

[IMAGE]

Vitamin D for Fibromyalgia

Fibromyalgia has a significant impact on a person's quality of life and can even result in loss of employment. It is a painful condition that can also cause persistent pain, fatigue, loss of sleep, reduced concentration and depression.

That is why vitamin D is essential to those suffering from this condition. Recent documented research in the *Pain Journal* showed that supplementing with vitamin D would help those suffering significantly.

The study stated: "Patients with fibromyalgia syndrome (FMS) typically have widespread chronic pain and fatigue. For those with low vitamin D levels, vitamin D supplements can reduce pain and may be a cost-effective alternative or adjunct to other treatment, say researchers in the current issue of PAIN®."

Talk to your doctor about supplementing with vitamin D if you are suffering from adverse symptoms.

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