



Article Side

How to Treat Fibromyalgia - Healing Fibromyalgia with Aromatherapy by [Mario Gomez](#)

Article published on June 15th 2012 | [Health](#)

Many a times, people suffering with fibromyalgia give up hope of getting their normal life back. They give into the belief that this is an incurable disease and there is no hope for them. This is not true. Fibromyalgia treatment has come a long way in recent years. Today there is a vast amount of knowledge available to help fibromyalgia patients heal their symptoms and get back to a regular life.

Some studies done recently indicate that fibromyalgia may not be an auto-immune disease. It may instead be caused by some pathogens which attach themselves to our cells and stay inside them making it difficult to test for them.

Many of the oils used in aromatherapy have molecules small enough to pass the blood-brain barrier and directly influence the brain positively. This helps in reducing problems like depression and mood swings. It also helps enhance the quality and duration of sleep and improves concentration. These essential oils also boost the body's immune system and help it to fight the pathogens which may be causing the different symptoms of fibromyalgia.

Many fibromyalgia patients have found relief from their symptoms through aromatherapy. The essential oils used during aromatherapy are effective at reducing the pain symptoms quickly. Unlike using painkillers, this method does not have any side effects or danger of addiction.

Sometimes people with fibromyalgia may experience a slight increase in their symptoms before they experience relief. This is because the oils are detoxifying the body and removing the harmful chemicals which may have collected over time. But this is only a temporary effect and soon after these symptoms die down and the person experience much relief from their fibromyalgia symptoms.

These natural oils also have antifungal, antiviral and antibacterial properties which help to destroy a wide variety of pathogens without causing any harm to the body. These oils also help to boost your energy level and increase your metabolism. They increase your blood circulation and help to reduce inflammation that may be present in various body parts. Some of the essential oils which are effective in treating FMS and CFS are lavender, eucalyptus and frankincense.

Let us look at the effects of some essentials oils which can be used for healing fibromyalgia

â€¢ Lavender -Lavender is highly effective at removing fibromyalgia pain and it gives the person a calm and deep sense of relaxation. It also causes a decrease in inflammation and provides relief from muscle spasms and muscle cramps. It also helps a person get restful sleep.

â€¢ Sandalwood -Sandalwood has the ability to ease a person's tensed and stressed mind. It helps fibromyalgia sufferers get relief from depression and brain fog. It also decreases muscle pain and improves sleep.

â€¢ Clary Sage -Clary Sage gives relief to the digestive system and helps to body better absorb nutrients from food. When applied topically on the skin it reduces irritation and inflammation and gives a soothing sensation.

Aromatherapy can provide you with a natural fibromyalgia treatment without side effects and help you get relief from your symptoms.

Article Source:

<http://www.articleside.com/health-articles/how-to-treat-fibromyalgia-healing-fibromyalgia-with-aromatherapy.htm> - [Article Side](#)

[Mario Gomez](#) - About Author:

Read more about a [how to treat fibromyalgia](#) and a [fibromyalgia alternative treatment](#) at howtotreatfibromyalgia.com

Article Keywords:

how to treat fibromyalgia, how to cure fibromyalgia, fibromyalgia treatment, cure for fibromyalgia

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!