Top 10 NLO | Fibromyalgia Articles of 2014

by NEWLIFEOUTLOOK TEAM

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

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.