

# **10 Steps**



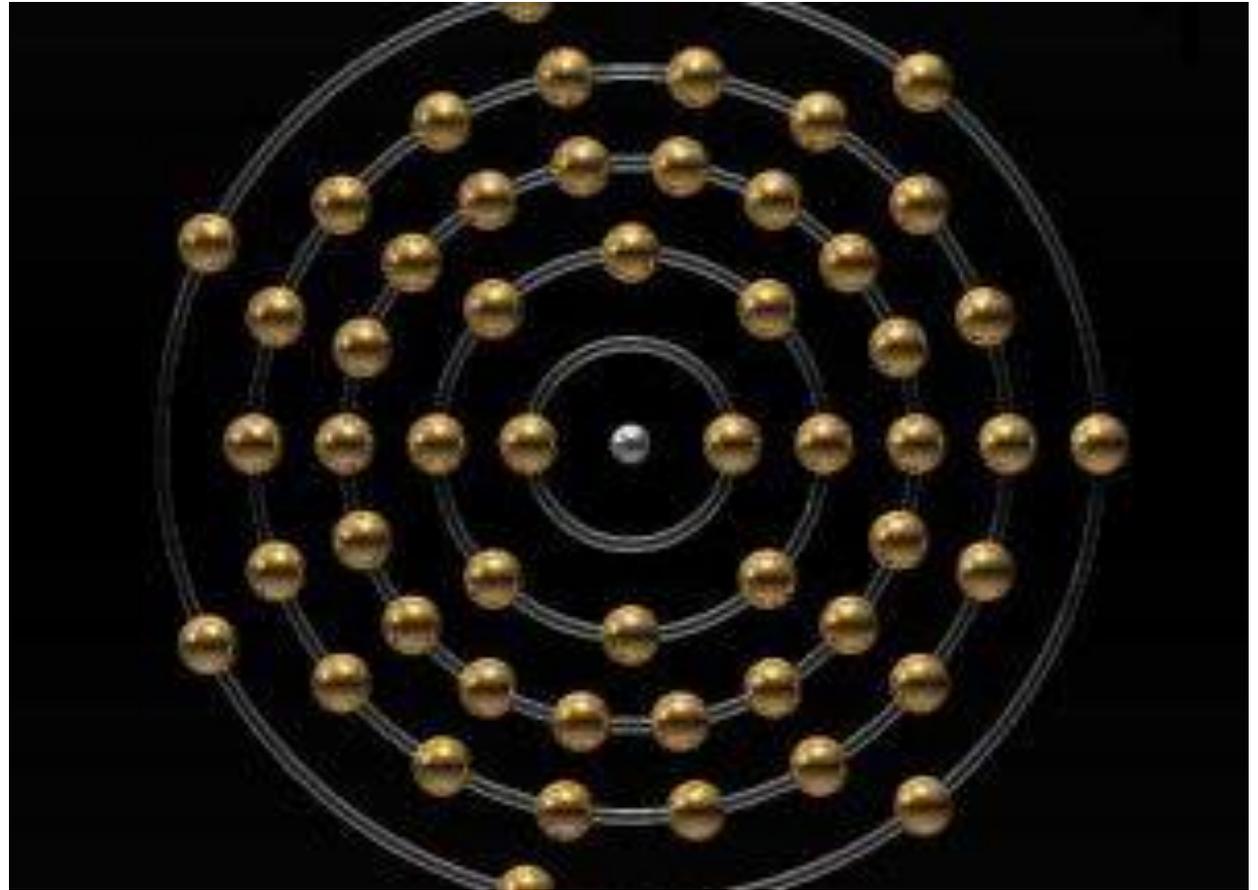
**TO REGAINING  
YOUR HEALTH**



# #1

Once called “The Universal Medicine”, iodine is the basis of our recovery program. Every cell in your body requires iodine for proper function, and our diets are woefully deficient in this vital nutrient. We recommend supplementation with an iodine/iodide combination in either liquid (Lugol’s Solution) or tablet (Iodoral) form.

[Click here.](#)



## Iodine Supplementation

# #2

There is a body of evidence that many of your symptoms may be caused by environmental toxins in your food and water. The principal culprits appear to be fluoride and bromide, but mercury and aluminum may also be involved.

Increasing iodine levels will help flush these toxins out of your body.

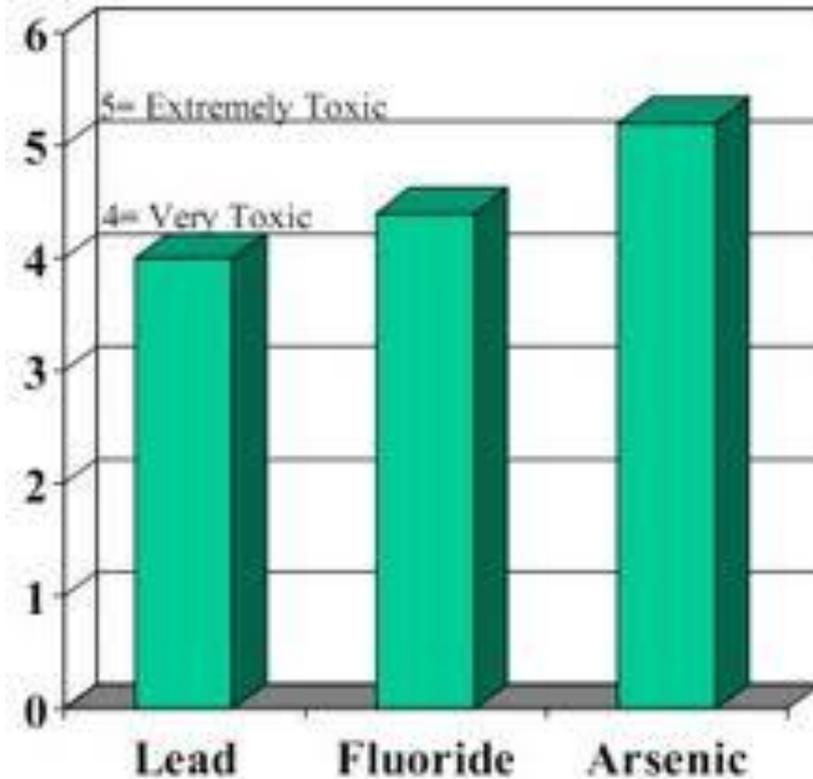
[“Fluoride Deception” – Part 1](#)

[“Fluoride Deception” – Part 2](#)

[“Fluoride Deception” – Part 3](#)

[Sources of Fluoride](#)

[Bromide Dominance Theory](#)



## Eliminate/Minimize Exposure to Toxins



# #3

**A deficiency in magnesium causes an increase in a body chemical called substance P, which is responsible for pain perception. In other words, you will experience more pain if you don't have enough magnesium. Fibromyalgia sufferers have on average three times more substance P than normal.**

**[Click here](#)**



## **Magnesium Supplementation**



# #4

**People who suffer from chronic multiple allergic responses (MARS™) – environmental illness, multiple chemical sensitivities and inflammatory disorders (fibromyalgia, lupus, gout, arthritis) – ALSO experience chronic dental issues that involve periodontal infection. It is important to fix tooth and gum issues if you want to recover from fibromyalgia!**

[Click here](#)



## Correct Dental Problems



# #5

**One of the easiest and best things you can do for your health is to begin eating about  $\frac{1}{2}$  cup of fermented vegetables per day.**

**In the video below, Dr. Mercola interviews Caroline Barringer who gives instructions on how to make your own fermented veggies.**

**[Click here](#)**



## **Eat Fermented Foods**

# #6

Think you know which  
foods are healthy and  
which cause disease?  
**THINK again!**

**FAT is not the problem!**

**SUGAR is!**

Traditional diets put  
an emphasis on food  
value. We must go  
back to nutrient dense  
foods!

[Weston A. Price Press  
Conference Videos](#)

[Dietary Guidelines](#)



**Follow Diet Guidelines  
at Weston A. Price.org**

# #7

**In addition to the sugar, white flour, trans-fats and other unhealthy ingredients in processed foods, there are no regulations on the fluoride content of packaged foods. Many are loaded with deadly fluoride [and bromide].**

[Click here](#)



## **Reduce/Eliminate Processed Foods**



# #8

**If you have fibromyalgia with painful tender points, deep muscle pain, and fatigue, exercise is probably the last thing on your mind. Yet did you know that exercise may be just what the doctor ordered? Whether it's daily walks, stretching, or other low impact programs, exercise can keep you fit in spite of your fibromyalgia and may help reduce pain as well.**

[Click here](#)



## **Exercise: Walk, Stretch, Isometrics**



# #9

**Low vitamin D levels can cause muscle pain and weakness. Studies show that as many as 25% of people with fibromyalgia (FMS) and chronic fatigue syndrome (CFS or ME/CFS) have low vitamin D levels, and that supplementation may help lower pain levels. One study shows that vitamin D-deficient people need twice as much narcotic pain reliever as non-deficient people.**

[Click here](#)



## **Daily Sunshine (or Vitamin D)**



# #10

**There is no such thing as a drug with no side effects! As the number of pills that you take multiplies, so will your list of symptoms.**

**A growing body of studies are showing that simple lifestyle changes such as diet and exercise are effective remedies for many ills.**

**[Click here](#)**



## **Wean Off Medications**