

FIBROMYALGIA A MULTIFACETED APPROACH



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By

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AUTHOR'S NOTE

My oriental medicine journey was kindled as a continuum of indigenous healing practices I received through various U.S. Native American Medicine people. My path as a Spiritual Director pointed me to a program that included the traditional and ancestral values of meditation and Qi Gong and the healing practices of the Heart of the Buddha.

Dr. Do Tron Le generously brought a dream of Thich Nhat Hanh into reality by offering the Oriental Medicine Program through the European Institute of Applied Buddhism (E.I.A.B.) and accepted me in the program. Hái- Thuong Lê Hủ' u Trác (1720-1792), often called the father of Vietnamese traditional medicine, became my central interest.

I received invaluable teachings, guidance and generous support from Dr. Do Tron Le with encouragement from Frédéric Bitoun, his assistant and translator from French into English. Frédéric Bitoun helped mediate and cross the distance outside the class room from the U.S. with Dr. Do in France. Their friendship, kindness, and wisdom together with the enthusiasm of the students in the class carried all of us forward. Of utmost importance were the patients who trusted our healing through acupuncture under the guidance of Dr. Do. This experiential approach during all classes proved crucial. Lynn Colwell, Andrea Crowder, Barbie Schulz, PhD, Dr. Darlene Smith and Robert Verheyen deserve special mention for their feedback and/or support. I especially thank Pat Gehman, physical therapist in Bozeman, MT, for her Dynamic Systems Approach. It brought healing and awareness of self-sabotage and a heightened feeling of connection with the body. Richard Hite, guided and taught a process of letting go of old beliefs and creating new ones through the Eye Movement Desensitization and Reprocessing (EMDR) process. This deepened the connection to my core.

I would like to express my deepest gratitude to my friend Anne Koomen for her encouragement, participation in the Qi Gong and interest in the programs I attended at the

école. I could not have done this without the hospitality of my sister Ingrid van Zanten and friend Anne Koomen in the Netherlands when I traveled from the U.S. and stayed in Europe to study. A group of women in Bozeman, Montana allowed me to practice the basics of what I learned. My daughter Christa Hayes PhD. and son Patrick Hayes supported my choice of alternative medical ways throughout the years.

Selling and/or copying of this document is not allowed Copyright © 2018 Ingeborg van Zanten Hayes. I do grant copy permission for research and learning after contacting the author at vanzanten1sbw@gmail.com. I do not guarantee full accuracy of this document nor do I propose any specific approach to Fibromyalgia other than that I believe the healing process is directed from within and is different for each person. This paper is written as a component of *my own healing* and does not suggest a doctoring to be taken on by the reader – Professional guidance therefore for people with Fibromyalgia must be found individually.

THEME: Fibromyalgia a Multifaceted Approach

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Introduction

Fibromyalgia a Multifaced Approach

“If you bring forth that which is within you, Then that which is within you Will be your salvation. If you do not bring forth that which is within you, Then that which is within you Will destroy you. —THE Gnostic GOSPELS” — Peter A. Levine, Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body (2012).

This thesis is on the healing of Fibromyalgia. My guiding principles are the works of Dr. Peter A. Levine who mentions that pain in and of itself becomes traumatizing; Dr. Bessel A. van der Kolk author of *The Body Keeps Score*; and Rick Hanson, PhD and Richard Mendius, MD. authors of *The Buddha’s Brain*. Foremost though I consider the Hâi-Thuong method as a core component in the healing process through acupuncture and herbal medicine. This physician, Dr. Hâi Thuong, from the 17th century, is still honored and recognized in Vietnam. Hâi-Thuong’s simple method allows for the restoration of the Yin/Yang balance in the body. Simultaneously, his global balancing approach addresses numerous problems/imbbalances often resulting in immediate and effective results through acupuncture and herbs.

This thesis is based on a self-study of my Fibromyalgia diagnosed in 1991 by a specialist in arthritis through the well-known 18-point analysis at St. Luke hospital, Houston Medical Center. The disease developed gradually from around seven years of age. In 1983, after the death of my husband, I was hospitalized for an unknown illness with acute inflammation and pain throughout my body, especially my legs and the area around my lungs. Western medicine did not recognize Fibromyalgia as a physical disease in 1983. My exploration of alternative ways to heal its symptoms began in 1987. Process of recovery

began with the participation in the Hâi-Thuong method through the Ecole Médecine Orientale.

“The cost of unmanaged suffering is huge. Part of the reason for this problem is that pain is so complex-ranging far beyond the intersection of neural transmission and sensory experience. The puzzle of pain involved a complicated labyrinth of emotions, sensations, culture, individual experience, genetics, spiritual meaning, as well as habitual physiological reactions and some experts believe that chronic pain for many patients has become a disease.

Because pain is such a complex puzzle, no single health care perspective or discipline holds the puzzle piece that brings a universal solution. Never before has there been such a vast array of therapeutic options for pain, ranging from Western medicine to traditional Chinese medicine approaches such as acupuncture and acupressure, chiropractic, nutritional, and supplemental care: hypnosis, special types of imagery, including guided imagery,) and other psychological methods, and bodywork, yoga, and massage, just to name a few.” (Levine, 2012).

“Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.” Fibromyalgia Symptoms and causes, Mayo Clinic Website. (Retrieved April 9, 2018, from www.mayoclinic.org/diseases-conditions/fibromyalgia/symptoms-causes/syc-20354780). Approximately one in 50 Americans are estimated to have

Fibromyalgia, or between 3 and 6 million people in the U.S. (American College of Rheumatology, 2004).

The Western approach of healing Fibromyalgia is through pain management and anti-depressives. I make the case for a multifaceted approach and the furthering of research through dialogue with researchers around the globe. In that research I'd like to see Western soft sciences, Eastern medicine and the insights of the Indigenous included in a disease that effects 1 in 50 in the U.S. alone according to the (A.C.R. 2004).

A few years back, Eugene Blackbear Sr., a Southern Cheyenne Medicine Man, offered to heal my Fibromyalgia. His success in healing many cancer patients gave me no doubt he could do so. Based on my intuition I decided to not accept his generous offer and instead attempted to own my healing process. A significant shift in healing occurred when I began my studies with the Ecole Médecine Orientale. As part of the study we as students, under the guidance of Dr. Do, successfully treated my Fibromyalgia and that of other patients between 2016 and 2018. Acupuncture and some herbal medicine created a platform of healing. I included as part of this thesis the "indigenous awareness" to emphasize humanities interdependence with nature and to encourage dialogue with the indigenous when it comes to healing ourselves and our planet. I also explained that the path of meditation and Qi Gong with its inherent regulation of the breath was a necessary habit that supported and created a centeredness and inner balance. Finally, I addressed the interaction with the brain through the Eye Movement Desensitization and Processing as created by Dr. Francine Shapiro, PhD. The latter included trauma release which in my opinion caused a shift in the deep inner fabric of body and mind necessary for the healing of Fibromyalgia.

Personal Timeline of the Disease

Growing up years

Growing up in the Netherlands, a Dutch physician negated the pain in legs and back to “growing pains.” I could not kneel or stand in one spot over extended periods of time. My lungs were affected by second hand smoke and created severe bronchitis during the autumn and winter season.

1975

During my first pregnancy, living in Guatemala with a tropical climate, I needed help to get out of the bed and chairs, because of pain and stiffness. After giving birth I needed thyroid medication (Armour Thyroid.)

1977

During my second pregnancy, living in Germany, I had severe pain and dysfunction because of inflammation in hands and arms. The bronchitis continued again by second hand smoke.

1983

A severe inflammation throughout the body occurred after the death of my husband. It resulted in a ten-day hospitalization, in Houston, Spring Branch, Texas. The hospital gave no diagnosis.

Pain in the spine (all the way to the skull) became severe while later living in the Netherlands with its damp sea climate. Only frequent bathing helped. I noticed the sensitivity to the weather and wondered about the influence of chemicals in the air and in the products used in my immediate environment.

1987

In Clear Lake, Texas a blood test showed a past Epstein virus. My immune system appeared to be low. Houston with its damp and hot climate had sudden drops of temperature at times. This resulted in severe pain, only bearable through frequent bathing.

Nineties

An arthritis specialist at St. Luke Hospital, Medical Center in Houston, TX. diagnosed the Fibromyalgia. This physician recommended to stop all supplements, like vitamin B12, CQ10, and C, and advised to take a good one-day multi vitamin.

A family doctor recommended an antidepressant. I decided against taking them. Instead, I further focused on meditation, added weekly Yoga and Kriya Yoga, changed my diet to an Ayurvedic diet and became a vegetarian for one year. I omitted alcohol and soft drinks and only drank warm water. I added deep tissue massage. This mode of massage resulted in pain relief for two to three days. The diet did not show improvement and I therefore returned to a Western diet that included meat. When the Fibromyalgia became unbearable I forced myself through the pain with prolonged improv dance offered in music by Gabrielle Roth. Thus, I oxygenized the larger muscle system.

During visits to Europe, where I indulged in larger than usual amounts of Dutch chocolate, I noticed this had an immediate adverse effect -within hours- and resulted in high incidents of leg pain. Foods containing MSG had a similar effect. Drinking soft drinks, especially diet ones, created severe reactions of pain in the following hours and days.

2010

The Fibro lodged in both feet and thighs. Walking became very painful and stairclimbing hard and exhausting. At night I bandaged my feet – to bring warmth and relief.

I began noticing periods of mind-fog. The episodes of fatigue increased. I questioned what I ate and noticed sugar to be an issue.

A doctor re-diagnosed the Fibromyalgia in 2009 after moving to Montana with its dry climate. Blood tests showed a severe deficiency of vitamin D. Consequently, I received doses of 50,000 a day to get the levels up again. In addition, I was prescribed twice a week exercises in salt water at Eagle Mount – a place offering therapeutic recreational opportunities for people with disabilities and young people with cancer. Due to the move to Montana the air quality improved dramatically.

2012

I changed by exercises for tougher regular water aerobic exercises. While the muscle flexibility improved, I experienced reverse effects from chlorine water with higher incidents of bronchitis. Stomach and gut issues became alarming with regular vomiting. Family physician attributed this to Fibromyalgia.

2016

Immediate improvement began when I received acupuncture treatment during classes at the Ecole Médecine Orientale. The same day of treatment my ability to walk the stairs eased.

In Bozeman, Montana, after not sleeping because of pain in shoulders, my physician recommended Physical Therapy on shoulder and back. Dr. Do as well as the family physician attributed the shoulder pain/dysfunction to Fibromyalgia.

A physical therapist began focus on strengthening the core. This therapy included the cranial sacral approach with a variety of exercises. These included learning breathing changes and trauma release.

A one-time Lymph drainage session showed dramatic less pain for the next day only.

2016- 2017

I self-administered acupuncture on a regular basis. It furthered the global energy balance and created an inner environment for healing. The stomach/gut issues were addressed through acupuncture by Dr. Do and linked to Fibromyalgia. The acupuncture for the stomach showed small improvement.

2017– present (2018)

I continued acupuncture (self-administrated) on a regular basis. In Montana I changed my physical exercises to Bozeman Hot springs and now applied deep-water resistance training and water aerobics 3 times a week. This had a positive result.

Advised by a Dutch nutritionist and to improve my stomach/gut issues, I drastically omitted all dairy, I ate minimal meat, and lowered all carbs. I continued the physical therapy.

Fall 2017, I began bi-monthly Eye Movement Desensitization and Reprocessing therapy. On my own I researched and applied trauma release.

Acupuncture

The mapped treatment for Fibromyalgia through acupuncture at the Ecole de Médecine Orientale Háy Thuong focused on the spinal cord, brain and the stomach area. “This is not a symptomatic treatment. We first restore the global balance, then we can also look at meridians

such as LR, SP and ST. We of course take into consideration local imbalances and solve them if necessary” Do, 2018, m 3-7. This method first tonified the roots and restored the Yin/Yang balance. The diseased organs and energy flow of the meridians then were addressed. This way of energy balancing, recommended by Dr. Do, facilitated the restoration of the Yin/Yang. And focused on the three roots-tree theories. His method, strengthened the three Yin meridians in the legs: Kidney, Spleen, Liver. Do explained that with my Fibromyalgia the energy did not flow. Hardening of the muscles are the main cause of the disease – this hardening reached deep into the fiber. Dr. Do (2016, m 1) emphasized the human body is a living tree with three main energetic roots (KI, SP and LR.) Du Mai he noted generates the heat as a house with a chimney. The strengthening occurred upward because the kidney was weak, and he restored balance and flow with needling. Simultaneously there existed a lack of energy at the stomach (feeling full.) Do. 2016-2018.

Do mentioned that the acupuncture treatment for Fibromyalgia is the same as that for Parkinson’s disease (because the causes from an acupuncture perspective are similar.)

“When an imbalance in the body causes a disease to appear, we bring in artificial sun, or rain and the body can do the rest to recover.” Yin/Yang is a pair of concepts or categories originating in Chinese philosophy and corresponding to two complementary and interdependent forces, of principles (opposed but in a non-dual sense), which are present in all aspects of life and the universe.” Do. 2016-2018.

“Fibromyalgia: The Yang Kidney (KI+) is not functioning sufficiently. The brain does not get sufficient nourishment and merely functions to 50% of its capacity. Each neuron is like a lamp which can light up (more or less up to 100%) according to the energy supply it receives. One must treat all the way to the brain. Ming Men (the gate of life) is connected to

the body's "fireplace," the fire of the Yang Kidney. One must remember to activate that point to "Get the fire going". Do, 2016-2018.

"We must also remember that the Liver meridian allows for the free circulation of Qi in the body. If there is a good energy circulation, there will also be a good blood circulation and the entire body will receive proper nourishment." Do, 2016-2018.

"DU 20 stimulates the brain and spinal cord. And stimulates a nourishment of the nerve system. The Yang keys formula or the mixed formula are preferred " Do, 2016-2018.

"Information is gathered through looking at the patient first glance, sadness, anxiety, color. Tongue evaluation and questions about sleep appetite digestion, daily habits, and how his/her morale is" Do 2016-2018.

I also noted the walking and posture - to see where and how the patient supports his/her body and operates from its core. Is the walking centered etc.? This, followed by feeling the pulse and evaluating the Yin/Yang balance.

"The Human Body is a Living tree with three main energetic roots (KI, SP and LR) which nourish the entire body. These three roots, Liver Kidney and Spleen-Pancreas thus bring energetic nourishment to the Heart and the Lungs as sap does in a tree, rising up the trunk all the way to the smallest branches. They keep us in good health and allow for the readjustment of energy in the entire body when we are seriously ill. Treatment of the Three Roots through which Yin/Yang is restored follows each diagnosis. Thus, strengthening the energy of the three Yin meridians in the legs (Ki, SP, LR). The energy in the Ki, SP and LR meridians goes upwards from the feet to the chest on the surface of the skin. Yet these three meridians also have internal energy circuits connected not only to their respective organs but also directly to the heart and the lungs. – As a side note, these internal Ki, SP and LR energy

circuits, linked to the heart and the lungs, allow us to understand why the great herbal medicine formulae for treating the lungs and the heart always contain plants that reinforce the Liver, the Kidney and the Spleen-Pancreas.” Do, 2016-2018.

A treatment example created by Dr. Do (2017, m 3-7) for Fibromyalgia in March - Spring season:

Roots: Ki 1, Ki4 Ki 10 (r)

SP1 SP4 SP 9 (l)

LR1 LR 5 LR2 LR8 (l)

LI 1 LI 6 LI 5 and LI 2 ®

LI 3 (l) BL62 ® PC6 ® and SP4 (l)

ST 36 (2)

The above needles are to be heated.

MOXA CV17 CV 15 CV13 CV12 CV10

KI 25 KI 19 KI 17 (2)

GB25 LR 13 (2)

CV6 CV4 CV3 CV2

KI16 KI13 KI11 ST 30

LI 15 ®

CV20

(Moxa is applied to strengthen the digestive system and the Lower zone.)

In an acute phase of the illness a treatment of every three weeks was recommended.

With the Hâi-Thuong method immediate dramatic results after needling are obvious with more flexibility and relief of pain.

“The Du Mai meridian controls and nourishes the brain and spinal marrow. When Du Mai functions well, the brain and spinal marrow function well also. The result is positive and encouraging, particularly regarding brain function during “mind fog”, as also occurs in Parkinson’s disease, Multiple Sclerosis and Rheumatoid Arteritis. Du Mai functions together with Ren Mai - both must be in a balanced relation” Do, 2016-2018.

I might add, that focus on the brain and thus the Du Mai were essential with fibromyalgia especially regarding the symptoms of mind fog. Ren Mai (CV) and Du Mai (GV) corresponded to the Yin and Yang aspects and are thus interdependent. “When RM 15 is heated, the head becomes clear.” Do (2016, m,1).

“By stimulating and nourishing Du Mai, we can provide fresh blood and oxygen to the brain. Thus nourished, it functions better and so the disease and its symptoms can slowly disappear - DU20. The Yang keys formula is a golden formula for the brain. (there is a similar treatment for Parkinson’s disease” Do, 2016-2018.

“For problems of concentration or memory, the classic treatment is: Yang formula or mixed formula + 3 roots + abdomen moxas +DU1 +DU20=RM15. One can consider DU1 being the Ting point. Yet according to certain books it is also the Luo point. For Du Mai, there are no tonification or reduction points, but these points serve as stimulators (especially DU1 and DU20)” Do 2018, m 3-7.

I experienced the spinal cord as weakened in Fibromyalgia. As if the muscles that supported the spine were unable to carry my body. The energy needed for daily living was not generated. This weakening state resulted in impaired movement. A focus on treating the brain and spinal cord as mentioned above were essential. In addition, it seemed logic that the balancing of the body through acupuncture and the correspondent five elements in nature, constituted a self-healing from within.

That there cannot be too much Yin in the body resonates with Fibromyalgia. A low Yin in the lower part of the body could restrain Yang and therefore could have created an imbalance preventing Yang energy to flow upwards. If this was the case a false fire (false Yang) created an upwards energy flow, obvious in a red face and general weakness of the legs. The heartbeat was strong, and the blood rushed to the head. Dr. Do recommended strengthening of the kidneys.

Herbal Medicine

“We want to solve the problem with acupuncture (restoring the Yin/Yang balance and tonifying the three roots and the belly moxas), *then only* shall we perhaps resort to herbal medicine as an additional and complementary treatment to strengthen and support the action of the acupuncture treatment. The herbal medicine formulas also use the Yin and Yang keys.

Special mention is the formula which comprises eight plants Ba Zhen Tang (Eight Pearls or Eight Treasures decoction). It is precious as it tonifies both Yin (it fortifies blood and allows for a good sleep) and Yang (it strengthen the energy). It is useful if one is lacking both Yin and Yang. It is more or less the equivalent of the mixed key. This formula is useful in many different situations, for example: after an illness, overfatigue, a delivery or an important blood loss. When the Qi and the blood become deficient” Do, 2016-2018. This formula can be used when fibromyalgia symptoms are at its depth and extreme fatigue occurs.

Another formula recommended by Dr. Joel Penner pointed to the following herbs for Fibromyalgia: email permission granted 4/23/2018.

www.americandragon.com/Herb%20Formulas%20copy/ShaoYao/GanCaoTang.html Shao Yao Gan Cao Tang, a combination of Peony and Licorice often used two to one:

Bai Shao (Rx Paeonide Alba) 6 – 30 grams Nourishes the blood, preserves Yin, softens the liver and alleviates pain.

Zhi Gan Cao (Rx Glycyrrhizae) 6 – 20 grams Tonifies and augments the Qi of the middle Jiao, especially that of the Spleen.

Caution for patients with hypertension.

Dr. Do further cautiously suggested **SB6** for Fibromyalgia – formulated from his own research:

Ren Shen 人參 3 gr.

Fu Ling 伏苓 3 gr.

Bai Zhu 白朮 4 gr.

Gan Cao 甘草 (toasted) 2 gr.

Chen Pi 陈皮 2 gr.

Ban xia 半夏 1,5gr.

Shu Di Huang 熟地黄 6 gr.

Dang Gui 當歸 3 gr.

Gan Jiang 乾薑 1 gr.

Chai Hu - 柴胡 2 gr.

“The above-mentioned quantity is an adult’s daily dose taken as a decoction. The formula **SB6** is used to solve the problem of a disrupted liver attacking spleen-pancreas. This is very common with chemotherapy (causing nausea, etc.) The energy of the liver can cause many problems in the entire organism. **SB6** unblocks and fortifies the Liver, releases the digestive tract and the patient can eat again, digest and sleep normally. (Do 2017 Mo 2-6).

“SB6 ensures a proper functioning of LR and balance between LR and SP. It allows for a good functioning of the digestive system and, as people can eat and digest well, transforms nutriment and benefit quality energy and blood. This is the base for a good recovery of health and is best in association with the "8 flavor formula". "8 pearls" further reinforce this new energy input but always the base is the Hái-Thuong method of acupuncture (we must perfect all our life).” D0, 2018.

He further recommended Zhi Gan Cao Tang, otherwise known as "Fu Mai Tang"

for mind fog (Do, 2018):

"Zhi Gan Cao Tang" (N°19) / alias "Fu Mai Tang"

Ren Shen 人參 3,7 gr. x 2

Hēi Zhī Ma 黑芝麻 3,7 gr. x 5

Gui Zhi - 桂枝 3,7 gr. x 3

Shu Di Huang 熟地黃 3,7 gr. x 26

Zhi Gan Cao 炙甘草 3,7 gr. x 4

Shēng Jiāng - 生姜 3,7 gr. x 3

Mai Men Dong 麦门冬 3,7 gr. x 8

E Jiao 阿膠 3,7 gr. x 2

Dà Zǎo - 大枣 3 fruits (without the pits)

Meditation and Qi Gong

Thây Pháp Lu (E.I.A.B. 2016) emphasized the importance of practicing medicine with our hearts. It is said in the Vietnamese tradition, that a special connection exists between a patient and a therapist, that the two don't meet by chance. To help the patient, to "give" him/her the energy he/she is lacking, one must first have developed the richness of the heart, enough mental and vital energy, and enough joy within. He emphasized that a good therapist

must be fully present for his/her patients, energetically strong and solid. He/she must practice and train regularly in meditation and Qi Gong. The “Five Tibetans” reinforce Ren Main and Du Mau meridians. If these are functioning well, and are strong enough and balanced, they will keep us healthy and give us longevity. Another form of Qi Gong, Walking Qi Gong is often recommended for cancer patients and beneficial to patients of Fibromyalgia. Dr. Levine recommends stretching, qi gong, tai chi, or a gentle, restorative yoga class for people with injuries or disabilities.

1983 I began the first steps in meditation and gradually expanded my knowledge of other forms of meditation. The traditional Christian meditation of Centering Prayer I later combined with a focus on the breath and the heart as in Zen Mahayana Buddhism. All methods can be done sitting, walking or can include daily activities.

The classes of Oriental Medicine included daily meditation and Qi Gong exercises focused on the five Tibetan movements. This daily habit deepened an access to the hidden center or core. It created an inner healing and therefore a better context and connection for the healing of patients.

Indigenous Awareness

I’m part of the big bang, each day, each moment, repeatedly. It’s what Jim Aylward, a Jungian Analyst, helped me understand and practice through awareness. Yet, Zintkala Oyate, 38th generation Lakota Medicine man, drew my being to a core of cosmic relationship. It’s a oneness humanity is slowly waking up to again.

I witnessed his whisper into the womb of the earth, his inter-dependence with the sun, the moon, the stars, the wind, the thunder beings in the sky, the animals, the flora and fauna.

All invoked my longing for a shift, a wake up and harmony with the environment of the fire-Qi within.

Mitakuye Oyasin is the Lakota word for “all my relations.” To speak those words felt strange. It took time to fathom what’s meant by it. It might take all my living years to grasp this oneness with all of creation in the cosmos as I know it.

“Traditional Indian beliefs about health revolve around attempting to live in harmony with nature while developing the ability to survive under exceedingly difficult circumstances. Everything in nature reflects a balance between two creative energies, which can be viewed as a male or female, light or heavy, and positive or negative, both within the natural processes of nature and the maintenance of a dynamic state of health and wholeness. Traditionally balancing was primarily accomplished through spiritual means; therefore, the medicinal uses of plants for the curing of illness always contained a spiritual connotation. Herbs provided a metaphorical and practical physical example for understanding human relationship to the order of nature. Tobacco, corn, Datura, peyote, and several other medicinal plants might act as intermediaries between humans and the spirit world of nature. Indian people established that intimate relationship with the natural world through the burning of sage or Tabaco, the sprinkling of cornmeal, and the use of other such symbolic healing foods.” (Excerpts - Native Science – chapter: The Ecology of Healing.)

Just as the heart is revered as the Sacred Heart in Christianity, the Heart of the Buddha in Buddhism, the sacredness of the Heart is captured by the indigenous through the Sundance ceremony. The Mayans also speak of the “heart” ... the heart of the wind, the heart of the rain etc.

“In Mesoamerican philosophy, the human heart housed the soul, the place where our highest form of compassion resides. The spirit, feelings, emotions, and passions that move us to act, speak and know reside in the “body” of the heart.” Cajete, 2000, p 288.

“Ultimately, finding face and finding heart are dependent on discovering our essential relationships with ourselves and with the natural world. Only by truly touching the Earth can we honor and enable the vision and action necessary to recapture the feeling and understanding that we have always been a part of a living and “conscious” Earth. Cajete, 2000, p 289.

“Peat wrote in 1994 that Native science conforms in many ways to the definition of Western science, but that it is not possible to separate it from ethics, spirituality, metaphysics, ceremony, and social order. In Western society, science and technology have come to have a kind of life of their own.” Cajete, 2000, p 291.

At the end I bow down to the fact that everything is interrelated from the tiniest atom and cell. I find it exciting when this awareness of oneness flows and a growing amount of people unite to reduce war and promote a just interaction with humans across the world; focused, for example, on clean water and air, food distribution and pertinent here: health issues and ways of healing. Going back to the “heart” I personally believe with Eugene Black Bear Sr. in a “presence” of each individual organ, be it the brain, kidney, spleen. That connection exists also collective: For example, my kidney’s health relates to the collective health of the kidneys in people around me. Each carrying forth energy in the body as a microcosm of the cosmos. Taking responsibility of that spirit or heart of the organ(s) within in my opinion generates health around me as well. The oriental medicine approach of for example “the spirit” in the five elements of wood, fire, water, earth and metal connects with

the indigenous inter relationships. A dialogue focused on the deepening of the spirit in creation and its functions in the body as part of that brings healing to the body.

Body Awareness / Breathing techniques

I attempted to center and reconnected with my body over a time span of twenty plus years through kriya yoga, regular yoga, trance dance, free dance movement. I tried out circular breathing, deep tissue massage, self-massage with sesame oil (Ayurvedic) during the mid-nineties. The ultimate challenge I feel will be the trauma healing and understanding of, and working with, the emotion of the individual organs, especially of the root organs the Kidney, Spleen and Liver. I'm researching and practicing this in 2018, to further the full healing and healthy occupation of my biology. The insights that oriental medicine offers related to the presence of "spirit" in the individual organs, the importance of emotion for our inner healing brings a sense of excitement and hope. Of course, meditation, Kriya Yoga and Qi Gong all integrate and focus on breath as well.

Diet and support of the brain

From my self-study I concluded that a diet that had as its guideposts foods that are not triggering inflammation -no dairy and minimal sugar- were of utmost importance.

Necessary were proteins that supported the brain in modest but daily amounts, including best quality meat, egg yolks and nuts. Plenty of vegetables and foods supported the epigenetic process.

"The omega-3 acids found in fish oil~docasahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)~provide many benefits to your brain; these include promotion of

neuronal growth, mood elevation, and slowing of dementia (Ma et al. 2007; Puri 2006; Singh 2005; Su et al. 2003.” Hanson/Mendius p 230.

“A good multivitamin/multimineral supplement is your insurance policy; it will help you get a wide variety of essential nutrients. While all nutrients are important, put a special focus on the B vitamins, which are particularly vital for brain health. Vitamins B-12, B-6, and folic acid all help a biochemical process called methylation, which plays a crucial role in the production of many neurotransmitters. When you are deficient in these B vitamins, your homocysteine (an amino acid) level may become elevated. Low B vitamins and high homocysteine are risk factors for cognitive decline and dementia in older people (Clarke et al. 2007; Vogiatzoglou et al. 2008). Your multivitamin supplement should contain 10-25 times the daily value of all of the B vitamins, and 800 mcg or more of folic acid (Marz 1999). It should have most minerals at 100 percent or more of the daily value. To consumer these levels, you may need to augment your general multi with additional supplements”
Hanson/Mendius p.230.

Sleep restores the brain. “Emotional and physical pain operate identically in the brain. With injuries, pain signals often originate from the periphery of the body but also from parts of the brain related to emotion. Functional brain scans (fMRSIs), which measure activity in the brain, have shown that once pain signals reach the brain, three specific areas light up simultaneously: the limbic system (The emotional center), the sensory cortex (which governs sensation), and the cerebral cortex (which organizes thoughts and beliefs,) Levine, 2012

Much research is presently being done on the gut. Its focus is on diet and exercise and the effect on trillions of microbes in our gut. See publication November 2017 in Medicine and Science in Sports and Exercise. Other books explore the connection of the gut with the brain, even calling it “The Second Brain, a Groundbreaking New Understanding of Nervous

Disorders of the Stomach and Intestines” - by Michael D. Gershon, M.D. Since Fibromyalgia influences the function of the stomach and gut it is obvious that what we eat, how and where we exercise and our environment all function as a core alignment and collaboration.

Supplements like L-Glutamine also keep muscles and the gut healthy.

Postural restoration

Postural restoration was needed for a well-balanced torso. Fibromyalgia’s pain can attack various points in the body, therefore an imbalance can be created through muscle weakness or at other areas of a muscle overuse. A regular treatment with a physical therapist helped align instabilities and therefore created less pain and proper function. Pat Gehman, the acknowledged physical therapist, recommended various exercises releasing the spine. She reminded me of the flexibility, intelligence of the spine, the power of the pelvic floor that supports our upright alignment. The intelligence and wisdom of our cells came to my awareness. Her exercises focused on releasing the muscles attached to the tailbone, and various sacrum releases, release of the front muscles of the lumbar spine – psoas muscle and the muscle attached to the thoracic spine. She suggested abdominal and core activation with lower extremity strengthening.

It is my personal experience that focusing and strengthening my core on a physical, mental, spiritual and global (as in Hái-Thuong acupuncture) level simultaneously began the restoration of balance. My core is what helped me to be secure, safe and gave me a sense of belonging/presence.

EMDR and Trauma Release

The EMDR and trauma releases continued to build a pause, an opening in my body and mind. The mindfulness as part of the EMDR process created an awareness of subtle healing and directed me to the healing of old belief systems.

“All the inside tension is an embodiment of my belief. You disembody your old belief with new beliefs through EMDR. We need to get into the muscles without traumatic reaction.”

Richard Hite my therapist pointed out.

This process began to break open my subconscious resistance and violence to my own body. It strengthened my core on various levels.

Conclusion

In contrast to the relative young Western Medicine - Acupuncture through treatment of points on the meridians has been in awareness in Asia for more than 3000 years. The oriental medicine approach restores the Yin/Yang balance and generates energy flow in the body. The energy in the body relates to nature. Needling these acupoints on the skin positively affected the energy in and oxidation of my organs. Western medicine in the case of Fibromyalgia with anti-depressants or inflammation reducing medicine may facilitate a “pause” and create temporary healing energy.

This self-study pointed to the relationship of major traumas in the healing process. Chinese Oriental Medicine points to the influence of our emotions and thoughts in the body. (Retrieved April 29, 2018 <https://www.youtube.com/watch?v=gkTo-oomz0k> Dr. Joel Penner August 27, 2014.

I will build the research on the here outlined multi-faceted approach with special mention of EMDR and Trauma release exercises (TRE) with a professional. A low carb daily diet, minimizing mental and physical stress and a supportive social life with ample rest, joy, forgiveness and gratitude proved essential too.

The healing process of Fibromyalgia is dependent on the patient's willingness to discover their body on a deeper level. This curiosity and study, over time, could drastically inform which healing components are crucial for the recovery and limit the re-occurrence of pain. Again, for me the role of diets (no sugar, no red meats except of occasional wild meat) regular exercises be it Qi Gong, Tai Chi, Yoga, treatment of acupuncture and supplements are routine now and showed a healing process. Further study is necessary. Therefore, I shall focus on the restoration of damage done to the organs through emotions and thoughts. This needs to include comparative data on the history of Fibromyalgia in Asia, Western society, other continents including indigenous societies.

“The primary antidote for people who struggle with pain and trauma is to learn how to regulate emotional and sensory experiences, and to calm themselves so the limbic fear and rage systems in the amygdala deactivate.” Levine, 2012, p 24.

Today's western quick fix is often through Lyrica or other anti-depressants. I consider it an outside treatment covering up a wound and not going to the cause of the disease.

The interrelationship of psychotherapy and trauma release which occurs spontaneously through Eye Movement Desensitization and Reprocessing EMDR to me showed an essential component for healing the inflammation, the lack of oxidation and the overwhelming pain in the body.

Dr. David Bercelli mentioned the psoas muscles. This muscle, he said, protects the center of gravity of the human body with the pelvis and the legs. “It holds the largest number of sympathetic nerves (fight or flight nerves.)” The activation of these sympathetic nerves in the brain causes an immediate response by the body, indicated by the following example with for me an important brain-body connection in Fibromyalgia:

“It is often the case that contracted, and even damaged psoas muscles create tremendous lower back pains This is very common among sexual abuse survivors. What is often overlooked is when the psoas muscles contract and pull the body forward, they cause secondary muscle contractions as the body tries to compensate for this forward pull. The erector spinae muscle will also pull the body backwards to keep it upright. These two opposite tensions will begin to compress the lumbar spine as they pull the lower vertebrae together, creating a spinal compression that can be damaging over a prolonged period. If held long enough in this tension, this pull will eventually cause secondary shoulder and neck pain as well. This psoas muscle overlaps the iliacus and diaphragm muscles along the spine” Bercelli, p 14. For me this illustrates a connection with acupuncture’s healing of the spine, supported by trauma release and physical therapy.

Regular acupuncture as applied through the Hâi-Thuong method through nourishing the main energetic roots/meridians: Kidney, Liver and Spleen-Pancreas kept the body steady, aligned internally and externally. The patient thus can be more in the present and focus on additional routines to keep the body healthy. The Hâi Thuong method applied every three weeks facilitated a global balance for the continued healing of the body and kept the symptoms of Fibromyalgia to a minimum.

Further research from a traditional medicine perspective can be pursued at the Médecine Orientale Ecole in France. And if one chooses to do so in Vietnam. Saigon, has a

traditional medicine institute and Hanoi, has the Tho Xuan Duong Clinic that offers treatment to patients from more than 102 countries. All can be integrated with the 2016 Fibromyalgia research in Nagasaki. From that symposium I'd like to lift a research excerpt the following: "A study of brain metabolism in fibromyalgia by positron emission tomography by Chie Usui from the Department of Psychiatry, Juntendo University Nerima Hospital, Japan:

Purpose: The aim of this study was to determine the brain regions with altered metabolism in patients with treatment-naive fibromyalgia (FM).

Methods: We studied a total of 18 drug-naive patients with FM and 18 healthy controls without suffering from pain and who were matched for age and sex. [18F] fluoro-D-glucose positron emission tomography was tested in both patients with FM and controls. A voxel-by-voxel group analysis was performed using SPM8.

Results: No significant voxel (peak)-level result was detected in this study; however, some regions were detected as significant-size clusters. There was no significant difference in brain metabolism between patients with FM and controls. However, the right thalamus and left lentiform nucleus were hypermetabolic areas in patients with FM with poor prognosis compared with the healthy controls. In contrast, the left insula and left lentiform nucleus were hypometabolic areas in patients with FM with good prognosis compared with the healthy controls. Compared with patients with FM with good prognosis, FM patients with poor prognosis showed significant hypermetabolism in the left thalamus, bilateral lentiform nucleus, and right parahippocampal gyrus.

Conclusion: These findings suggest an association between the metabolism in the thalamus, lentiform nucleus, and parahippocampal gyrus and a prognosis in patients with FM. Further study with larger number of patients is required to confirm this finding.

This research is supported by the chronic pain research project from the Japan Agency for Medical Research and development, AMED.” Retrieved from URL

https://journals.lww.com/painrpts/Fulltext/2017/02000/Summary_of_the_Fibromyalgia_Research_Symposium.2.aspx.

I'm acknowledging Western research and am suggesting an *integration* with healing paths beyond the strict “laws” of science. What I'm speaking and pointing to are the **natural laws**: The healing through acupuncture; healing through oxygenizing the body, be it sports, Qi Gong, Tai Chi; healing through a deep relationship with nature brought into awareness by the indigenous teachings and native science; healing through meditation, mindfulness and breathwork; healing through medicinal waters like hot springs; healing through gentle massage; healing through physical therapy, and therapy that facilitates TRE. Indeed, healing through breaking my heart open and connecting it with the awareness of and an intimate relationship with a living Cosmos.

Researchers in Japan, China, Europe, Australia and the U.S. are all focused on finding a cure for Fibromyalgia. The part that is missing is a collaborative effort, which must include a Western and Eastern medicine approach, *and* dialogue with the indigenous applying their ancestral wisdom. Native science, can evoke a deeper understand of the inter-relationships with nature and the cosmos, therefore our body. I suggest a conference on American or Australian soil where Indigenous live and could afford to attend. A central place like Big Sky or Bozeman, Montana could potentially facilitate this and draw a global attendance based on its university presence, nature and many indigenous living there. A global balance in dialogue, just as the global balance in the body, could offer great hope for the healing and research of Fibromyalgia and other diseases as well.

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