



≉2: LEAKY GUT

in your small intestine.





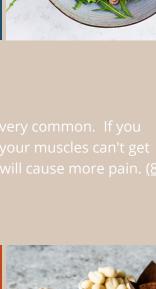
5: ANTIBIOTIC USE%

pain. (9)

9: MAGNESIUM%

8: <u>GLUTEN</u>

7: ANEMIA









≱14: BLOOD SUGAR PROBLEMS High or low sugar spikes cause

15: HYPOGLYCEMIA%

This is a stat of LOW blood sugar. If you don't

pain. <u>(15)</u>



(17)

17: HORMONE *

DYSREGULATION





₩20:

23: <u>AUTOIMMNE DISEASE</u>

21: POOR SLEEP 🐁

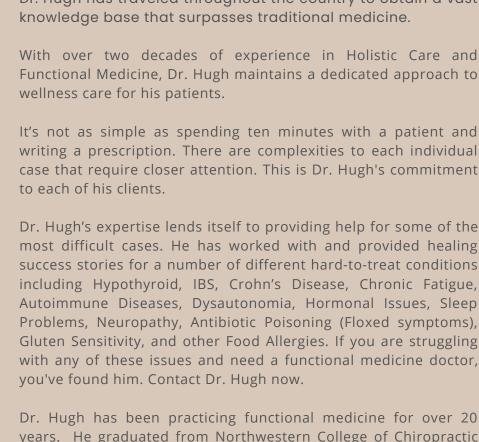
With a passion for holistic medicine and functional neurology, Dr. Hugh has traveled throughout the country to obtain a vast knowledge base that surpasses traditional medicine. With over two decades of experience in Holistic Care and

investigation https://www.verywellhealth.com/neuroinflammation-in-fibromyalgia-4689040#citation-1 Oral fluoroquinolones and risk of fibromyalgia Dietary interventions in fibromyalgia: a systematic review

Determining the association between fibromyalgia, the gut microbiome and its

Evidence for an association between endometriosis, fibromyalgia, and autoimmune

Brain glial activation in fibromyalgia - A multi-site positron emission tomography

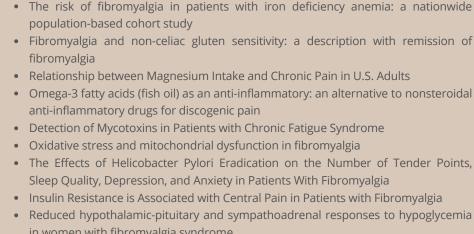


in 1999 as a Doctor of Chiropractic. REFERENCES • The Efficacy of Vitamin D Supplementation in the Treatment of Fibromyalgia Syndrome and Chronic Musculoskeletal Pain

biomarkers: A systematic review

diseases

- Daily fluctuations of progesterone and testosterone are associated with fibromyalgia pain severity Toxic Superfoods: How Oxalate Overload Is Making You Sick Interplay Between Iron Overload and Osteoarthritis: Clinical Significance and Provocation of hypotension and pain during upright tilt table testing in adults with The role of sleep in pain and fibromyalgia



The "chronic, active Epstein-Barr virus infection" syndrome and primary

- in women with fibromyalgia syndrome Neuroimmunology: What Role for Autoimmunity, Neuroinflammation, and Small Fiber Neuropathy in Fibromyalgia, Chronic Fatigue Syndrome
 - fibromyalgia

1: LOW VITAMIN D%

80%-90% of your immune system is located

A bad gut will cause chronic muscle pain. (2)

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

ANTIBIOTIC

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

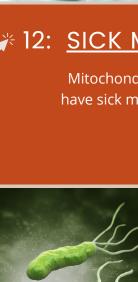
Most people that have fibromyalgia are sensitive to gluten which causes more

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: MOLE



energy, which will cause more pain. (16)



LOW BLOOD PRESSURE

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.

Dr. Hugh has been practicing functional medicine for over 20 years. He graduated from Northwestern College of Chiropractic

 Oxidative stress and mitochondrial dysfunction in fibromyalgia The Effects of Helicobacter Pylori Eradication on the Number of Tender Points, Sleep Quality, Depression, and Anxiety in Patients With Fibromyalgia Insulin Resistance is Associated with Central Pain in Patients with Fibromyalgia

with disease activity

🚁 12: SICK MITOCHONDRIA Mitochondria produce energy. If you have sick mitochondria you have poor energy production. (13) 13: H.PYLORI INFECTIONS 🔏

inflammation which will cause more ★16: <u>AUTOIMMUNE DISEASE</u>

¥18: <u>HIGH OXALATES</u> oxalates form small crystals in the muscle and will cause pain. <u>(19)</u>

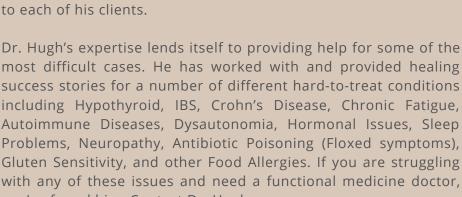
> like Epstein-Barr virus. (23) AGAINST YOUR THYROID

24: NOT ENOUGH

DIGESTIVE ENZYMES

22: LOW WHITE BLOOD CELL

Chronic low white blood cell counts can indicate chronic viral infections



Relationship between Magnesium Intake and Chronic Pain in U.S. Adults Omega-3 fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal

Fibromyalgia in patients with thyroid autoimmunity: prevalence and relationship