

SPECIAL REPORT ON "CHRONIC PAIN"

How to alleviate or even eliminate body aches and pain !

By: EILEEN SILVA

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Fibromyalgia: The Mystery "Disease" of the New Millennium

Ask any pain sufferer: Pain is real. If pain is your constant companion or the companion of someone you love... this one's for you.

"Fibromyalgia" – the "catch-all" diagnosis for unexplained pain – is nearly an epidemic today, especially with women over 40.

There are 6 major potential triggers that have been helpful in alleviating or even eliminating body aches and pain.

1. Increased water intake. The correct water formula is:
2 quarts water plus 8 ounces for every 25 lbs. that you have to lose. Water increases energy flows in the body and really promotes

detoxification, which is a key element for becoming pain free.
2. Daily exercise. Exercise, even as little as 20 minutes or so of exercise like walking or yoga, with its emphasis on deep nose breathing is especially specific for *Fibromyalgia*, will release endorphins, which are a natural pain killer.

3. Moving the body pH toward alkalinity a---acid body condition results in chronic pain. Eating a lot more vegetables and fruits while reducing protein intake, can be a key way to become more alkaline (thus reducing cancer and other chronic "illness" risks also).

4. Working on the flora balance of the body to reduce the presence of unwanted microscopic parasites, which all have their own elimination cycles. Internal microorganisms can be responsible for a whole host of pain and illness issues.

5. Reducing or eliminating toxic metals from the system. Every

time you drink beverages or eat foods from cans ... every time you use batteries... every time you apply your antiperspirant (if it has aluminum chlorohydrate with it, as most of them do) ... even every time you chew something if you have silver amalgam fillings in your teeth – you are possibly aggravating your pain problems.

6. Increasing oxygenation to the affected areas. Broken down to simplistic terms, pain indicates a lack of proper oxygenation plain and simple. Certain products and exercises can be especially helpful for oxygenation.

7. Eliminating toxins from the body, which often aggravate pain. Chronic constipation, for example, may be triggering back pain for you.

8. Reducing gas. Believe it or not, when people pass gas it could be a healthy key: we all make pounds of gas each day in the digestive process. If gas builds up, it can compress to the size of a pinhead and has the potential to transfer pain anywhere, even to the neck and shoulders.

8 Keys to becoming and remaining pain-free:

1. Drink more water
2. Exercise daily
3. Become alkaline in pH
4. Eliminate unwanted parasites
5. Reduce or eliminate toxic metal exposure
6. Oxygenate better
7. Eliminate toxins
8. Reduce gas



One of the simplest ways to approach these debilitating problems without spending a lot of time and money is to do the 10 day ***Suddenly Slim*** system, which is a 10 day body chemistry makeover program which sells for \$59.95.

Here are a couple of testimonials from satisfied customers:

“I was out on disability insurance from my Fibromyalgia ...but by the 5th day of the ***Suddenly Slim*** I was pain free. Everyone needs to know about this.” M.F., Tenn.

“I was feeling very achy and having itching on my elbows. By the time I got done with my 10 day body tune-up, my symptoms had vanished and I had much more energy.” N.H., Miss.

To get your Fibromyalgia under control, call today!

FOR MORE INFORMATION CALL :

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