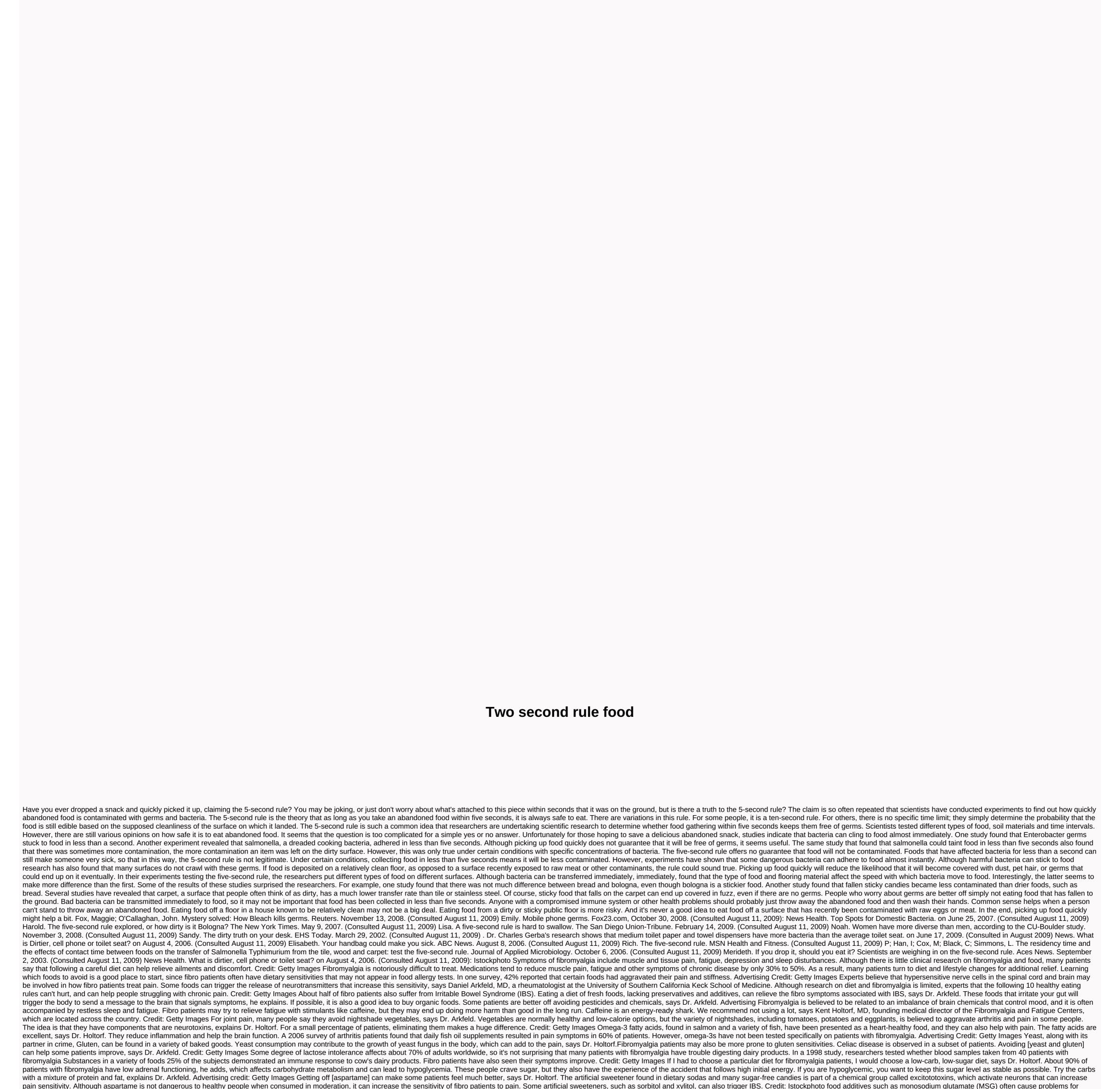
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patients suffering from pain. MSG — a high-sodium flavour enhancer often added to fast food, Chinese foods and processed packaged foods — is an excious neurotransmitter that can stimulate pain receptors; glutamate levels in spinal fluid have been shown to correlate with pain levels in fibromyalgia patients. A 1995 report

in this slideshow for several weeks, one at a time or all at a time, can help you decide if they affect your fibromyalgia symptoms. Advertising advertising

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commissioned by the U.S. Food and Drug Administration stated that MSG can cause short-term reactions such as headaches, and a 2007 animal study in the journal Pain suggested that increased glutamate in muscles may contribute to pain sensitivity. Credit: Istockphoto The National Fibromyalgia Research Association recommends limiting or eliminating refined sugar, caffeine, fried foods and highly processed foods, i.e. most fast food products, candy and vending machines. In addition to contributing to weight gain, these foods can irritate muscles, disrupt sleep, and compromise the immune system. Experimenting with an elimination diet and cutting food completely

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