

“7 Things to Avoid if You’ve Been Labeled With Fibromyalgia-Part 5”

by

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I am going to be revealing the last three of the seven things you should avoid if you’ve been labeled with fibromyalgia.

So, as a quick review, the first four we talked about were:

1. Sugar
2. Aspartame
3. Monosodium glutamate
4. Caffeine

(if you missed that, just go [here](#) and pick up those pointers.)

And I want to reiterate that I call it being labeled with fibromyalgia because that’s what it is.

"Hey, I have fibromyalgia," that really isn’t telling us much.

The diagnosis of fibromyalgia is pretty generic. As you already can tell by the things I’ve told you to avoid and why...there’s a lotta different reasons why you could get labeled with fibromyalgia, and the real point is--why do you feel that way?

Is it an immune system dysfunction? Is it a neurological dysfunction of the frontal lobe?

If you’ve been labeled with "FIBROMYALGIA"-- please don't own it. And don't just give up. Investigate it, and let's find out what the heck is really going on so you can avoid feeling horrible for the rest of your life.

Until you find out what’s really going on, here are some other things that you can avoid.

Here's the next one on the list...Gluten.

Before you run away from the computer screaming "What will I eat!?" --let me explain each of these.

5. Gluten.

Now, if you know me at all, I have a big opinion on gluten because I have seen it ruin the health of so many people. Gluten is a protein that's found in wheat, barley, rye, and a few other grains, and there's nothing wrong with gluten---unless you have a problem with it.

About 70 percent of the United States Caucasian population has the genes that make them react to gluten, which means when they eat it, their immune system thinks it's an invader. It fires up and tries to kill it.

The problem that everybody has with understanding this is that **you don't have to have any symptoms.**

Two weeks ago I spent a weekend teaching a neurotransmitters and brain seminar in Houston to a room full of doctors---and I had a hard time getting *them* to understand this.

When you eat gluten and your immune system becomes inflamed and your immune system reacts, you don't necessarily know it. If you're lucky, you're the type of person who knows it when you eat that muffin and you feel like crap afterward.

But most people, even people that are sick--that have things wrong with them--don't have a symptom to go by. In fact, research shows that *over 50 percent of people that have full-blown celiac disease, which is like the worst kind (theoretically) of gluten sensitivity...they don't have G.I. symptoms.* So, get that out of your head right now.

If you really want to give yourself the best chance at feeling better again, get off of gluten and everything that contains gluten.

There's a lot of resources that I've put together for my practice members to help guide them through this kind of maze because it's everywhere, folks.

There's a couple of tests that I can do that will tell us if you're having a reaction. And will tell us if you have the genes that make you sensitive to gluten. Because you could have a gluten problem either because you have the genetics for it or because you've developed what's called a leaky gut.

A leaky gut means that particles of proteins and other things fall back through into your system, and your immune system recognizes them as invaders, and now it's

programmed. It's waiting to see those things again. When they show up—the immune system attacks and inflammation flares up all over the body.

So, I have seen hundreds of people in my practice – hundreds – of all ages have a reaction to gluten that they didn't know---that when we get on a gluten-free diet, the majority, if not all, of their problems started to resolve.

Gluten is not "the thing that causes all diseases" or something stupid like that. But--gluten is a huge, huge factor, especially if you've been ill or sick for any length of time and "no one knows what's wrong. "

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