Title: Fibromyalgia - The Connection to Trauma

Dr. LuLu H. Shimek
Naturopathic Physician
Epione Clinic For Integrated Healing
Asheville, NC 28801
1 (828)771-6126
http://epioneintegratedclinic.com/
drlulushimek@epioneintegratedclinic.com

Abstract

Fibromyalgia patients suffer from long term and widespread pain. In Naturopathic medicine, the use of natural therapies and counseling for deep seated trauma has shown great relief in many patients. Natural recommendations for therapies as well as alternative modalities that have shown great success with patients and potential for further healing will be discussed. Treatment protocols will also be given and explained for physicians to use in their own practice. The root cause of Fibromyalgia, which is the relationship with physical and emotional trauma, will be examined and why addressing the trauma is of the utmost importance for treatment. Several case presentations will be given on patients suffering from Fibromyalgia and the treatments used during their healing process.

Biography

Dr. LuLu Shimek is a Naturopathic Physician practicing in Asheville, North Carolina, United States. Dr. Shimek graduated from the world renowned Bastyr University with a doctorate in Naturopathic Medicine. She works with patients suffering with chronic disease and specializes in autoimmune disease, digestive disorders, and chronic pain. Dr. Shimek runs an integrative clinic, *Epione Clinic for Integrative Healing*, where the focus is in working with patients suffering from physical, emotional and spiritual trauma. She writes for the magazine, WNC Woman, every month as well as is featured on the local tv station, WLOS, providing healthy tips for the community.