

Joint Meeting on  
2<sup>nd</sup> WORLD CONGRESS ON TRADITIONAL & COMPLEMENTARY MEDICINE  
&  
2<sup>nd</sup> INTERNATIONAL CONFERENCE ON HERBAL & TRADITIONAL MEDICINE  
June 20-21, 2019 Dubai, UAE



## *Hanadie Basil Mustafa*

Healology University, UAE

### **The fibromyalgia flow 4 life: Practical guide for health and wellness**

Fibromyalgia also called Fibromyalgia Syndrome (FMS) (Fibrositis: the old formal name) is a long-term or chronic condition associated with profuse pain in the muscles, fascia and bones, areas of tenderness, insomnia, anxiety, depression, brain fog and general fatigue. Symptoms like these are considered subjective and cannot be determined or measured by tests. It is often misdiagnosed as another disease like arthritis, polymyalgia rheumatica and many autoimmune conditions. The lack of reproducible, objective tests for this disorder plays a role in some doctors questioning the condition altogether. The causes remain unclear. Research has identified three areas that may contribute to the development of fibromyalgia: Genetics, illness and trauma. A mixture of genetic and lifestyle risk factors may also cause a person to develop the condition. Most fibromyalgia treatments used to manage pain and improve quality of life through medications (pain relievers, antidepressants, antiseizure drugs, etc.) along with self-care and alternative therapies (physical therapy, massage, exercise, yoga, meditation, aromatherapy, diet, etc.) sounds promising, easy way to live pain free normal life. But this process is slow, non-affordable, unpractical and hardly pain free formula. Trying, tripping and giving up medications, holistic therapies and lifestyle changes without achieving their own goals. Majority of research work on fibromyalgia clinical diagnosis and medications, rarely give practical guide for easy daily independent self-practices for anyone around the world with minimum resources or those who travel or have no one to take care of them in their pain free normal health journey. Starting the Fibro Flow 4 Life with my clients the last 3 years, working with more than 15 clients on their fibromyalgia. Monitoring their symptoms and life quality 6-12 months. Fibro Flow 4 Life helped them achieving their independent pain free and health goals. More studies and research needed to support these results via chemistry, biology and neuroscience studies.

### **Biography**

Hanadie Basil Mustafa is a Pain Management, Holistic Practitioner and Tutor at Healology University, Dubai, UAE. She is a formal postgraduate comparative Medicine Doctor specialized in Biodegradable Bone Prosthesis from the University of Baghdad, Iraq. She also worked as an Assistant Lecturer and Researcher at Dhamar University, Yemen. Her own personal journey with health challenges' over more than 25 years inspired her to merge ancient holistic therapies with modern clinical therapies. Her own path formed over years of experience in health, wellness, fitness and nutrition research.

[hanadie\\_alnaimi@yahoo.com](mailto:hanadie_alnaimi@yahoo.com)