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Mind, body and fibromyalgia

There is reciprocal relationship between mind and body that sometimes is broken. When this happens, such interruption may manifest itself like pain sensation as well as general uneasiness.

Our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our biological functioning. Indeed, in our everyday life what we do with our body when we socialize, eat, we think, we exercise or even our posture can impact our mental state.

This results in a complex interrelationship between our minds and bodies. Clinicians working in the sphere of chronic pain often handle patients with a particular syndrome called Fibromyalgia. This debilitating illness is characterized, primarily, by musculoskeletal pain, fatigue, sleep disturbances, stiffness and in some cases also depression, panic disorder and simple phobia.

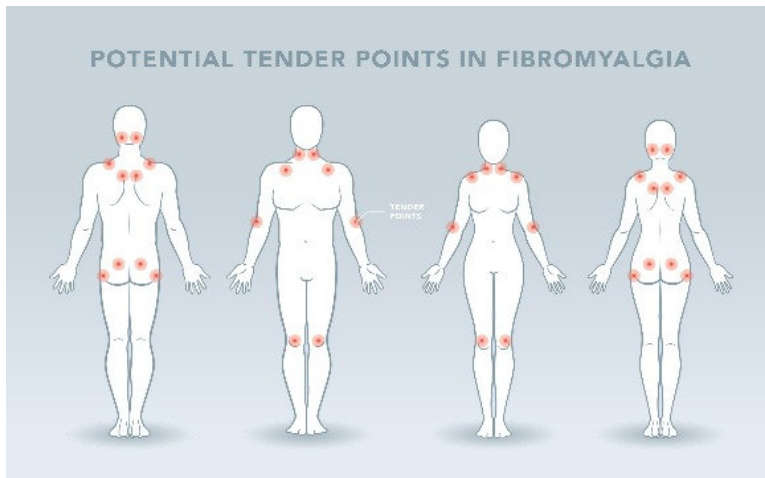


by Ethidea ReD team



Like a broken clock with its springs fully charged, fibromyalgia patients experience a condition where, no matter the interior energy they feel, persistent pain and negative moods impair their ability to conduct normal live.

The ongoing pain from fibromyalgia is physically limiting and demoralizing, leads to affective disorders and a reduction in social and personal contacts, and causes alteration in personal relationships, changes in social roles and increased reliance on health care and social services. It is important to note that fibromyalgia symptoms may not manifest altogether, but no matter which comes first it is very likely that dangerous loops are generated.



Chronic pain generates negative moods and vice versa, leading patients to experience stress and discomfort.

Even though fibromyalgia, or conditions very like it, have been reported for hundreds of years, information about both its aetiology and, most important, its management are still poor. Indeed, rarely a fibromyalgia patient reaches a complete recovery. As mentioned, it is not completely known what might activate fibromyalgia symptoms and the well localized pain (18 tender points) spread over the all patient body.

On one fact, however, doctors seem to converge. Fibromyalgia arises after psychosomatic shocks that may alter a variety of metabolic and cognitive conditions. In other words, when our body equilibrium is altered by endogenous as well as exogenous conditions. Dysregulated diet, toxins, bowel inflammation, hormones imbalance, immune system dysfunctions, muscle and/or bone traumas, bacteria or viral infections, psychological traumas are only a few examples of endogenous and exogenous threats to which our body is constantly exposed.

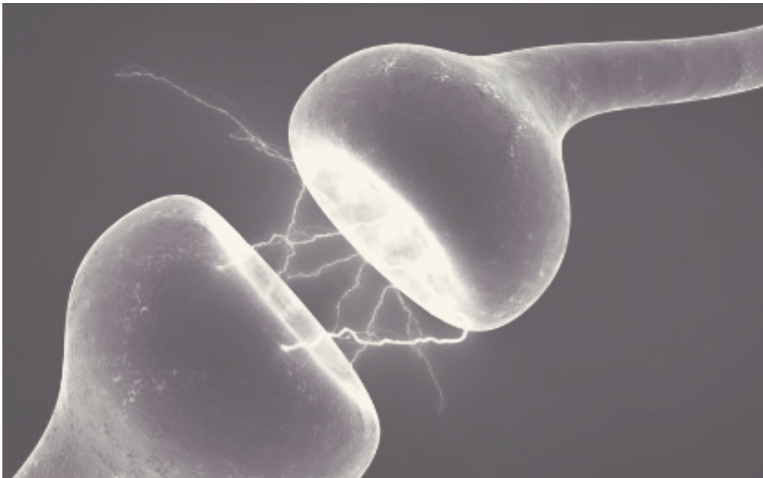
The complexity of the disease together with its alternating manifestation (meteorological or seasonal changes also play a role) may heavily compromise the life quality of subjects presenting fibromyalgia. To tackle this condition several studies in the last decades have been made in order to understand the molecular basis of this illness.

The results of these studies allowed to draw some temporary conclusions where evidences indicate that its pathogenesis involves aberrant neurochemical processing of sensory signals in the central nervous system.

The symptomatic result is lowering the pain thresholds and an amplification of normal sensory signals until the patient experiences near constant pain. In other words, neurochemical malfunctions result in an oversensitive nervous system which generates false alarm spontaneously or from insignificant pain stimuli.

Another important research outcome on which there is large consensus is that although musculoskeletal tissues is the site where major symptoms manifest, fibromyalgia is not primarily a musculoskeletal problem.





Abnormal sleep patterns, reduced brain serotonin, abnormalities of microcirculation and energy metabolism in muscle are evidence that a profound alteration of the normal and physiological equilibrium is ongoing in fibromyalgia patients.

In fibromyalgia the absence of an obvious source of ongoing inflammation makes the application of a standard analgesic therapies inappropriate. Clinicians understood that condition of such complexity can only be addressed by multidimensional assessment and treatment.

Many treatment options are available to address fibromyalgia's various symptoms: medications, exercise, diet, psychotherapy, acupuncture, chiropractic medicine and magnetic field therapy.

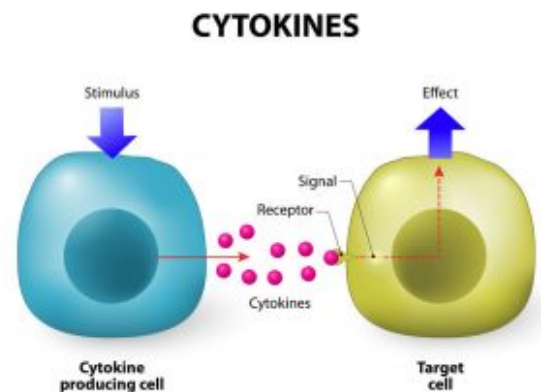
The analysis of the above-mentioned methods reveals a common target for everyone: re-establish a perturbed interior equilibrium. Even though effective, several of these treatments are just palliative. However, electromagnetic field therapy and in particular **TBS** (Synthono Biophysical Treatment) based on the biobalancing through the use of pulsed electromagnetic frequencies (PEMF-M) has been found to be a beneficial treatment for fibromyalgia.

Specific pulsed electromagnetic field in TBS accelerates cell differentiation, increases deposition of collagen, and modulates the activation of cell surface receptors, thereby holding relevant contributions for the re-establishment of homeostatic cell functions

TBS induces weak electrical currents in the tissues, which enhances surface potential of cells leading to enhanced blood circulation, oxygenation, nutrient supply and better removal of metabolic waste and toxins from the exposed body tissues.

TBS also benefits a variety of other conditions and therefore can be a great rehabilitation tool for fibromyalgia's patient to be administered in parallel with other treatments.

Cell biology and biophysics studies revealed that organisms have a continuous living matrix or ground regulation system that reaches into every part of the body, including every cell and nucleus. It is now known that communication among cells, nerves, tissues, organs and ultimately the all body is performed both by chemical (e.g. hormones, cytokines etc.) and electric signals.



Sometime, these communication systems are altered and conditions such fibromyalgia can manifest with all its critical symptoms.

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PEMF is particular indicated to treat fibromyalgia condition because, as mentioned above, the primary source of pain are altered chemical and electric signals generated by an imbalanced central nervous system.

The research team behind Synthono method demonstrated that the administration of proper electromagnetic fields is able to stimulate the production of specific endogenous molecule called cytokines involved in the pain perception and inflammation. These molecules are able to alleviate pain and re-establish a physiological equilibrium of chemical messengers across the all body.

Furthermore, several studies published on high profile scientific journals support the notion that magnetic fields contribute to stimulate the pineal gland to release melatonin, a neurohormone that in turn acts upon the synthesis and release of serotonin. This neurotransmitter hormone, also called the happiness hormone, helps to regulate our mood as well as sleep, appetite, digestion, learning ability, and memory.

TBS is specifically designed to counter pain and induce relief from painful disorders that prevent your body from working to its full, optimal capacity.

Confirmation that TBS may improve function, pain, fatigue, and global status in fibromyalgia patients offering a potential therapeutic adjunct to current therapies also come from clinical trials where patients were randomly assigned to either PEMF or sham therapy. The results of these clinical trials clearly demonstrated that fibromyalgia patients that properly received PEMF had benefits since almost all symptoms and pain drastically reduced compared to those receiving sham therapy.

Alex W Thomas et al.: *Exposure to a Specific Pulsed Low-Frequency Magnetic Field: A Double-Blind Placebo-Controlled Study of Effects on Pain Ratings in Rheumatoid Arthritis and Fibromyalgia Patients.*



Contact us:

Address: 115 Via Martiri della Libertà - 10075 Mathi (TO) - Italy

Office: +39 340 711 0157

E-mail: info@ethidea.com

Web: www.ethidea.com



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