Protecting Yourself From Fibromyalgia Cure Scams

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People and Products That Claim They Have the Fibromyalgia Cure

There are many products being peddled that claim to cure fibromyalgia, among other things. It can be tempting to jump on anything that says it will rid this illness from your life.

Are these cures trustworthy though? Are they worth your time, energy, and hard earned money?

To answer that there are a few things that we have to understand.

Fibromyalgia Affects Everyone Differently

Individuals are affected in their own unique way by fibro. The causes vary, the symptoms vary, the severity of symptoms vary, and fibromyalgia triggers vary.

What conclusion does this lead to? It is unlikely there is one thing that will cure every person who has fibromyalgia.

Is it possible that a certain products, medications, or supplements can bring relief for some? Yes it is. Does it mean that every person with fibro will have the same benefit? Sadly, no.

Cure or Remission?

It is important that we truly understand the difference between being cured of fibro, and going into remission.

Cure: healing; restoring to health

Remission: lessening; decrease; suspension

Saying something will cure fibro, sounds like you are saying you will no longer have it, now or in the future. Whereas saying something can help fibro go into remission gives the impression that it can aid in giving a reprieve or break from the symptoms or lessen their severity.

There is a big difference in meanings and therefore the expectations that they produce.

Remission For Fibromyalgia

Is it possible to have remission from fibro? Yes, it most certainly is.

Many, myself included, have experienced periods of little to no symptoms. Remission can be brought about by numerous things, generally from a combination of factors, like:

- Diet
- Exercise
- Medication
- Supplements
- Therapy
- Hormonal changes

All of these can play a role in allowing for a suspension of the many symptoms we face. The length of time that remission lasts will vary and may look differently for each individual.

Fibromyalgia Cures

So the big question remains. Can fibromyalgia really be cured, or in other words, be gone forever?

According to the experts that have spent years researching fibromyalgia, there is no cure.

What about the people who claim they have been cured by a miracle treatment of some sort? Most likely they were able to find something that helped their individual case of fibro.

Does that mean their fibro truly is gone forever? Only time will tell.

Does this mean the treatment that helped them is guaranteed to help everyone that has fibromyalgia? Sadly, that is unlikely.

But let's not forget there is also the possibility that they are making false claims in order to make money. There are some ruthless people in the world who will do anything to make a buck, including taking advantage of sick people.

Protecting Yourself

How can you protect yourself from falling victim to such people? Here are a few things to do before trying a new treatment:

- **Research**. Can the claims made be backed up by reputable sources? Have multiple sources verified the claims made?
- **Does it sound too good to be true?** Then chances are, it is. Does it promise to rid you of fibro forever? Or does it make reasonable claims, such as lessening of symptoms and symptom severity?
- **Follow your instincts**. Is your gut telling that something seems fishy? Then most likely it is.

Finding What Works For You

When you suffer with persistent pain, fatigue, brain fog, sleep disturbances, plus so much more, it is easy to feel desperate for relief. Relief *can* be found, but it may take some time finding the right combination of treatments that work for you.

While there has yet to be a cure found for fibromyalgia, there is still hope that one may be found. In the meantime, let's do what we can to find relief from this awful illness.

Remission is possible — that is something we must never give up hoping for and working towards!