonstrating that foods high in sugar have been correlated to more severe symptoms of fibromyalgia. Additionally, reducing sugar helps maintain and regulate weight. This is vital because having excess body fat can lead to tiredness, inflammation, and increased pressure on the body.

Carbohydrates: The consumption of refined carbohydrates such as cookies, various breads, pastries, and white rice can lead to a rapid rise in blood sugar. Unfortunately, the effects are not long-lasting, resulting in a drop in blood sugar, causing the individual to become hungry again. This fluctuation in blood sugar levels can contribute to fatigue and pain in individuals with fibromyalgia, as well as create an unhealthy pattern of overeating.

Processed foods: Many processed foods are high in sugar and unhealthy fats, which in turn raise inflammation levels. Additionally, flavourings and preservatives in these types of foods may cause food sensitivities. Some of them are canned veggies, breakfast cereals, frozen meals, energy drinks and more.

Alcohol: Some research has suggested that moderate alcohol consumption may help to reduce symptoms in people with fibromyalgia, yet others have reported that drinking alcohol exacerbates their symptoms. Furthermore, consuming alcohol in combination with certain medications, such as anti-convulsive drugs, antidepressants, and acetaminophen, could lead to dangerous interactions.

The page features a decorative background with various fruits and vegetables. In the top left, there are red tomatoes and a green lime. In the bottom right, there is a large head of green broccoli, a bunch of green leeks, and a whole orange. The page is framed by a yellow and blue wavy border at the top and bottom.

Unhealthy fats: Fried foods are often linked to worsened fibromyalgia symptoms, due in part to their inflammatory effect due to being cooked in unhealthy oils, such as corn oil, safflower oil, or peanut oil. These oils are commonly found in processed foods like cookies, doughnuts, crackers, pizza, and cheese.

By emphasizing nutrient-rich foods, following a balanced diet, stabilizing blood sugar levels, staying hydrated, avoiding trigger foods, incorporating anti-inflammatory foods, and optimizing gut health, individuals with fibromyalgia can manage their symptoms. Mindful eating and considering dietary supplements can also be beneficial. Seeking professional advice from a healthcare worker or registered dietitian from a reputed stem cell clinic in Delhi can help support the implementation of dietary tips and identify a personalized meal plan.



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