Fibromyalgia

Frayed wires and a volume knob stuck on high: fix the wires and the sleep.

1. Get the sleep fixed before anything else. Nothing repairs while you are awake.
2. Walk in warm water, or walk on land, starting absurdly low. Five minutes. Then six.
3. Protein at every meal, salt your food, cut sugar and seed oils, and try four weeks low-histamine if you flush or react to foods.
4. Supplements, in order: magnesium, vitamin D, the mitochondrial stack (CoQ10, acetyl-L-carnitine, alpha lipoic acid), B12 and thiamine, then PEA and apigenin for the pain and the mast cells. Brands and doses at the bottom.
5. Pace with data (HRV), not with how brave you feel that morning.
6. Get ferritin, vitamin D, B12 (the real test, MMA), magnesium, thyroid with free T3, and a morning cortisol checked. "Normal" panels miss this picture every time.
7. If you are bendy, read the fibromyalgia as hypermobility with pain, because that is usually what it is.

What to track. Pain, fatigue, and sleep scores monthly; ferritin, MMA, vitamin D, and free T3 at 12 weeks.

Educational content written from a research perspective, not medical advice. Katelin Hubbard, PhD is a scientist, not a physician, and does not diagnose, treat, cure, or prevent disease. Take anything you want to try to your own healthcare provider, especially if you take prescription medication.