

Fibromyalgia - Herbal Dietary Supplements

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Many people using herbal dietary supplements for fibromyalgia report varying degrees of success. Recent studies have shown that patients using St. John's Wort for Fibromyalgia (herbal dietary supplement) find it helpful for Fibromyalgia symptoms. (Encyclopedia of Nutritional Supplements, Michael T. Murray, N.D.).

Herbal supplements are a type of dietary supplement that uses plant or plant parts for its therapeutic properties. Many herbs have a long history of use and of claimed health benefits. However, some herbs have caused health problems for users. If you would like to try an herbal dietary supplement for fibromyalgia, you should first speak with your doctor who may know more about the effectiveness, as well as whether it is safe to try in combination with your medications.

Herbal Dietary supplements are used by millions of Americans. In an issue of Prevention magazine in 1997, a national survey was conducted claiming that one-third of all adult Americans, or about 60 million people, say they frequently use herbal remedies. Now, surveys show that more than half of the U.S. population uses them. Herbal Dietary Supplements are widely used for fibromyalgia and similar conditions because of the low risk of adverse side effects. European countries have been using Herbal Dietary Supplements for thousands of years.

Herbal Dietary Supplements contain specific herbs such as, Aloe Vera, Wild Yam, Garlic, Echinacea, saw palmetto, etc… For example, Wild Yams help in balancing the hormonal system, which is necessary in order to metabolize fats (lipids). The definition of "dietary supplement" given by congress is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Herbal Dietary Supplements can come in many forms: dried, finely chopped, powdered, or as a liquid in a capsule.

The key to safe and effective utilization of Herbal Dietary Supplements is to exercise caution. You should seek the advice of a physician before taking any Herbal Dietary Supplements if you are chronically ill, taking prescription or over the counter (OTC) drugs, pregnant, or breastfeeding. Also, never exceed suggested dosages unless recommended by your physician.