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Treat Fibromyalgia Pain Naturally by [William Hauselberg](#)

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Fibromyalgia can be a challenging disorder to live with. The many and varying symptoms such as chronic pain, tenderness, fatigue and lack of mental clarity can make daily life much more stressful to deal with than it has to be. While there are a number of medications prescribed to treat fibromyalgia, many of them come with unpleasant or potentially dangerous side effects. They have also been known to cause other health problems. Fortunately, there are plenty of natural ways to manage your fibromyalgia symptoms that won't put your health and safety at risk.

Turmeric: The King of Spices

Turmeric is a bright yellow-orange root that is native to southern Asia. This root is used to create the familiar golden powder used to color mustard and add flavor to dishes. Turmeric powder is more than just a culinary spice, however. It's also a great herbal medicine for fibro pain relief, possessing amazing anti-inflammatory and analgesic properties. Both features work together to relieve joint pain and tenderness. Another benefit of turmeric is that it is very sedating. Try mixing one half teaspoon with a cup of hot water at bedtime for better sleep.

Herbal Tea For Sleep

Adequate sleep is required for the maintenance of good health. If your fibromyalgia symptoms are keeping you from achieving the quality of sleep you need, try experimenting with different herbal teas. Many of them are made with a blend of medicinal herbs and some are even formulated specifically for better sleep. A lot of popular tea herbs also have anti-inflammatory and muscle relaxant properties that can reduce pain.

Vitamin C for Pain

Vitamin C is one of the most common and most underestimated supplements available on the market. This simple nutrient is good for a lot of things, not the least of which is fibro pain relief. Vitamin C is very good at fighting and preventing inflammation. More importantly, it is essential to the health and repair of your nerves and tissues. Megadoses of the vitamin, between one and three or more grams daily, are found by many to bring some relief.

Eat More Spicy Food

Hot peppers, a common feature of spicy foods, are laden with all sorts of health benefits that can help fibromyalgia sufferers. The chemical that makes certain peppers hot, called capsaicin, is very good at improving blood flow, stopping inflammation and relieving pain. These are valuable properties for anyone seeking natural fibro pain relief. Hot peppers are also some of the richest food sources of vitamin C and can help make supplemental vitamin C more effective.

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[William Hauselberg](#) - About Author:

The author has an immense knowledge on a [fibro pain relief](#). Know more about a [for better sleep](#) related info in his website.

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