

5 Simple Ways to Reduce Fibromyalgia Symptoms

One of the biggest things I find while researching is how hard of a time people are having finding relief from the chronic pain of Fibro. I took some time to research some Inexpensive Home Remedies for Fibromyalgia that others have been raving about. It is important to remember that not everything works the same for everyone. Many people with Fibro hardly find any relief, but some do find these remedies to be very useful.

1. Sleep

Doesn't cost you a dime, well unless you need medicine to help sleep. Getting enough sleep is more important than you might think. Fatigue is a main symptom of fibromyalgia, so making sure you get your rest is essential. It is recommended to try to practice a sleep schedule, getting up and going to bed the same times each day.

2. Gentle, moderate exercises

Though exercising can seem to hard to do at times, consistent exercise can help ease symptoms and keep you functional. Here are some exercises you may want to try: walking, swimming, biking and water aerobics. Stretching, good posture and relaxation exercises can also prove beneficial. Not too little, but not too much. Too little will allow your muscles to become stiff and sore but too much will make them ache like crazy.

3. Healthier diet.

Sugar, Gluten, fat and carbs, seem to exasperate the condition. Try sticking with your natural foods, whole grains, fresh fruit and vegetables.

4. Lower your stress.

Work on a plan to lower your overexertion and stress. Devote some time each day just to relax and chill. Even if it's only for 5 minutes a day, will make a big difference. Try stress management techniques, such as deep-breathing exercises or meditation.

5. Keep a Journal

I know this takes time to do, but getting your feeling out there is a great form of therapy. Holding all your feelings inside causes a lot of tension, and that can really effect your Fibromyalgia.

I wish you all the best of luck. You are living with a difficult chronic condition. Take good care of yourself. That's always the best place to start.

"5 Simple Ways to Reduce Fibromyalgia Symptoms" is brought to you by www.myfibromyalgiadiet.com