

4 ESSENTIAL NATURAL REMEDIES FOR FIBROMYALGIA



Yoga

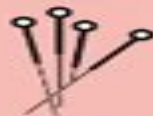
Yoga is ideal for people with fibromyalgia because it can be modified to fit each individual person's specific needs. Try these poses:

- Child's pose
- Legs up the wall pose
- Standing forward fold pose



Meditation

Meditation, or mindfulness, can be very therapeutic for fibromyalgia sufferers. Why? When you suffer from pain on a daily basis, it's easy to start to dwell on it. A mindfulness program can be effective at reducing and helping people cope with pain, anxiety and depression.



Acupuncture

The technique is carried out by practitioners who stimulate your nervous system by inserting thin needles through the skin. Manipulating the needles causes the body to release endorphins into the bloodstream, acting as a natural painkiller.



Tai Chi

Tai Chi is an ancient Chinese art that involves slow movements. A study showed that controlled breathing and movements promote a restful state and mental tranquility," two key components to raising pain thresholds and breaking the pain cycle.

For more tips on fibromyalgia, visit our site!
Learn more at painresource.com.

Natural Treatments For Fibromyalgia An A To Z Guide

Michal Rosen-Zvi



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