

## Fibromyalgia and nutrition: Therapeutic possibilities?

Geir Bjørklunda,<sup>\*</sup> Maryam Dadarb, Salvatore Chirumboloc, Jan Aasethd,<sup>e</sup> aCouncil Mo i Rana, Norway bRazi Vaccine and Serum Research Institute, Agricultural Research, Education and Extension Organization (AREEO), Karaj, Iran cDepartment of Neurological and Movement Sciences, University of Verona, Verona, Italy dResearch Department, Innlandet Hospital Trust, Brumunddal, Norway eInland Norway University of Applied Sciences, Elverum,

### Setting the scene:

**Fibromyalgia** (FM) is a complex chronic condition of unknown etiology, **characterized by** deep and wide spread pain, sleep problems, cognitive impairment, fatigue, and other functional symptoms. **The imbalance of nutritive components**, including essential metal ions and vitamins, might play a critical role in the development of FM. Muscle pain has been associated with deficiencies in amino acids, magnesium, selenium, vitamins B and D, as well as with the harmful effects of heavy metals, such as mercury, cadmium, and lead. The aim of this study to examine the effect of metals and vitamins on FM pain.

### What did they do?

The relationship between **FM** and **nutrition** has been **recently reviewed**. **Dietary habits in female subjects with FM** may affect the course of this disease. **The metabolic syndrome** which characterized by **arterial hypertension, obesity and increased risk of stroke** may worsen FM-related pain. Several articles indicate the benefits of adequate nutritive advice to FM patients. After following a diet rich in anti-oxidant nutrients, **clinical improvement** in FM symptoms was reported. **Both nutrition and exercise-based protocols** have been suggested in the treatment of FM. **The results** reveal that good nutritional and exercise-based suggestions are **reducing FM incidence and treat mood disorders as vitamins B & D deficiency are related with anxiety behavior**. The results show also **significant decrease in muscular pain associated with fibromyalgia** when the patients followed a diet rich with **minerals and metals**.

## Takeaway message:

We can't ignore the dietary plan while treating fibromyalgia patients. Exercise rehabilitation program should be parallel to the dietary plan for symptoms significant improvement.