

“7 Things to Avoid if You’ve Been Labeled With Fibromyalgia- #7”

by

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7. Soy

“But I thought soy was heart healthy.” Don’t believe it. Soy is really cheap to grow and use as a protein source. That’s why it’s used in thousands of products. And yes, there are some good compounds that are in soy, like genistein and some isoflavones.

But the soy protein, is another story. It’s almost like casein and gluten. It’s everywhere. If you developed a leaky gut, (and I really haven’t found a patient labeled with fibromyalgia yet who doesn’t have a leaky gut) when you eat those major proteins, you’re just fueling the fire. You’re just stoking the fire and putting more gasoline on the flames that are already burning up your body.

Soy protein is in just about everything commercially prepared. You have to read labels.

If I were you ...if I really wanted to make a change and feel better..I would be on a gluten-free, casein-free, soy-free diet.

And anybody else that’s reading this that hasn’t been labeled with fibromyalgia but has just about any health condition...do yourself a favor. Go on that diet for 60, 90 days, and tell me you don’t feel better.

**Of course, there’s a lot of other things that you would need to know about what’s going on with you individually. Are you autoimmune? Are you not autoimmune? What is your blood sugar function? What is your hormone function?*

But on a basic level, you can change these dietary factors...like avoiding aspartame, avoiding MSG, sugar in all the forms we talked about, avoiding gluten, casein, and soy and caffeine. If you do that, you’re gonna have a hard time not feeling better.

I'd like you to come back to the blog and post a comment and let me know how you're feeling because people are emailing me privately all the time. In fact, I think I'll read one of those to you next episode – about people that are taking this general dietary advice. Their health is turning around, and I can't wait to share some of these with you.

If you've been labeled with fibromyalgia, or even have fibromyalgia symptoms--you will feel better if you avoid those seven things.

You know, I'm gonna go you one better.

Be somebody's hero. If you know somebody that's struggling with fibromyalgia, send them the link to this blog. Let 'em make up their own mind.

You'll be their hero, and they will thank you for it because they will feel better.



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