

My (growing) list of Fibromyalgia Treatments

This is my growing list of things I have heard of to help chronic pain/chronic fatigue/insomnia/fibromyalgia.

I have not tried everything here. Some things I have tried and found limited benefit. Some things I swear by. We are all different so what works for one of us, may not work for another.

As with every resource I provide, I expect you to do the research and discuss all medicinal/supplement options with your medical team.

For over 200 articles about fighting these symptoms please see my website. If you would like one-on-one coaching to help you in your journey, get in contact with me [hello\[at\]melissavsfibromyalgia.com](mailto:hello@melissavsfibromyalgia.com)

Affiliate notice: Please note that some of these links are affiliate links. If you choose to make a purchase using these links I may make a commission at no extra cost to you. I am only suggesting products I have researched, tried personally or heard good things about.

My (growing) list of Fibromyalgia Treatments



Whole of life

- [Sleep](#)
- [Gentle movement](#)
- Rest
- Seeing food as fuel
- [Meditation](#)
- Check nutrient levels
- Avoid perpetuating factors (i.e.. Stress)
- Diaphragmatic breathing
- [Stay within your energy envelope](#) (pacing)

Heat

- Heat pack - clay
- Shower
- Bath
- Electric blanket
- Hot water bottle
- Far infrared heating pads/lamps

Topical

- Deep Heat rub
- Ice Cold rub
- Magnesium oil
- [Comfrey cream](#)
- Topricin creams
- [Salonpas pain patch](#)
- Penetrix cream (with MSM, arnica, vitamins)
- [Essential Oils](#)
 - Copaiba
 - Lavender
 - Roman chamomile
 - Peppermint
 - Blends specially for pain
 - Frankincense
 - Rosemary

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Treatments

- Physiotherapy
- Acupuncture/dry needling
- Osteopathy
- Massage therapy
- Hydrotherapy
- Stretching

Yoga

- Downward facing dog
- Cat and cow pose
- Legs up the wall pose
- Half or seated sun salutation sequence
- Yogic breathing
- Yoga Nidra

Items

- Theracane trigger point massager
- TENS machine
- Foam roller
- Cranio cradle

Low Dose Naltrexone

- Distraction
- Mindfulness
- Educate yourself

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Herbs

- Thyme
- Devil's claw
- Boswellia
- Jamaican dogwood
- Cayenne
- White willow bark
- Corydalis
- Chamomile
- Nettle
- Red raspberry leaf
- Lemon balm
- Valerian

Supplements

- [Curcumin](#) (with black pepper)
- [MSM](#) (Methylsulfonylmethane)
- [Malic acid](#)
- [Magnesium malate](#)
- CBD oil
- [Acetyl L-Carnitine](#)
- [5-HTP](#)
- [Coq10](#) (ubiquinol is the active form)
- [D-ribose](#)
- [Alpha lipoic acid](#)
- [Melatonin](#)
- [GABA](#)
- [Energy Revitalisation Formula](#)
- B-vitamin complex
- Vitamin C
- Vitamin D
- Moringa
- Maca

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Sleep Specific

- Melatonin
- [Terrific Zzzs sleep formula](#)
- [Sleep tonight formula](#)
- [5HTP](#)
- Suntheanine
- Wild lettuce
- Jamaican dogwood
- Hops
- Valerian

- [Adrenal Stress End](#)

Energy Specific

- [D-ribose](#)
- CoQ10
- Malic acid
- Acetyl L Carnitine
- [Green tea extract](#)

Pain specific

- [End pain formula](#)
- [Curamin formula](#)
- [Curamin PM](#)
- Alpha lipoic acid
- Wild lettuce
- Jamaican dogwood
- Passionflower
- Willow bark
- Boswellia
- DLPA
- Nattokinase