



## Top 10 NLO|Fibromyalgia Articles of 2015

by NEWLIFEOUTLOOK TEAM

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### **Coping with Fibromyalgia Back Pain**

Back pain is incredibly painful and can be very debilitating. So how do you cope? We discuss strategies for coping with fibromyalgia back pain.

### **The Danger of Saying 'It's Probably My Fibro'**

How many times have you felt unwell and just assumed it's a new fibromyalgia symptom? We look at the importance of not ignoring new symptoms.

### **10 Things Not to Say to Someone with Fibromyalgia**

It's not surprising that people struggle to know what to say. We've listed the top 10 things not to say to someone with fibromyalgia.

### **Trying Cannabis for Fibromyalgia Pain**

"I have never used cannabis for fibromyalgia pain, but on a recent trip to Amsterdam I thought it was time to do some research." Sarah discusses her experience with using cannabis for fibro.

### **Fibro Sensitivity and Pain**

Fibromyalgia is well known for causing widespread pain. For some it is a fibro sensitivity to touch, which is known as tactile allodynia.

### **Managing Fibromyalgia Night Sweats and Hot Flashes**

For many people with fibromyalgia night sweats and hot flashes are a common occurrence. Learn more about why and how to manage this frustrating symptom.

### **Fibromyalgia and Emotional Sensitivity**

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A heightened, or lack of, emotional response is common with fibro sufferers. Adriel looks at fibromyalgia and emotional sensitivity, and some ways to cope.

### **Fibromyalgia Numbness: Causes and Coping**

Fibromyalgia numbness and tingling is called paresthesia, and affects around one in four people with FM. Starla looks at causes and strategies for coping.

### **Fibromyalgia and Noise Sensitivity**

Noise can increase our pain, cause headaches and leave us feeling exhausted. So why do fibromyalgia and noise sensitivity co-exist, and how can we cope?

### **Fibromyalgia and Cognitive Problems**

"Pain is generally considered the primary symptom of fibromyalgia, but I feel there is another one equal to, if not worse than, pain," Read on to find out what it is.