



HELP FOR FIBROMYALGIA

for you is..." or "Looking back, I wish I would have known..." Along with reducing, reusing and recycling, going green is a spiritual practice.

8. Make Something Beautiful

Beautifully mark the occasion by creating a one-of-a-kind gift for the baby. Ask friends and family to paint their palm and leave a handprint on an oversized plant pot, to be kept in the nursery. Gather scraps of fabric and invite attendants to cut out a heart shape, write their name on it and adhere it with fabric glue to a pillowcase for the baby to rest on. Don't worry if the project is perfect, the intention already is.

9. Do Everyone a Favor

Say farewell with seasonal gifts, such as small pumpkins in the fall or packets of seeds in the spring. Better than any token of appreciation will be the memories that friends and family take home.

10. Thank You

Everyone enjoys receiving a thank you; make sure yours sticks by mailing a photo magnet to guests. Develop pictures of the party, cut and glue a photo to discarded cardboard and "lamine" with packing tape, then attach a craft magnet to the back. Insert the magnet into an envelope and write, "You helped make the day picture perfect" on the inside flap. This personal keepsake helps preserve the memories and the environment.

Helen Coronato is an author, speaker and consultant. Her latest book, Eco-Friendly Families, is packed with concrete advice, useful tips and fun strategies for families who want to go green. Visit HelenCoronato.com.



"Too many mornings I'd wake up in mental paralysis silently asking my body what kind of day this would be. As long as I could stay still I could hope for a day without pain. I knew that the slightest stirring would reveal whether or not this nightmare called 'Fibromyalgia' would be over." —Pamila Lorentz

by Pamila Lorentz

Fibromyalgia Syndrome (FMS) affects approximately 2% of the U.S. population and eighty to ninety percent are women. FMS is largely characterized by chronic widespread joint and muscle pain for at least three months, with specific pain in at least 11 of 18 tender points. FMS is diagnosed by doctors, and usually appears between the ages of 20 and 50. Symptoms often appear after a physical or emotional trauma, according to the Los Angeles Fibromyalgia Foundation.

Generally, symptoms are treated with drug therapy, including muscle relaxants, pain medicines, anti-inflammatories, antidepressants and sleep medication. Typical medical strategies focus on decreasing pain and increasing daily function, but natural complementary therapies can help, too. Complementary therapies include massage, acupuncture, non-impact aerobic exercise like swimming and yoga, therapeutic essential oils and diet restrictions.

In a Los Angeles Fibromyalgia Foundation research study, data indicates involvement of the immune system with FMS and suggests an underlying inflammatory condition of the skeletal muscles that had been previously undetected. To help with inflammatory conditions relating to FMS, Inflammation Reduction Therapy (IRT) is used to address the sources of congestion and improve function while decreasing pain from inflammation. This therapy program integrates aspects of reflexology, Zone therapy, therapeutic essential oils, manual lymph drainage and isolated stretching. In my own personal journey through FMS, the most significant turning point came with a regimen of deep lymph drainage therapy and nutritional mucolytics that facilitated the release of congestive fluids within the muscle cells and lymph system.

Only someone who has been through or is going through a battle with FMS can truly understand its debilitating effects. If you think you may be affected, see your doctor. Although science is on the cusp of identifying the cause of FMS, it helps to know that we have effective natural complementary therapies and don't have to wait for science to provide a cure. We have the resources now to help ourselves regain freedom of movement and freedom from chronic pain.

For more information on IRT, visit FibromyalgiaTreatment.com or call Pamila Lorentz, MSW, RN, LMBT, at Center for Health Integration (803)749-1576 or visit CenterForHealthIntegration.com. Center for Health Integration is at 1204 Lexington Ave in Irmo.