

Fibromyalgia Pain - A model based approach

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Fibromyalgia pain is widespread pain associated with Chronic Fatigue Syndrome and Fibromyalgia. The pain is often reported at locations that pain is not typically seen, resulting in some MDs viewing the pain as psychosomatic.

Model of cause:

There are several research findings that can be explained by one model, a model that suggests a treatment approach that is consistent with these findings.

- Brain abnormalities/trauma due to unknown causes is causing the brain to report pain but there may not be actual pain there¹. A classic example is amputees reporting itches on legs that have been amputated.
- Hypoxia in tissue causing pain signals to be produced².
- High incidence of coagulation abnormalities³.

Hypo-perfusion (not sufficient oxygen penetration in tissue) has been documented in Fibromyalgia brain scans⁴ as well as tissue⁵. *The treatment approach is to improve penetration of oxygen and nutrients into the tissue.* A second dimension is treating inflammation⁶ inhibiting oxygen penetration.

Treatment Target: Hypo-perfusion

There are a small number of substances that have been documented to increase penetration of antibiotics into tissues or dissolving fibrin (blocking penetration). It is assumed that the same substances will increase penetration of oxygen and nutrients into tissues. The substances are enzymes called:

- Bromelain⁷
- Serrapeptase⁸

¹ <http://www.ncbi.nlm.nih.gov/pubmed/22294427>,
<http://www.ncbi.nlm.nih.gov/pubmed/22094201>, <http://www.ncbi.nlm.nih.gov/pubmed/22211322>,

² <http://www.ncbi.nlm.nih.gov/pubmed/10952750>, <http://www.ncbi.nlm.nih.gov/pubmed/2691674>

³ <http://www.ncbi.nlm.nih.gov/pubmed/10695770>,
<http://www.ncbi.nlm.nih.gov/pubmed/12888300>

⁴ <http://www.ncbi.nlm.nih.gov/pubmed/20374641>

⁵ <http://www.ncbi.nlm.nih.gov/pubmed/17376601>

⁶ See <http://lassenen.com/publications/AutoimmuneInflammation.pdf>

⁷ <http://www.ncbi.nlm.nih.gov/pubmed/5282389>,
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1429694/pdf/brjclinpharm00285-0080.pdf>

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- Nattokinase⁹
- Lumbrokinase¹⁰

The latter is also documented to improve cerebral infarction (brain trauma).

Suggested Protocol

The following is intended as a discussion document between you and your medical professional. It is not medical advice.

Overview:

The goal is to take at least two of the above four enzymes to see if they will reduce the pain level. Taking all of the enzymes can be beneficial because each work in slightly different ways. After at least two weeks on them, you may wish to augment them with anti-infection agents for example prescription antibiotics or natural antibiotics. These anti-infection agents will penetrate deeper with higher tissue concentrations and may reduce or eliminate some of the infections suspected to cause inflammation and other symptoms seen with fibromyalgia.

Planning

Measuring pain is a difficult item to do. Before starting the protocol, think of how you can measure it before, during and after the protocol. Some suggestions are:

- Count the number of pain points that you react to each day at the same time of day
- The time it takes to do an easy-version of Sudoku on a website.

You should try hard to get some form of quantifiable measure to see if there is an impact, and record it on a daily basis.

Ramping up

You should start taking just one capsule of one of the enzymes and increase it by one capsule a day until you are up to 2-4 capsules/tablets of each. Existing infections may be contained behind fibrin barriers which these enzymes may dissolve. Your body may show signs of fighting off an infection. If such symptoms show up, do not increase the dosage further until the symptoms ease.

Maintenance

Once you have finished your bottles of enzymes, you need to determine if your symptoms decrease and whether to continue taking these enzymes.

⁸ <http://www.ncbi.nlm.nih.gov/pubmed/3525882>, <http://www.ncbi.nlm.nih.gov/pubmed/7001087>,
<http://www.ncbi.nlm.nih.gov/pubmed/853579>

⁹ <http://www.ncbi.nlm.nih.gov/pubmed/2123064>, <http://www.ncbi.nlm.nih.gov/pubmed/19358933>

¹⁰ <http://www.ncbi.nlm.nih.gov/pubmed/18597751>,
<http://www.ncbi.nlm.nih.gov/pubmed/12957313>, <http://www.ncbi.nlm.nih.gov/pubmed/11321442>

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Adjunct Anti-Infection Course

A byproduct of the enzymes is better penetration of anti-virals and anti-biotics. Part of the mechanism of these enzymes is the reduction of inflammation which is know to reduce the effectiveness of anti-biotics and anti-virals. The best non-prescription anti-infection substance is Olive Leaf which has been demonstrated to be be both an effective antibiotic¹¹ and an effective anti-viral¹².

The suggested approach is to wait until you are taking all of the enzymes above; then take one capsule of olive leaf extract (or other antibiotic) each evening just before bed. Often a heavy sleep will result within an hour. When the sleep effect lessen, increase the dosage.

When the bottle of olive leaf extract is finished, a Vitamin A pulse¹³ is suggested to encourage the body to attack any remaining infections. A Vitamin A pulse means taking 150,000 IU of Vitamin A for three days. As with Olive Leaf, it is suggested that Vitamin A be taken before bed.

Material Summary

One or more bottles of

- Bromelain
- Serrapeptase
- Nattokinase
- Lumbrokinase
- Olive Leaf Extract

¹¹ <http://www.ncbi.nlm.nih.gov/pubmed/20106659> ,
<http://www.ncbi.nlm.nih.gov/pubmed/21501041>

¹² <http://www.ncbi.nlm.nih.gov/pubmed/15869811> , <http://www.ncbi.nlm.nih.gov/pubmed/12878215>

¹³ http://www.springboard4health.com/notebook/v_a.html

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