Fibromyalgia

General Introduction
Definition
- Condition of a widespread muscular pain and fatigue.
- Constellation chronic symptoms- deep aching in the muscles, burning, stabbing, throbbing pains, and profound, draining fatigue and muscular weakness
- Derived- fibro- (Latin fibra, or fibrous tissue), myo- (Greek myos, for muscles), algia-(Greek algos, pain)
- Many folks with the syndrome call themselves “fibromites”.
- Produces no obvious laboratory signs
- A syndrome describes signs and symptoms that are fairly consistent between patients.
- List of symptoms associated with FMS so long, really quite possible for two different people with FMS diagnoses to share very little in the way of symptoms, yet to both have the condition
- Diagnostic standard just lists of symptoms- syndromic diagnosis
- Mysterious diseases- large, interconnected group of disabling conditions with broadly overlapping symptom patterns- include a grab bag of diagnoses from fibromyalgia to irritable bowel syndrome (IBS).
- Generally, involve disabling pain- hard to pin down, inexplicable- current physical and laboratory tests
- “Chronic subclinical everything syndrome”- reflection of American lifestyle
- Example- up to 70% FMS patients evince symptoms consistent with diagnosis of IBS- patients with IBS label do not suffer from FMS nearly as frequently as frequently- FMS in IBS is apparently half that of IBS in FMS.
- Diagnosis depends on specialist seen (virus- CFS of original type, if no virus- FMS)
- Bottom line: History widespread pain- 11 of 18 tender point sites- digital palpation. (Not trigger points)

Background
- The U.S. government estimates that 3 to 6 million Americans are living with FMS.
- FMS is affecting about 2% population in USA.
- Some sources, including Dr. Andrew Weil, put the prevalence at more like 5%.
- Over 5% of the patients in a general medical practice have FMS
- Prevalence much less every other part of the world- 1% in Britain and Scandinavia.
- Occurs 7-10 times more frequently in women than in men
- Accounts for 10-30% of all rheumatology consultations in North America.
- Median age at onset 29 to 37 years, median age at diagnosis 34 to 53 years.
- Twenty year old women- 1%, age 70, more than 7%.
- Mid 1970’s- Dr. Muhammed Yunus & colleagues at University of Illinois at Peoria incorporated earlier concept of fibrositis with systemic symptoms, affirmed that no inflammation present. Made the suggestion that term fibromyalgia better described syndrome
- Mid 1980’s- diagnostic standards for FMS established
- 1987- first recognized by AMA as legitimate medical disorder and cause of disability- used the term to name the syndrome publicly in journal
- 1992- World Health Organization (WHO) included new fibromyalgia diagnosis the tenth revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10)

Symptoms
- Pain- primarily in neck, shoulders, hips- headache, chest, jaw, menstrual cramps
- Fatigue
- Sleep and energy disturbances occur in about 90% of people who have fibromyalgia.
- Restless legs (twitchy, painful, cramping legs), irritable bladder, and nocturnal myoclonus (jerky muscles)
- Fibro-fog- confusion, memory lapse, word mix-ups and concentration difficulties
Signs and Symptoms of Fibromyalgia
The American College of Rheumatology 1990

(Table 2, from 1990 ACR paper by Wolfe, et al.)

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>% of patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>widespread pain</td>
<td>97.6</td>
</tr>
<tr>
<td>tenderness in &gt; 11/18 tender points</td>
<td>90.1</td>
</tr>
<tr>
<td>fatigue</td>
<td>81.4</td>
</tr>
<tr>
<td>morning stiffness</td>
<td>77.0</td>
</tr>
<tr>
<td>sleep disturbance</td>
<td>74.6</td>
</tr>
<tr>
<td>paresthesias</td>
<td>62.8</td>
</tr>
<tr>
<td>headache</td>
<td>52.8</td>
</tr>
<tr>
<td>anxiety</td>
<td>47.8</td>
</tr>
<tr>
<td>dysmenorrhea history</td>
<td>40.6</td>
</tr>
<tr>
<td>sicca symptoms</td>
<td>35.8</td>
</tr>
<tr>
<td>prior depression</td>
<td>31.5</td>
</tr>
<tr>
<td>irritable bowel syndrome</td>
<td>29.6</td>
</tr>
<tr>
<td>urinary urgency</td>
<td>26.3</td>
</tr>
<tr>
<td>Raynaud’s phenomenon</td>
<td>16.7</td>
</tr>
</tbody>
</table>

Other commonly reported symptoms include dizziness, trouble with memory and concentration, rashes, and chronic itching.

Symptoms of Fibromyalgia

Energy
Fatigue

Musculoskeletal
Myoclonus (restless legs)
Morning stiffness (waking up stiff and achy)
Joint aches
Post-exertional malaise and muscle pain
Feeling of joint swelling

Neurological
Chronic headaches (tension-type or migraines)
Jaw pain (including TMJ dysfunction)
Numbness and tingling sensations
Dizziness or lightheadedness
Tingling limbs
Headaches (including migraine)

Immune
Chemical sensitivities

Skin
Skin sensitivities (sensitivity to cold)
Skin color changes

Digestive
Bloating
Alternating constipation and diarrhea

Sleep
Sleep disorder (or sleep that is not refreshing)

Urinary
Bladder irritability
Urinary frequency

Cognitive
Confusion (Brain Fog)
Memory impairment
American College of Rheumatology 1990 Criteria for the Classification of Fibromyalgia


Definition. Pain is considered widespread when all of the following are present:
- pain in the left side of the body
- pain in the right side of the body
- pain above the waist
- pain below the waist
In addition, axial skeletal pain (cervical spine or anterior chest or thoracic spine or low back) must be present.
In this definition, shoulder and buttock pain is considered as pain for each involved side. “Low back” pain is considered lower segment pain.

2. Pain in 11 of 18 tender point sites on digital palpation.

Definition. Pain, on digital palpation, must be present in at least 11 of the following 18 sites:
- **Occiput**: Bilateral, at the suboccipital muscle insertions.
- **Low cervical**: Bilateral, at the anterior aspects of the intertransverse spaces at C5-C7.
- **Trapezius**: Bilateral, at the midpoint of the upper border.
- **Supraspinatus**: Bilateral, at origins, above the scapula spine near the medial border.
- **Second rib**: Bilateral, at the second costochondral junctions, just lateral to the junctions on upper surfaces.
- **Lateral epicondyle**: Bilateral, 2 cm distal to the epicondyles.
- **Gluteal**: Bilateral, in upper outer quadrants of buttocks in anterior fold of muscle.
- **Greater trochanter**: Bilateral, posterior to the trochanteric prominence.
- **Knee**: Bilateral, at the medial fat pad proximal to the joint line.

Digital palpation should be performed with an approximate force of 4 kg. For a tender point to be considered “positive” the subject must state that the palpation was painful. “Tender is not to be considered “painful.”

For classification purposes, patients will be said to have fibromyalgia if both criteria are satisfied. Widespread pain must have been present for at least 3 months. The presence of a second clinical disorder does not exclude the diagnosis of fibromyalgia.
Tender Points (from Arthritis Foundation)

**ACTIVITY**

**Tender Points**

*Tender points* are areas of the body that are sensitive to pressure. Although fibromyalgia is diagnosed by finding pain in these specific tender points, people with fibromyalgia may experience pain and tenderness virtually all over the body.

![Diagram of tender points on the body](image)

**WHERE DO YOU HURT?**

The 18 tender points doctors examine to help determine a diagnosis of fibromyalgia are shown on the above left image. Using the image on the right, mark your tender points and where you hurt the most.
(For Comparison, Different Source)

Fibromyalgia tender points

The pain may spread when a tender point is pressed and cause pain in a larger area (for example, down the leg, arm, or back). *(Note discrepancy.)*

These pairs are located:

1. Just behind the ear where the neck muscles attach to the base of the skull.
2. About halfway between the base of the neck and the tip of the shoulder.
3. At the spot where the back muscles attach to the shoulder blade, just below the second tender point.
4. On the front of the neck above the collarbone.
5. Just to the right and left of the breastbone (sternum) about 2 in. (5.08 cm) below the collarbone.
6. On each forearm just below and to the outside of the crease of the elbow.
7. Just above and to the outer right and left of each buttock.
8. On the outer upper leg just behind the bony part of the hip (this point is easier to find when standing).

On the inside of each knee.
Fibromyalgia Tender Points

Pain, on digital palpation, must be present in at least 11 of 18 sites

9. **Occiput**: bilateral, at suboccipital muscle insertions. (Just behind ear where neck muscles attach to base of skull)

10. **Low cervical**: bilateral, at anterior aspects of the intertransverse spaces at C5-C7. (Front of neck above collarbone)

11. **Trapezius**: bilateral, at midpoint of upper border. (Halfway between base of neck and tip of shoulder)

12. **Supraspinatus**: bilateral, at origins, above scapula spine near medial border. (Where back muscles attach to shoulder blade, just below Trapezius tender point)

13. **Second rib**: bilateral, at second costochondral junctions, just lateral to junctions on upper surfaces. (Border of sternum, about 2 in. below collarbone)

14. **Lateral epicondyle**: bilateral, 2 cm distal to epicondyles. (Forearm just below and to outside of crease of elbow)

15. **Gluteal**: bilateral, in upper outer quadrants of buttocks in anterior fold of muscle. (Above & to outer edge buttock)

16. **Greater trochanter**: bilateral, posterior to trochanteric prominence. (Outer upper leg just behind bony part of hip)

17. **Knee**: bilateral, at medial fat pad proximal to joint line. (On inside of each knee)
Associated conditions
- Considered to be reflections of the underlying factors that cause the disease (etiological characteristics).
- Or, might be exacerbating factors.
- Sleep disorder, hypermobility, hyperventilation, allergy/chemical sensitivity, depression, fatigue, anxiety, infections, irritable bowel syndrome, thyroid dysfunction and trauma (particularly whiplash), tension headaches, migraine, premenstrual tension syndrome, cold intolerance, restless leg syndrome

Conditions Associated with Fibromyalgia

<table>
<thead>
<tr>
<th>Conditions Associated with Fibromyalgia</th>
<th>Possible additional associated conditions</th>
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</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>Premenstrual tension syndrome</td>
</tr>
<tr>
<td>Irritable bowel syndrome</td>
<td>Migraine</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Menstrual cramping</td>
</tr>
<tr>
<td>Depression</td>
<td>Hypoglycemia</td>
</tr>
<tr>
<td>Hyperventilation</td>
<td>Candida (Yeast overgrowth)</td>
</tr>
<tr>
<td>Hypermobility</td>
<td>Leaky Gut</td>
</tr>
<tr>
<td>Cold intolerance and Raynaud’s</td>
<td>Restless leg syndrome</td>
</tr>
<tr>
<td>Allergy</td>
<td>Interstitial cystitis</td>
</tr>
<tr>
<td>Chemical Sensitivity</td>
<td></td>
</tr>
</tbody>
</table>

Typical Patient
- Conventional- 40 year old female, history of insomnia, recent traumatic episode
- Ayurveda (vata constitution)- dry, thin of frame (not necessarily underweight- in fact often overweight from lack of activity), cold, lifetime constipation
- Alternative medicine- usually some sort of underlying pathology, chronic virus, immune system deeply involved, caretakers

Causes
- **Sleep disorders**
- Biomechanical Trauma- physical Structural (hypermobility, postural, trauma), Functional (overuse hyperventilation)
- Hormone changes- hypothyroid, cortisol
- Immune- chronic virus (herpes family, others), Mycoplasma, Yeast
- Biochemical- Toxicity (endogenous or exogenous exposure), Deficiency, Endocrine, Allergy, Gut Dysbiosis
- Psychosocial Trauma or Chronic- Depression, Anxiety traits, Stress response
- Pain Processing, Neural Load
Fibromyalgia Tender Points

Pain, on digital palpation, must be present in at least 11 of 18 sites

18. Occiput: bilateral, at suboccipital muscle insertions. (Just behind ear where neck muscles attach to base of skull)
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25. Greater trochanter: bilateral, posterior to trochanteric prominence. (Outer upper leg just behind bony part of hip)
26. Knee: bilateral, at medial fat pad proximal to joint line. (On inside of each knee)
Treatment
Integrated Management
• Many people have been cured
• Pain does not mean not to move
• Get good, long, deep sleep
• Holistic lifestyle support - multidisciplinary therapies - body, mind, spirit
• Incremental, gradual pace of improvement and change
• THRIVE Protocol

THRIVE for Fibromyalgia

T- Touch
H- Herbs & Hormones
R- Rest, Rebalance and Sleep
I- Immunity
V- Vitamins & Nutrition
E- Exercise

Bodywork- Effective General Methods
• Muscle Energy Techniques (MET) - many variations
  o Facilitates ability of muscles that are partially contracted to complete contraction, so they can relax - assists opposing muscle in contracting, to relax the target muscle
  o Extend the muscle to the first “pathological barrier” (a feeling of being crunchy, pain, discomfort). There may be a “ratchet” or “cog” movement at the barrier.
  o Contract, or extend, against resistance, in an isometric contraction.
  o Do not push through the barrier.
  o The patient holds the breath during contraction.
  o MET works well in combination with trigger point digital pressure for FMS
• Strain Counterstrain
• Neuromuscular Therapy
• Energy Techniques- Acupressure, Reflexology
• Passive Stretching
• Chi Nei Tsang Abdominal Massage
• Trigger Points for Myofascial Pain Syndrome (often concurrent)
Bodywork Hands On
- Identify area of regional dysfunction
- Identify and apply direct pressure to tender points
  - Use topical, if desired
- Pulse Balance
  - Find consciously tender spot at site of pain or injury
  - Match with unfelt tender spot in corresponding matching limb or similar area
  - Balance pulses in the two points
- Directional Muscle activation- for hypotonic muscles
  - 90% of time is origin to insertion- base on results
  - 3 part deep directional activation
  - Add topical if desired
- Cross Fiber Technique- for hypertonic opposing muscle
  - Add topical is desired

Acupressure
Qi Hai (CV6)- 2 finger widths inferior to navel, midline- Supplements qi entire body
Guan Yuan (CV4)- 4 finger widths inferior to navel, midline- Supplements yang qi and kidney essence
Zu San Li (ST36)- 3 finger widths inferior to patella, on lateral aspect of tibia, depression between two major muscles- supplements qi and blood of entire body through spleen and stomach
Hegu (LI4)- between first and second metacarpal bones, in angle where meet (between thumb and index) (dorsal)- pain in arms and neck
Outer Gate (TW5)- 2 finger widths proximal to wrist crease between radius and ulna (dorsal)- pain in arm and neck
Crooked Pond (LI11)- proximal end of lateral elbow crease- supports qi, relieves pain, fatigue
Gate of Consciousness (GB20)- base of occiput- arthritis, headache

Topical Treatments
- In FMS, effect is not very predictable- base on results or other analysis
- Ginger juice- Main massage medium in Chinese massage
- Inflammation- Ice, Menthol (often effective even if no inflammation)
- General Tissue Healing- Arnica
- Hypotonic Muscles- Clove oil
- Hypertonic Muscle- Ginger oil
- Trauma- Arnica & Pine, Castor Oil (ointment), comfrey poultice
- Stiffness- Wintergreen oil, Arnica /Ginger/ Tea tree/ Thymol (chronic)
- Pain- Cayenne Ointment
- Inflammation- ghee- main in Ayurvedic massage

Oils for Fibromyalgia Massage

<table>
<thead>
<tr>
<th>Oil</th>
<th>Energy</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castor</td>
<td>Hot, Sweet</td>
<td>Best overall for nerve disorders</td>
</tr>
<tr>
<td>Ghee</td>
<td>Hot</td>
<td>Anti-inflammatory, broadly tolerated, broadly beneficial</td>
</tr>
<tr>
<td>Mustard</td>
<td>Hot</td>
<td>Raises body temp, treats wounds, stiffness, bronchitis, blood purifier, muscle and joint pain, in ear for earache</td>
</tr>
<tr>
<td>Olive</td>
<td>Hot</td>
<td>Arthritis, Gout</td>
</tr>
<tr>
<td>Sesame</td>
<td>Hot, Sweet, Heavy</td>
<td>Superior Massage Oil- swelling, pain, stiffness, skin, hair, specific for breast, semen, hair color (especially black sesame seed oil)</td>
</tr>
</tbody>
</table>
Herbs

- Pain, acute
  - Cinchona bark- spasm- 10g as capsules
  - Willow bark- inflammation- 1 oz. as tea
  - Turmeric root- inflammation- 1 oz. as powder
  - Poppies: Chinese corydalis, poppy seeds- up to 1 oz. as tea, Ca. poppy- 2 Tbs. tincture
  - Meadowsweet leaf- salicylates, easy on tummy- 15-30 ml as tincture

- Pain, chronic
  - Butterbur- preventive (especially headache)- increased dose to effect
  - Yuca root- inflammation- 10g as capsules
  - Ginger root- warming- 10g as capsules
  - Chinese notopterygii root- musculoskeletal- 10g as capsules
  - Feverfew leaf- quality concerns, very cooling- 2-5g as capsules
  - Chiles (cayenne)- work up slowly- tolerance
  - Buck bean leaf- especially OA- 1 oz. as tea
  - Kava root- also sedating and antispasmodic- extract or tea as needed
  - Boswellia gum- acute inflammation- as directed

- Sleep
  - Ashwaganda root- regulate sleep cycles- 5-10g as capsules
  - Valerian root- short term acute- bedtime- 2-10g

Minerals

- Main treatment- Magnesium (possibly with malic acid)- bowel tolerance
- Inflammation- Copper, Selenium
- Pain- Potassium
- Healing: Sulfur, Manganese, Calcium, Zinc

Vitamins

- New trend- vitamin D
- Inflammation: C, flavonoids, B5, B6
- Healing: Folic acid, B complex, B1, choline, E

Other

- Pain- dl-phenylalanine- 3,000mg
- Sleep- 5HTP- bedtime- 50-250mg as needed

Diet

- Eliminate allergens
- No refined carbohydrates (anti-yeast, etc.)
- Vegetarian shows benefit, alkalinizing

Intravenous

- Myers Cocktail- Magnesium, B vitamins

Foods:

- turmeric
turmeric
- raw potato juice
- ginger
- parsley
- chilies, garlic
- rosemary
celery (juice)
- basil
- saffron milk
- raw cream
- potato peel & broth
- vegetable broth
- avocado
- cherry
- pineapple juice
- sage

Other Miscellaneous Topical (Poultice, etc.)

Pain:

- Mustard seed
- Comfrey leaf, root
- Carrot, potato (shredded)
- Ginger paste with eucalyptus
- Onion juice and mustard oil

Inflammation:

- Oatmeal
- Flour and milk
- Calendula flower
- Papaya fruit (strips or mush)
- Flax seed
- Plantain leaf
- Slippery elm bark
- Buckwheat
- Marshmallow root
- Radish root and sesame seed

Foods:

- turmeric
- raw potato juice
- ginger
- parsley
- chilies, garlic
- rosemary
celery (juice)
- basil
- saffron milk
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- Buckwheat
- Marshmallow root
- Radish root and sesame seed
Products and Education
International Integrative Educational Institute
Karta Purkh Singh Khalsa, Director
Videos, Books, Courses, Ayurvedic Products
Professional Herbalists Course
Ayurvedic Massage CEU Courses
Nutritional Remedies for Fibromyalgia
4627 Fox Hollow Road
Eugene, OR 97405
(541) 242-3314

Natural Wellness
Institute for Integrative Healthcare Studies
P.O. Box 1783
Pine Bush, NY 12566
(800)364-5722
Khalsa Fibromyalgia book and video
info@natural-wellness.com
www.natural-wellness.com

Eclectic, Inc.
Herbal Medicines
36350 S.E. Industrial Way
Sandy, Oregon 97055
(888) 799-4372

HealthRoad Productions
Fibromyalgia Tapes and Manuals
Box 2176
Stateline, NV 89449
http://www.healthroad.com

Tools For Wellness
Biofeedback Devices, Sleep Aids
9755 Independence Ave.
Chatsworth, CA 91311-4318 USA
(800) 456-9887
http://www.toolsforwellness.com

Laboratories and Institutes
Immunosciences Lab., Inc.
PCR, Immunoglobulin
8693 Wilshire Blvd., Suite 200
Beverly Hills, CA 90211
(310) 657-1077
immunsci@ix.netcom.com
http://www.immuno-sci-lab.com

Great Smokies Diagnostic Laboratory
Assessments of GI, Immunology
63 Zillico Street
Asheville, NC 28801
(828)253-0621
http://www.gsdl.com

Resources

Books
Nataraj Books
7073 Brookfield Plaza
Springfield, VA 22150
(703) 455-4996
orders@natarajbooks.com
http://www.natarajbooks.com

AOTA Products
Fibromyalgia Syndrome: Getting Healthy, a 60-page guide
PO Box 64949, Baltimore, MD 21264-4949
(301) 652-2682

Organizations
National Fibromyalgia Research Association
PO Box 500
Salem, OR 97308
(503) 315-7257
www.nfra.net

The Fibromyalgia Network
P.O. Box 31750
Tucson, AZ 85751
(800) 853-2929
www.fmnetnews.com

Touch Research Institutes
University of Miami School of Medicine
P.O. Box 016820
Mailman Center for Child Development
1601 NW 12th Ave., 7th Floor, Suite 7037
Miami Fl, 33101
(305)243-6781
tfield@med.miami.edu
http://www.miami.edu/touch-research/

American Herbalists Guild
141 Nob Hill Road
Cheshire, CT 06410
(203) 272-6731
http://www.americanherbalistsguild.com

Bastyr University (Naturopathic Medicine)
Kenmore, WA 98028-4966
(425) 823-3000
www.bastyr.edu

3HO Foundation (Kundalini Yoga)
(888) 346-2420
(505) 753-4988
www.3ho.org

KP Khalsa, International Integrative Educational Institute, Integrative_Education@msn.com, 541-242-3314
Recommended Reading

Clinical Therapeutics
Khalsa, Karta Purkh Singh, *Fibromyalgia: A Guide for Massage Therapists*
Cabrera, Chanchal, *Fibromyalgia: A Journey Toward Healing*
Melvi, Jeanne L., *Fibromyalgia Syndrome: Getting Healthy*
Shomon, Mary, *Living Well With Chronic Fatigue Syndrome and Fibromyalgia*
Standayl, Devin, and Copeland, Mary Ellen, *Fibromyalgia and Chronic Myofascial Pain*
Straud, Roland, M.D., *Fibromyalgia for Dummies*

Bodywork
Caplan, Deborah. *Back Trouble*
Fulford, Robert C., *Dr. Fulford’s Touch of Life*
McAtee, Robert E., Jeff Charland, *Facilitated Stretching*
Norman, Laura, *Feet First: A Guide to Foot Reflexology*
Prudden, Bonnie, *Pain Erasure*
Stiles, Mukunda, *Structural Yoga Therapy*
Trager, Milton, M.D., Cathy Hammond, Ph.D., *Movement as a Way to Agelessness: A Guide to Trager Mentastics*

General Natural Healing
Khalsa, Karta Purkh Singh, *Body Balance*
Khalsa, Dharma Singh, *Pain Cure, the*
Krohn, Jacquelin, M.D. and Taylor, Frances, M.A., *Natural Detoxification*
Pizzorno, Joseph, N.D., *Total Wellness*

Videos
Karta Purkh Singh Khalsa, *Fibromyalgia: A Guide for Massage Therapists*
Karta Purkh Singh Khalsa, *Ayurvedic Spa Treatments*
Karta Purkh Singh Khalsa, *Ayurvedic Face Massage & Shirodara*
Karta Purkh Singh Khalsa, *Marvels of Ayurveda, the*

Ayurveda
Khalsa, Karta Purkh Singh, and Tierra, Michael, *Way of Ayurvedic Herbs, the*
Bhajan, Yogi, *Ancient Art of Self Healing, the*
Chopra, Deepak, *Perfect Health*
Frawley, David, *Ayurvedic Healing*
Lad and Frawley, *Yoga of Herbs, the*
Lad, Vasant, *Ayurveda*
Svoboda, Robert, *Prakruti, Your Ayurvedic Constitution*

Herbal Medicine
Karta Purkh S. Khalsa, and Landis, Robyn, *Herbal Defense*
Griggs, Barbara, *Green Pharmacy*
Tierra, Lesley, *Herbs of Life, the*
Tierra, Michael, *Planetary Herbology*
Tillotson, Alan, *One Earth Herbal Sourcebook, the*
References