

Homeopathic Healthcare
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Fibromyalgia

I have chosen the following case because it illustrates both the efficacy of homeopathic treatment for fibromyalgia and one of the “realities” of homeopathic clinical practice; namely, that it can sometimes require persistence and constant inquiry before the “simillimum,” the truly curative remedy, reveals itself.

Ms. Q, 64 years of age, first consulted me almost two years ago for fibromyalgia and chronic fatigue, osteoarthritis, esophageal reflux, and allergies. She had a very extensive past history of ailments and surgeries and she was on a number of medicines, including Synthroid, Estrace, Claritin, Wygesic, Elavil, Ambien, Pevacid, and allergy shots monthly.

Her extreme fatigue dated from over twenty-five years ago when a dear friend of hers died. Her fibromyalgia symptoms consisted of marked pain and soreness (with tender spots) of the neck, upper back, trapezius muscles, and shoulders, extending down into the arm, elbow and wrists. Additionally there was pain of the lower extremities of a shooting and aching quality. Her pains were worse the more she was up and moving, from exertion and long car rides; they were helped by warm applications. She was also very sensitive to noise, which at times caused headaches.

Ms. Q said that she had suffered a lot in her life, having felt neglected and insecure as a child; she suffered a bad marriage (her husband was unfaithful) and, later, the death of her lover. All of these griefs had exerted a toll on her, though she remained loathe to complain of them to anyone. She was strong-willed and independent, non-confrontational, sympathetic to others’ pain, and, in her words, eccentric. She tended to suppress her temper.

She was sensitive to cold weather and also excessive heat. She enjoyed the warm sun. Sleep had always been problematic for her. She ground her teeth at night. She was unable to go longer than 4 hours without eating or she would suffer headaches and nausea. She craved sweets and chocolate.

Over the ensuing two years of treatment, during which she noted some degree of improvement of her varied symptoms, though never to a dramatic extent, she received four different homeopathic remedies. Though less intense, her basic symptoms remained the same.

Then in July of last year she just happened to mention some symptoms which she had previously neglected to describe. She said that when depressed, a recurring problem, she noted a bitter taste in her mouth. Additionally, she confirmed that damp weather aggravated her pains. What was especially revealing, however, was her newly described aversion to bad odors, especially that of fish, which she found thoroughly repulsive. And, lastly, she admitted to an intense fear of mice. These peculiarities provided a fresh perspective on her case, and they were all consistent with the remedy *Colchicum* (meadow saffron). When added to her previously described symptoms of pains worse from motion and excessive appetite with stomach pain when hungry, her case finally, gratefully became clear. *Colchicum* was prescribed with dramatic results. Her pains melted away, her mood and energy lifted considerably, and the intense gastric symptoms were ameliorated.

Fibromyalgia is a condition frequently benefited by homeopathic treatment. In fact, a 1989 study published in the *British Medical Journal* confirmed the effectiveness of *Rhus toxicodendron* in providing symptom relief in some cases of fibromyalgia. Fibromyalgia is a systemic disease and one associated with a number of other complaints; eg, hypothyroidism, insomnia, depression, irritable bowel syndrome, food allergy, poor concentration, etc. There are a number of homeopathic medicines effective for fibromyalgia, but each individual case must be carefully analyzed so that the correct remedy can be found. Consequently, consultation with a professional

homeopathic physician is recommended. Self-treatment is unlikely to produce good, lasting results.

A few of the more common homeopathic remedies required for fibromyalgia include: **Rhus toxicodendron, Cimicifuga, Causticum, Phytolacca, Gelsemium, Kalmia, Natrum muriaticum, Ignatia, Kali carbonicum** (and other Kali's), **Staphysagria**, etc.

There are, in addition, a number of botanical and nutritional agents that can provide significant relief, among them: SAmE (s-adenosylmethionine), 5-hydroxytryptophan, MSM (methyl sulfonyl methane), coenzyme Q10, pancreatic enzymes, and malic acid with magnesium, etc. Identification and avoidance of food allergens can also provide significant relief.

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