



## Top 10 NLO | Fibromyalgia Articles of 2014

by NEWLIFEOUTLOOK TEAM

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### **10. The Link Between Fibromyalgia and Trauma**

Many people with fibromyalgia can trace the onset of their symptoms to a certain physical or emotional trauma, or a series of traumatic events. After decades of research, many experts are convinced that these traumatic events do indeed cause fibromyalgia.

### **9. Is Fibromyalgia Hereditary?**

Recent studies have shown genetics can make some people predisposed, or more susceptible, to developing fibromyalgia, but there are also many other factors involved.

### **8. Dealing with Fibromyalgia Rash**

On top of the many other symptoms associated with fibromyalgia, many sufferers also deal with fibromyalgia rash and other skin changes. Consider these tips for healthy skin.

### **7. Study Sheds Light on How Fibromyalgia Works**

Fibromyalgia patients' brains react differently to stimulation, new research has revealed, providing insight into how fibromyalgia works.

### **6. Smoothies for Fibromyalgia**

With fibromyalgia, every day is a battle for energy. Start the day right with one of these healthy smoothies and you might find that energy after all.

### **5. Coping with Fibromyalgia Chest Pain**

Fibromyalgia chest pain can be overwhelming and difficult to deal with, but don't despair — there are exercises you can do to reduce the pain and make it easier to cope.

### **4. Habits That Could Be Aggravating Your Fibromyalgia Symptoms**

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Some of your daily habits could be worsening your fibromyalgia symptoms. Avoid these four things and see if you feel some relief.

### **3. Plants to Add to Your Fibromyalgia Diet**

Eating for fibromyalgia means choosing foods that will help decrease inflammation and improve your overall health. Try adding these three plants to your diet.

### **2. My Story: Nora Torres**

"I take the good days and make them count and the bad days I take with humor." Nora Torres shares her fibromyalgia story.

### **1. Foods to Eat and Foods to Avoid**

Your body is craving fresh, healthy food like fruits and veggies. Consider this list of what to eat — and what not to eat — to minimize symptoms.