

## [Reverse Fibromyalgia with Detoxification, Organic Food and Natural Medicine](#)

*In a seven-minute video produced by natural living expert Larry Cook, Dr. Arlan Cage, ND - a California Licensed Naturopathic Doctor - explains how he uses the principles of natural living and natural medicine to reverse Fibromyalgia.*

*Online PR News* "11-May-2010" In a seven-minute video produced by natural living expert Larry Cook, Dr. Arlan Cage, ND - a California Licensed Naturopathic Doctor - shares how he uses the principles of natural living, such as detoxifying the body, eating whole organic food and using Naturopathic Medicine, to successfully reverse Fibromyalgia (video: <http://www.thenaturalguide.com/nd/ac-fibromyalgia.html>).

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Fibromyalgia essentially means fibrous, achy muscles. The pain is located in the soft tissues but not the joints, meaning where muscles and tendons insert into bones. Fibromyalgia can affect either side of the spine and its especially common at the base of the skull, the shoulders, the back and the hips and thighs.

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**Whats interesting to note is that when any tissue in the body becomes deficient in iodine, it will become fibrous and painful and even possibly develop cysts and nodules, which is often the case in people diagnosed with Fibromyalgia.**

Dr. Cage says, I have found that all of my Fibromyalgia patients test positive for heavy metal toxicity and that most of them are deficient in the element iodine." "Whats interesting to note is that when any tissue in the body becomes deficient in iodine, it will become fibrous and painful and even possibly develop cysts and nodules, which is often the case in people diagnosed with Fibromyalgia.

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When someone with Fibromyalgia comes to see me I'll do an exhaustive health history, a physical examination, confirm they have pain in the typical areas associated with Fibromyalgia, and do a urine test to check for heavy metal poisoning as well as iodine deficiencies." "I use lab results, their symptom profile and lifestyle factors to prescribe whole organic food, nutritional supplementation, chelation therapy (detoxification), botanical medicine, homeopathic remedies and appropriate lifestyle modifications to fully reverse their Fibromyalgia." "Depending upon the severity of the heavy metal burden, most of my patients will be completely pain-free within six months to a year-and-a-half, says Cage.

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Naturopathic Medicine is a natural medicine model that emphasizes the identification and treatment of the root cause of disease in order to restore health. Conventional and alternative diagnostic testing is used to evaluate the root cause of disease symptoms and then diet and lifestyle modifications are prescribed along with appropriate nutrients, botanical medicine, homeopathic remedies and other natural therapies to enable healing of the affected areas of the body.

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Mr. Cook says, Natural living works because the body will heal itself when given the right conditions. When people take full responsibility for their food choices and lifestyle choices that affect overall health and also decide to work with a qualified natural medicine professional such as a Naturopathic Doctor, symptoms of Fibromyalgia will completely disappear. To watch the video of Dr. Cage share how he successfully diagnoses and treats Fibromyalgia, visit <http://www.thenaturalguide.com/nd/ac-fibromyalgia.html>.

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To learn more about natural living, visit <http://www.thenaturalguide.com>.

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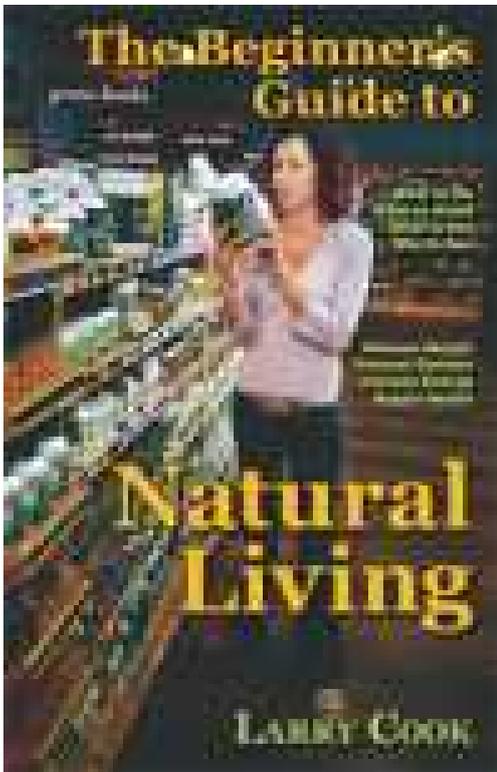
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### Image Gallery



Larry Cook, author of *The Beginner's Guide to Natural Living*, interviews Dr. Arlan Cage, ND.





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