

## Fibromyalgia Information and Treatment Protocol Dr Garry F. Gordon MD DO MD(H)

Welcome to the Gordon Research Institute and the Fibromyalgia information and treatment protocol. I have had extensive involvement over the past 50+ years, as an innovator and leader in alternative medicine. You have come to this website because of your interest in a troublesome, and often difficult to treat symptom complex, that has been labeled: Fibromyalgia. In the following article I will explain the causes that bring on these symptoms, as well as present to you options for the treatment of your symptoms. First let me present, in summary form, the protocols I recommend for your symptoms.

### **BASIC PROTOCOL FOR FIBROMYALGIA**

<b>Supplement</b>	<b>Dose</b>	<b>Frequency</b>
<a href="#"><u>Wobenzym</u></a>	5-10 tablets Preferably 60 minutes before meals	Three times daily
<a href="#"><u>BioEn'R-G'y C</u></a>	One teaspoon	Work up to 2-4 times daily
<a href="#"><u>Essential Daily Defense</u></a>	Two tablets	Three times daily with meals

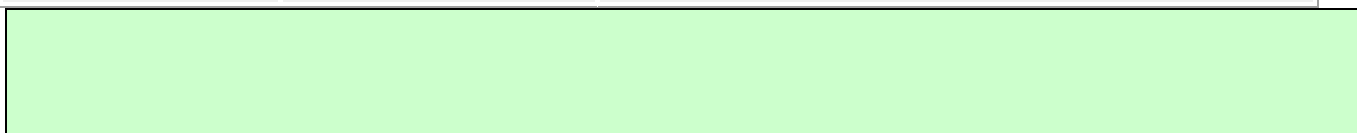
## Advanced Protocol for Fibromyalgia

Supplement	Dose	Frequency
<b>Wobenzym</b>	5-10 tablets	Three times daily, Optimal performance if taken 30 to 60 min before meals
<b>BioEn'R-G'y C</b>	One teaspoon	Work up to 2-4 times daily
<b>Essential Daily Defense</b>	Two tablets	Three times daily with meals
<b>Kyo-Dolphilus</b>	One capsule	With meals
<b>Immune Support</b>	Two tablets for two bottles	Twice daily

## Ultimate Protocol for Fibromyalgia

Supplement	Dose	Frequency
<b>Wobenzym</b>	5-10 tablets	Three times daily, Optimal performance if taken 30 to 60 min before meals
<b>BioEn'R-G'y C</b>	One teaspoon	Work up to 2-4 times daily
<b>Essential Daily Defense</b>	Two tablets	Three times daily with meals
<b>Beyond Chelation Improved</b>	One Packet	Twice daily
<b>Maca</b>	One teaspoon	Twice daily
<b>Organic Green</b>	One heaping teaspoon	Twice daily
<b>Beyond Fiber</b>	½ scoop	Twice daily

<b>Kyo-Dophilus</b>	One capsule	With meals
<b>Immune Support</b>	Two capsules	Twice daily
<b>ACS 200</b>	15 sprays for two bottles	Three times a day
<b>Beyond B-12</b>	Three tablets for two bottles	Dissolve under tongue once daily
<b>Thio-gel L</b>	One gel-cap	Once daily
<b>Beyond GHS</b>	One capsule at night for patients under 150 lbs. Two capsules for those over 150lbs.	Once at bedtime for five days, omit for two days a week



As you may have learned by now, from your doctors and from your travels on the internet, this condition has become increasingly common, yet, until now there has not been an effective, safe, non-toxic approach that will definitely work in virtually every case. In fact, many have gone for years without a correct diagnosis, and sporadic, but largely ineffective treatment. If you take the time and effort to learn what I can teach you here, you will have substantial success. You will learn from this page that there are some extremely important elements to this illness that you have never been informed about before now, and without understanding the entire picture, all efforts are doomed to failure.

This war must be fought on at least three fronts:

- ✓ **Infection**
- ✓ **Toxicity**
- ✓ **Blood Thinning**

We must thin the blood in order to deal with the HYPERCOAGULABILITY we have now proven is a key step in overcoming this problem. Failure to do this means you never fully eradicate the underlying infection nor do you adequately bring fresh blood to the painful areas, nor do you bring in needed nutrients (like the magnesium you have heard about that is so important in this condition and at least 70 other nutrients needed to repair the starved tissue). Furthermore, oxygen must be made available to help heal the painful tissues. This is accomplished in my program by detoxifying your blood vessels so that they can make Nitric

Oxide, which is now known to markedly enhance blood flow and oxygen delivery. In addition to bringing everything into the painful areas, you must also remove all the toxins that have accumulated in these starved areas of diminished blood flow in your body. These toxins are the major contributor to the symptoms, pain and spasms that you suffer from with this problem. Clearly it will take some time to detoxify, but many see enough improvement from my program within the first two weeks that they can finally relax because they know they have found an answer that will work for them. After that, the longer you stay on the program the more you improve.

Unfortunately, we live on a polluted planet, so even if you have fully recovered, I urge you to always keep on a maintenance level of these nutrients, which are unlike anything you have ever tried, I do not care how much you think you know, this program that I have put together could not be found on your own anywhere. I have a top authority who writes books and lectures everywhere on nutrition, whose husband recently developed a major health problem, and nothing was helping. His health is returning dramatically on the same products you will be taking if you follow my program. She continues to say: what is going on, I have been in the nutrition field for 40 years, and we have taken everything, which I believed was the best available anywhere. Why did nothing ever work like this before?

### **Thinning the Blood**

Once you understand that you must not operate your body with 100 weight motor oil when it was designed for 10 weight motor oil, you have one of the missing keys to achieving lasting improvement. This might mean that the toughest Fibromyalgia cases may respond more rapidly with the short-term use of an injection of heparin twice a day. These can be given to you like a diabetic does, with a tiny needle; however, since most of us are fearful of needles, I have fortunately found a unique alternative. This works by mouth, but since it is expensive we do not make everyone start out with it, unless they have taken the blood test and clearly must have the oral Boluoke. Furthermore, some patients may use oral forms of heparin, so with those and other enzyme choices, in most cases we can replace the need for taking heparin by injection. The need for these injections or expensive oral blood thinners can be determined by a blood test ([www.hemex.com](http://www.hemex.com)) or alternatively, it may be determined by how well you respond to the self-administered home program you will read about here. With patience, and, if you stay off junk food and gradually increase physical activity over a several month program, most respond without the use of injectable heparin.

To prove to you exactly how much the abnormally thick blood is contributing to your fibromyalgia problem, the blood test that I assure you, without question, well over 95% of all people correctly diagnosed with fibromyalgia will fail. This is performed by a group of hematology experts ([www.hemex.com](http://www.hemex.com)) who have been able to prove that one of the major contributors to the syndrome of symptoms labeled fibromyalgia is abnormally thick blood, which we normally call hypercoagulable blood. Some insurance will pay for this and I do not make everyone start out getting the test that is unfortunately expensive.

Please understand that this aggressive program for blood thinning, oral or injectable, is ONLY needed long enough (2-8 months) to allow the total health-promoting program of nutrients and oral detoxifiers that I have found essential in treating fibromyalgia to get into the painful areas and do their work. Without this step, failure is to be expected. In fact, this blood thinning is such a key step that the first two products used in my program for treating

fibromyalgia, namely **Wobenzym** and [Essential Daily Defense](#) both provide powerful but natural unique blood thinning properties.

Good news, since these blood thinners are natural, this means that no one to my knowledge has every had to rush to the emergency room due to excessive bleeding, but if you have a history of serious bleeding after surgery as in hemophilia, caution even with natural blood thinners is advised. We have found on a couple of occasions blood in the urine or feces over the last 17 years. This was not the fault of the natural products, these patients had early cancers and the natural blood thinning, even with Vitamin E in large doses, alerted these patients to see their doctor, realizing that something was wrong with them, and it was not a problem with the Garlic or Vitamin E or Ginkgo, or Salmon oil etc. This early detection, however, may have helped to save their life.

### **Detoxification and Infection Control**

After you feel much improved and know that you are on the road to recovery, you will still find you have a continuing need for a long-term maintenance program or your Fibromyalgia problem will return. You may become entirely symptom free, but without staying on a total health-promoting program, you will relapse. This is because your need for the other two critical parts of your total fibromyalgia program, **Detoxification** and **Infection Control** never stops. The need, however, becomes less intense after we have put you into remission, but the condition easily comes back if you abuse your body with anything, from excessive stress, sleep deprivation, junk food, to smoking again, etc.

You cannot ignore your need for constant low-level support on these two issues, since otherwise the blood also will again become hypercoagulable and you are back where you started, with all three problems. You do live on a polluted planet, and your tissues really have 1000 times more lead, for example, than anyone living on this planet a few hundred years ago. This mass poisoning of all of us has lowered our immune system functioning so the infections that you hear about, which actual research proves are in most of us today, have gained the upper hand in some of us, and left us with Fibromyalgia, Chronic Fatigue, and in fact these chronic infections are now proven to relate to everything from Cancer and Heart attacks to Alzheimer's disease. Thus your program for your Fibromyalgia is actually a blessing in disguise since you will almost eliminate the possibility of these other conditions, if you carefully follow the program explained here. Please read the excellent book by Paul Ewald, "Plague Times", this book explains how these infections are actually now proven to contribute to everything from Alzheimer's, Parkinson's disease, mental disease, even manic depression, schizophrenia, Cancer and [Heart Disease](#).

The experts on infectious disease can really educate you on CMV and Herpes and Chlamydia and Epstein-Barr, the list goes on and on, and we all have several of these all of the time. But, at times, particularly when they become extremely active, as when our immune system is down, we develop symptoms related to what type of infection we have and where these infections are the most active. A website [www.ccid.org](http://www.ccid.org) can educate you on what some of these infections can do when they get into our brain and nerve cells. This is frightening but true that most of us apparently had some of these infections introduced into our bodies, or our parent's bodies, from vaccinations like the Polio vaccine.

Therefore, the protocol that you will find on this website has to deal with all three legs of this problem: **Thick blood, detoxification, and control of these infections, which cannot be done unless the thick blood is dealt with! Antibiotics are usually not the answer; it must be by bringing your immune system up to the level that you can handle the infection. For further details please see my [acute and chronic infection protocols](#).**

However, I expect most patients to simply relapse because they either decide that they do not need their nutritional support program anymore, or they decide to overeat junk foods and/or sweets, which knock out your immunity allowing reactivation of these admittedly incurable chronic infections again, like EBV, CMV, Herpes etc. that we all carry.

**Plan ahead to never run out of the products on this program; it is the key to making your body able to exist with optimal health in spite of the pollution we have introduced on our planet.** Adequate treatment of this problem is the key to permitting the supplement program that I have devised to deal with the other two legs of the problem to fully work and will absolutely assure over time dramatic improvement in your illness. However, successful treatment can be complex in some cases; some patients, who had been incapacitated for years, took 9 months. Yet all can get well; we have the documented success stories that have proven to me that everyone so far treated long enough responds. But the stumbling block for some is having the courage and confidence to stick with the program and yes for some it is money, since even this non-drug based program can become rather expensive. Those on the allopathic or drug version of this program have had to spend as much as \$50,000 to \$100,000 in advanced cases, but if they stayed with the program, they are well. I am certain that the natural approach explained here would never cost anything like that.

However, it is important to realize that some of you have much more than fibromyalgia contributing to your health problems, some also have dental amalgam poisoning, and some have Diabetes, or malabsorption, food allergies etc. so read my FIGHT program and watch the videos on it to understand how to deal with these problems on all five fronts.

I want to offer to help everyone by helping you find a local physician that is involved in my kind of medicine. Many doctors can order the tests that I may need so that you should plan to get professional help if you do not feel you are responding fast enough with the simple home program I am outlining here. I am available to do consultations and I enjoy working with your doctor helping you get the full benefit from this comprehensive program. See FIND A PHYSICIAN on my website's home page.

Fortunately, however, not everyone has to start out with getting this test done, because we

- The need for detoxification
- The need for thinning the hypercoagulable blood, i.e. bringing in closer to weight 10 motor oil running through your system, instead of weight 100, which is too much like axle grease to effectively deliver nutrients and oxygen to your tissues, which is why they hurt so bad
- The chronic infections that all of us today have, whether you call them Lyme or chlamydia or coxackie or mycoplasma or stealth virus or CMV or herpes. We absolutely know that fibromyalgia patients generally have more than one of these serious chronic and difficult to treat infections, contributing then to their thick blood and their resultant lack of nutrient getting into tissue and toxins being removed from those tissues.

have put together a program that is so beneficial, that given time, it works in most cases, because it hits the three major contributors to the fibromyalgia:

### **Nutritional Supplements**

**BioEn'R-G-y C** - This is not like any other vitamin C available, anywhere else in the world; it is a major part of your program. The unique formulation of fully reacted neutral pH vitamin C permits you to take significantly higher doses of vitamin C than any other product existing anywhere today. Thus, there are other ingredients besides vitamin C in this formula that are critical to the success of this fibromyalgia treatment program. Please do not substitute.

### **Essential Daily Defense**

This is a product with over \$10,000,000 worth of research behind it. It is so effective that it virtually has prevented all heart attacks and strokes in my practice for over 15 years. The unique blood thinning capability is only a small part, however, of the reason that you will never go off of this product. You will be in higher doses initially for the dramatic detoxification of heavy metals and other toxins from your body. Later you will lower the dose, but preferably, for an adult weighing 120 pounds or more, never less than 3 capsules twice a day if you wish to have optimal health while living on a polluted planet.

Acting as an oral chelator and blood thinner, EDD will permit your body to excrete 5-10 TIMES more lead and toxic metals everyday that you take it than those who are not so protected. The need will not go away in our lifetime; we all carry at least 1000 times more lead than ANYONE did a few hundred years ago.

### **Beyond Chelation Improved**

For those patients that can afford the best, everyone is told that Beyond Chelation is our Cadillac Premier product, containing nine essential supplements in a convenient packet. Each packet contains three of the multiple vitamins (yellow tablets), which are more potent than any multiple vitamin in its price range, anywhere in the world. These multiple vitamins contain no iron, which is known to catalyze free radicals and causes illness in patients, unless they are proven to be iron deficient. It also contains three Essential Daily Defense capsules (formerly called Garlic Plus). In addition, it contains one EPA gelatin cap – Eicosapentaenoic Acid from salmon oil, primrose oil, and most importantly for chronic fibromyalgia patients, it contains the Ginkgo Biloba and Phosphatidyl Serine.

Ginkgo Biloba is an anti-platelet, anti-clotting product, which also has unique ability to protect nerves that are being attacked by virus and other toxins that are released in the body, due to the hidden chronic infections in fibromyalgia patients. In addition, included is the phosphatidyl serine, which by itself retails for almost \$24.00 for a month supply. The phosphatidyl serine will give your nerves a nice thick healthy coating, like putting a deep layer of simonized wax on your car to protect it from the elements. These are then the total products for nutritional support, and replace any additional E vitamins or B complex or mineral product that you might think you need in your diet.



[\*\*Maca\*\*](#) (click here for ordering information)

Because all fibromyalgia patients tend to have chronic fatigue, Maca is also needed. This is a unique herb from South America that is considered to be their ginseng. What is unique about Maca is that it will take any swimming animal and increase its energy by 40% while at the same time normalizing its hormonal levels, which is essential for the immune process to deal with the chronic infection.

[\*\*Dr Gordon's Organic Greens\*\*](#) (click here for ingredients and ordering)

Perfect Food is given to every one of our fibromyalgia patients. It tastes great taken in any juice or fluid and this product is critical to your overall success. It alkalinizes the system, thus, immediately lowering pain threshold, but far more importantly, this all organic product gives you all of the nutrients that you cannot find in even the best selected diet unless you raise all of your food organically on scientifically balanced soil. Thus Perfect Food is another critical step in regaining your health and helps satisfy food cravings and therefore helps you lose weight or gain it, if this is needed.

[\*\*Beyond Fiber\*\*](#) (click here for ingredients and ordering)

Next is a special fiber product to help you detoxify. Inuflora has the unique ability to help your body excrete neurotoxins as well as improve cholesterol and triglyceride metabolism. The dose is one tablet twice daily for the first two weeks, then two tablets twice daily until it is gone. Then you replace it in the future with the powdered form of Inuflora, so that you can increase the dose slowly. The powdered form is essentially one half teaspoon, which will be one half of a packet, or one half teaspoon from the large jar of Inuflora that is available. Over time, please increase this dose within a month or two to one full teaspoon twice daily. This is essential to change the bowel flora to help you have less food sensitivities and less food allergies. Inuflora is a detoxifying form of fiber that forms the basis of giving you a healthier flora in your body.

[\*\*Kyo-Dophilus\*\*](#) (click here for ingredients and ordering)

Primal Defense replaces all forms of acidophilus and is an essential part of rebuilding the health of the patients with chronic fibromyalgia. We are all exposed EVERYDAY to antibiotics in our food supply. These kill the healthy intestinal flora that is required for health.

[\*\*Beyond B<sub>12</sub>\*\*](#) (click here for ingredients and ordering)

Because there is a lot of pain involved in chronic fibromyalgia, the nerves need an extra bath of B<sub>12</sub>. Unfortunately, B<sub>12</sub> is poorly absorbed in orally ingested products, so we do recommend you buy one bottle of sublingual Beyond B<sub>12</sub>. This is taken by placing the tablet under the tongue, and held there until it dissolves. This goes directly into the blood stream. Interestingly this product contains methylcobalamin, which is proven to regenerate nerve function. This is also of great interest for everyone because this product is alternative methods of improving methylation in your body; such as we do with SAM-e that is widely used for the treatment of depression. It is important to recognize that patients with fibromyalgia will have, because of the chronic pain they have lived with without relief, a significant level of depression, and therefore, using Beyond B<sub>12</sub> makes good firmer physiological sense.

[\*\*ThioGel L\*\*](#) (click here for ingredients and ordering)



All patients are now told that lipoic acid, alpha lipoic acid, particularly that which is both fat and water soluble can be of tremendous help not only in recycling your antioxidants, but actually helping and dealing with the chronic overload of mercury in the body.

### **Beyond GHS**

For those patients over 50, who are beginning to worry about signs of premature aging, Beyond GHS, Beyond Growth Hormone Support, is a major adjunct to any patient looking for a safe, affordable and effective anti-aging support program. It is a potent alternative to injecting the growth hormone and is based largely on important natural products, including tribulus, terrestris, and moomiya. These have been shown in research on Russian athletes to give tremendous support to the body in the fight to regain health. The dose is acceptable to skip Saturdays and Sundays or to take this daily. However, some of our athletes prefer not to give it up on the Saturdays and Sundays because they find such tremendous benefit to their exercise program that they are unwilling to give up their Beyond GHS on the weekend and there is no contraindication to taking it daily.

I feel that [melatonin](#) is such a safe supplement that I have you buy this from any health food store 1.3 or up to 3 mg on a nightly basis, I recommend it for any person over the age of 20 because of its many benefits including anti-aging. I take it routinely for life.

We also recommend that you buy a coffee grinder and obtain [flax seed](#) from your health food store and take two heaping teaspoons of freshly ground flax seed at least each morning and preferably twice daily. This can be taken then with the Organic Green powder, the BioEn'R-G'y C, Beyond Fiber and MACA, all taken as a morning Power Drink in place of any breakfast. Since I demand so much of my body, I take a second power drink containing all of these ingredients (about a teaspoonful of each ingredient in juice) before retiring.

Of course, all of you by now have heard of the need for magnesium supplementation and you will find this in the Beyond Chelation Improved formula, which you are to take one packet each AM and PM containing 9 capsules in each packet. Also many of you are aware that if you follow a chronic infection protocol, which appears elsewhere on this website, [www.gordonresearch.com](http://www.gordonresearch.com), you can learn enough to actually treat serious chronic infections, like those found often in our jaw where they extracted our wisdom teeth, called cavitations, or even chronic infection in tonsils, sinuses etc, generally without the need for taking any antibiotic.

### **More Resources**

Unfortunately, today some of the infections are getting to be so resistant to all generally known forms of treatment that occasionally you may need to have me direct you to doctors knowledgeable in the use of oxidative therapies. The International Oxidative Medicine Association (IOMA) can be reached at (405) 634-1310, or (800) 235-4788. Their mailing address is PO BOX 89091, Oklahoma City, OK 73189. I serve on their board. They can refer you to doctors that are knowledgeable in the use of ultra violet blood irradiation, ozone and/or intravenous hydrogen peroxide for those patients who do not see a fast enough response to the program outlined above.

In addition, almost all the patients with fibromyalgia have a significant contribution to their problem by their dental fillings. If you have amalgam fillings in your mouth, you can still be treated with the above program, but after your health starts to improve, it is wise to find a dentist trained in biological dentistry to help lower the overall metal in the mouth on a safe basis. This is not to be done casually, if you are working with a dentist who does not understand the danger, it is possible that you can be inhaling mercury vapor and actually be getting worse initially with this program. If you do go through a dental program, please look for my [heavy metal detoxification program](#) where you will have to go to increased levels of Essential Daily Defense and BioEn'R'G-y C.

Those patients not responding adequately within the first 60 days are encouraged to look under the website for [www.acam.org](http://www.acam.org). These are fellow doctors of my academy who are located across the country and are knowledgeable in the field of chelation therapy. Not all of them specialize in fibromyalgia, but they are all able to respond to your specific request from me to go in and have the [one-minute provocative test](#) for toxic metal overload. The test is sent with urine and feces to Doctors' Data and is based on a two to three gram IV direct push of EDTA. This test allows us to evaluate your heavy metal body burden and if the results prove need for further, more aggressive detoxification in this field, we are in a position to assist you in directing your physician to give you a series of perhaps 30 of these convenient one to two-minute IV pushes of EDTA.

Furthermore, if you have not responded with acceptable improvement within 60 days, remember to have your doctor order the test from [www.hemex.com](http://www.hemex.com). This will shed a great deal of light on your program. Some patients will clearly have to be started on either heparin injections or the special plasmin capsules that are available at your request. The dose is two, three times daily, taken preferably 45 to 60 minutes before meals.

The above protocol deals specifically with getting the nutrients into and toxins out of the areas that are hurting. It is not essential that you wait until you have not responded enough to the above protocol. You can start the Boluoke at any time, and use it conveniently for two months for a trial. However, we want to make it clear that some patients may have other serious underlying problems, such as malabsorption, food allergies, severe bowel dysbiosis, parasite infections, etc., which we can have adequately diagnosed through the fellow doctor members of my academy.

Resolving each of these problems then makes it far easier for you to respond to the simpler, fibromyalgia program. Adhere to this program for 3 months to rebuild the painful tissues that have been trying to get your attention so you would do something right for your body. There are over 500 pages of additional useful information on the website links provided that may better help you understand this FIBROMYALGIA protocol. Please feel free to browse.

Good luck in achieving your good health.

Sincerely,

Garry F. Gordon MD,DO,MD(H)  
President, Gordon Research Institute  
[www.gordonresearch.com](http://www.gordonresearch.com)