



TOP 24 REASONS YOU STILL HAVE FIBROMYALGIA



Please watch
INTRO VIDEO FIRST

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1: LOW VITAMIN D

Vitamin D is needed in every single cell of your body.

The optimal Vitamin D range on lab testing should be around 80ng/mL (1).



2: LEAKY GUT

80%-90% of your immune system is located in your small intestine. A bad gut will cause chronic muscle pain. (2)



3: PCOS/ENDOMETRIOSIS

PCOS/Endometriosis can increase levels of oxidative stress causing more pain. (3)



4: LEAKY BRAIN

Your brain is designed to DAMPEN pain in your body. If you have a leaky brain, you'll have more pain. (4,5)



5: ANTIBIOTIC USE

This will cause damage to your gut and mitochondria. (6)



6: TRY A PALEO DIET

This diet will eliminate foods you may be reacting to increasing pain. (7)



7: ANEMIA

Sub-clinical anemia is very common. If you have poor iron status your muscles can't get good oxygen and this will cause more pain. (8)



8: GLUTEN

Most people that have fibromyalgia are sensitive to gluten which causes more pain. (9)



9: MAGNESIUM

60% of Americans are deficient in magnesium. Magnesium is needed to relax your muscles. (10)



10: FISH OIL

Fish oils are needed to support your cell membrane health. If your cell membranes aren't healthy this will cause pain. (11)



11: MOLD

This is HUGE... Real simple. If you have mold in your body and don't know it you will be stuck in an inflammatory cycle. (12)



12: SICK MITOCHONDRIA

Mitochondria produce energy. If you have sick mitochondria you have poor energy production. (13)



13: H.PYLORI INFECTIONS

H Pylori can cause more stress on your nervous system and contribute to more pain. (14)



14: BLOOD SUGAR PROBLEMS

High or low sugar spikes cause inflammation which will cause more pain. (15)



15: HYPOGLYCEMIA

This is a stat of LOW blood sugar. If you don't have enough glucose your cell can't make energy, which will cause more pain. (16)



16: AUTOIMMUNE DISEASE

80% of all patients diagnosed with autoimmune diseases are women. Autoimmune disease will cause pain. (17)



17: HORMONE DYSREGULATION

Low or high estrogen, progesterone, DHEA, testosterone and insulin will cause more pain. (18)



18: HIGH OXALATES

oxalates form small crystals in the muscle and will cause pain. (19)



19: IRON OVERLOAD

A lot of women have too much iron, this will cause MASSIVE inflammation in your body. (20)



20: LOW BLOOD PRESSURE

Blood pressure lower than 105/75 can cause your muscles to not get enough oxygen and this will cause pain. (21)



21: POOR SLEEP

Your body does most of its healing at night. (22)



22: LOW WHITE BLOOD CELL

Chronic low white blood cell counts can indicate chronic viral infections like Epstein-Barr virus. (23)



23: AUTOIMMUNE DISEASE AGAINST YOUR THYROID

90% of hypothyroid cases are autoimmune. You need to get to the root cause of autoimmune disease. (24)



24: NOT ENOUGH DIGESTIVE ENZYMES

Gas, bloating, constipation and diarrhea are all signs you need enzymes. Poor enzyme production will cause more pain. (25)

ABOUT DR. HUGH WEGWERTH D.C.

Functional Medicine Doctor



Dr. Hugh Wegwerth champions the phrase "Where there is help, there is hope," in all aspects of his professional practice. With a passion for holistic medicine and functional neurology, Dr. Hugh has traveled throughout the country to obtain a vast knowledge base that surpasses traditional medicine.

With over two decades of experience in Holistic Care and Functional Medicine, Dr. Hugh maintains a dedicated approach to wellness care for his patients.

It's not as simple as spending ten minutes with a patient and writing a prescription. There are complexities to each individual case that require closer attention. This is Dr. Hugh's commitment to each of his clients.

Dr. Hugh's expertise lends itself to providing help for some of the most difficult cases. He has worked with and provided healing success stories for a number of different hard-to-treat conditions including Hypothyroid, IBS, Crohn's Disease, Chronic Fatigue, Autoimmune Diseases, Dysautonomia, Hormonal Issues, Sleep Problems, Neuropathy, Antibiotic Poisoning (Floxed symptoms), Gluten Sensitivity, and other Food Allergies. If you are struggling with any of these issues and need a functional medicine doctor, you've found him. Contact Dr. Hugh now.

Dr. Hugh has been practicing functional medicine for over 20 years. He graduated from Northwestern College of Chiropractic in 1999 as a Doctor of Chiropractic.

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