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FIBROMYALGIA PROGRAM

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FIBROMYALGIA - THE INVISIBLE DISEASE

WHAT IS FIBROMYALGIA?

Fibromyalgia (FMS) is a mysteriously debilitating condition characterized by chronic pain in the muscles and surrounding structures. The word fibromyalgia is derived from the Latin words; "fibro," meaning fibrous tissue such as ligaments, tendons, or fascia; "my," meaning muscle tissue, and "algia," meaning pain. The pain emanating from tendons, ligaments and muscle tissue is unusually tender to palpation (pressing with the fingers). Two major complaints of people suffering from fibromyalgia are pain and fatigue. Other symptoms that may accompany this condition include: sleep problems or insomnia, depression, poor memory and concentration, dizziness, headache, tingling of the extremities, irritable bowel syndrome, irritable bladder (urgency and frequency of urination), temporomandibular joint syndrome (TMJ), cold intolerance, and allergic reactions to drugs, chemicals and environmental toxins. You might wonder, "what is left?" The truth is, there isn't much, because fibromyalgia basically affects every part of the human body.

Fibromyalgia pain is most commonly felt in the lower back, neck, shoulders, the back of the head, upper chest, and thighs, although any area or areas of the body may also be involved. The pain is usually described as throbbing, burning, shooting or stabbing. It may become so severe that a person feels unable to function or cope. Endurance and stamina are very poor, and the sufferer often feels exhausted and unable to concentrate. Pain is often greater in the morning than at other times of day, and depression frequently accompanies the symptoms.

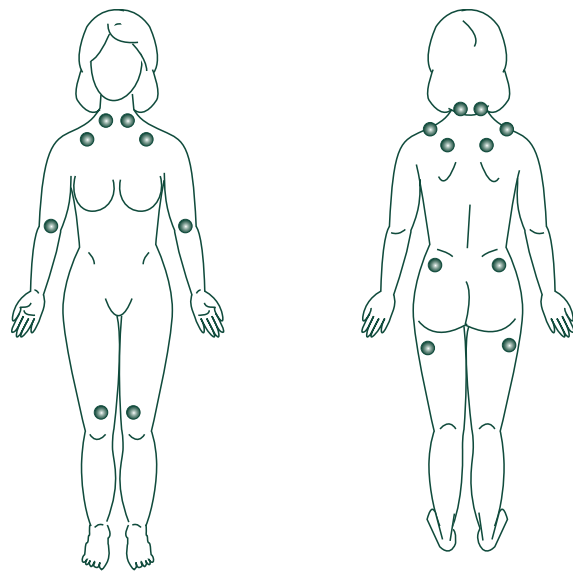
It is estimated that between 6 and 12 million people in the United States alone suffer from fibromyalgia. The condition affects mostly women between the ages of 25 and 50, although men and women of other ages, and even some children, are also affected.

Fibromyalgia is known as a syndrome rather than a disease. A syndrome refers to a fairly consistent pattern of symptoms observed in people with a medical disorder. FMS symptoms fluctuate from hour to hour and day to day. This differs from the term disease, which implies that all people with a given disorder have exactly the same problem resulting from the same underlying cause.

Fibromyalgia is frequently misdiagnosed and under-recognized, which is why fibromyalgia is often called "The Invisible Disease." Fibromyalgia sufferers don't look sick, and as a result, they are often victimized in clinical diagnosis and from family and friends. Many skeptics have debated the existence of fibromyalgia, saying it seems to be rooted more in physiological issues than physical, biological causes. Their reasoning is that there is no clear origin nor an effective treatment for patients. This leaves them with self-doubt, guilt and a loss of self-esteem. Many sufferers come into our spas and wellness centers having been diagnosed with hypochondria, Alzheimer's and psychological problems. These labels invite despair, as the person then feels misunderstood and doubted. Abnormalities do not appear in any blood test, X-ray, thyroid test, HIV test, liver scan, MRI or CT Scan. Symptoms are felt all over, and yet the traditional medical tests can find nothing wrong.

Fortunately, the American College of Rheumatology (ACR) published criteria for the diagnosis of fibromyalgia in 1990. These criteria have been widely accepted, as they result from research provided by 20 clinical investigators in the United States and Canada. The ACR Classification Criteria for fibromyalgia are: 1) widespread aching lasting more than three months ("chronic"), and 2) pain, and not just tenderness, in 11 of 18 specified sites during a physical examination. Eighteen "Tender Points," or "Hot Spots," have been detected on the body, most often near the place where a muscle attaches to a bone. The pressure need not be very hard at all to make the tender points hurt. Before the test, a person with FMS may not always be aware of discomfort at each tender point, which is why patients are often surprised at the degree of pain when a therapist palpates deeply or presses with the fingers at these sites. If you suspect fibromyalgia, it is very important to be tested and screened by a clinic that is familiar with FMS and willing to provide a touch/tender point examination, as this is the only known way to receive an accurate diagnosis.

FIBROMYALGIA TOUCH TEST



18 typical tender points common to Fibromyalgia sufferers

HISTORY OF FIBROMYALGIA

Fibromyalgia is not new; only the name is. Since the early 1800's, physicians have recognized and written about a condition involving disturbed sleep, fatigue, stiffness, aches and pains for which there is little or no diagnostic explanation, calling it muscular rheumatism. In 1824, a doctor in Edinburgh described tender points. An American psychiatrist wrote in 1880 about a syndrome consisting of general fatigue, widespread pain, and psychological disturbance, and called it neurasthenia. He attributed it to the stress of modern life. In 1904, another doctor introduced the term fibrositis into the medical vocabulary to indicate the sore spots found in patients with muscular rheumatism.

In a lecture published in 1913 in the British Medical Journal, A.J. Luff listed some factors causing fibrositis: He noted that symptoms in many people grow worse with the approach of rain and a lowering of barometric pressure, something with which fibromyalgics today are all too familiar. Extreme variations in temperature, infections of a flu like nature, fevers, and local injuries such as those sustained in motor vehicle accidents were also implicated. Dr. Luff drew a connection between fibrositis and the "growing pains" of which some children complain. He also blamed the absorption of irritating toxins from the gut (known as colitis or diverticulosis) as a cause of fibrositis.

Perhaps because physicians would rather deal with an identifiable disease than an illness with many varied manifestations, fibrositis became a highly controversial diagnosis, and has remained so in some quarters. More recently, doctors have realized that fibrositis is the wrong name. The suffix -itis means inflammation, of which there is none present in those suffering from the syndrome of which we have been speaking.

Finally, in 1987, Don L. Goldenberg, M.D., published a paper in the Journal of the American Medical Association (JAMA), reporting on the symptoms, laboratory findings and treatment results of 118 patients with fibromyalgia. (He used the term interchangeably with fibrositis at the beginning of the paper, and then stuck with fibromyalgia throughout the rest.) In an accompanying article, Robert M. Bennett, M.D., wrote, "The term fibromyalgia has evolved from another with the same meaning, namely, fibrositis. There was also an attempt in the early 1990s to rename the condition fibromalasia, meaning discomfort (malaise) in the soft tissues, but the medical community seems to be content with fibromyalgia."

SYMPTOMS OF FIBROMYALGIA

Pain

Soft tissue pain is the primary symptom of FMS, and the pain has no boundaries. Pain is often described as burning, radiating, gnawing, shooting or deep muscular aching. The sensations range from mild to severe and are felt deep within muscles, ligaments and tendons. Joint pain may also be experienced. Basically, a person with FMS feels like they hurt "all over". The pain waxes and wanes, but generally does not go away. One FMS sufferer may feel no more than annoying mild pain, while another may become disabled or completely unable to function because of its severity. Typically, the pain is at its worst in the morning and sometimes again in the evening. Pain may increase with activity or repetitive muscle use, cold or damp weather, and stress or anxiety. Muscle spasms and cramping may occur, often at night, interrupting sleep.

Fatigue

Fatigue can be mild in some patients and incapacitating in others. This symptom has been described as "brain fatigue", in which patients feel totally drained of energy, making the arms and legs tired and heavy, and concentration difficult.

Sleep Disorder

90% of FMS patients experience trouble sleeping. This may include one or more of the following issues: difficulty falling asleep, frequent awakenings during the night, inability to fall back to sleep, tossing and turning, and early morning awakenings. Some people with FMS may not be aware of their awakenings, but wake up feeling tired and unrefreshed for the lack of non restorative sleep. Sleep disturbance may be a factor in the muscle pain associated with FMS, as muscles are deprived of their renewal rest.

Irritable Bowel Syndrome

IBS is a common disorder of the intestines that leads to crampy pain, gassiness, bloating and changes in bowel habits. Some people with IBS have constipation, others have diarrhea, and some people experience both. Sometimes the person with IBS has a crampy urge to move the bowels but cannot do so. Through the years, IBS has been called by many names – colitis, mucus colitis, spastic colon, spastic bowel and functional bowel disease.

Neurological Symptoms

25% of people with FMS experience numbness and tingling in their arms and legs. The hands may also feel swollen and/or clumsy.

Chronic Headaches

Recurrent migraine or tension headaches are seen in approximately 50% of fibromyalgia patients. Tension headaches begin with nagging tightness in the upper neck, resulting from tightness of muscles.

Temporomandibular Joint Dysfunction Syndrome (TMJ)

The temporomandibular joint is the most complicated joint in the entire body. This joint causes the jaw to open and close, slide forward and backward and side to side. TMJ syndrome causes tremendous face and head pain in one quarter of all fibromyalgia sufferers, sometimes indistinguishable from that of a migraine, stress or tension headache. Many more sufferers have jaw and facial tenderness. TMJ also causes a tendency to clench or grind the teeth (known as bruxism). Pain in chewing, clicking of the jaw, the jaw locking open or shut, and difficulty opening the mouth wide are also symptoms.

Memory and Concentration Difficulties

25% of people with FMS experience difficulty with memory and concentration. Entering a room for a specific purpose and then forgetting why shows indications of short-term memory deficit. Some FMS sufferers struggle to remember words to complete a sentence or follow a train of thought. Difficulty with reading concentration or task completion may also be problems. Fibromyalgia "memory fog" is most often short-term memory loss. You can remember memories from long ago, but have difficulty with day to day memory and concentration.

Interstitial Cystitis (IC)

Interstitial Cystitis is an inflammatory disorder affecting the wall of the bladder. Studies suggest that many women with FMS have symptoms suggestive of IC. Symptoms include frequent urination, urgent urination, burning during urination, difficult urination and pelvic pain relieved by urinating. Urinalysis is often normal. Diagnosis is made only through cystoscopy (investigation by scope).

Joint Pain

People with FMS often complain of pain in hands, wrists, elbows, neck, chest wall, hip, knees, ankles and feet. The sensation of pain may be felt over the joint but the joint is not usually affected.

Multiple Chemical Sensitivity

Sensitivities to odors, noise, bright lights, medications and various foods is common in roughly half of FMS patients.

Parasites

Fibromyalgia sufferers, along with those suffering from many other auto-immune disorders, frequently have parasites. Parasites are in water, food, air, soil, on animals, on surfaces in public and home areas, in day care and restaurants. They are attracted to weak, dying and mutating cells. When the body becomes immune deficient in the substances required for healing and cellular renewal, cells and tissue become weak and begin to decay and die. Parasites ingested would often pass through our bodies in the elimination process. However, when they meet with weak, decaying cells, they can take up residence in the body. A parasite lives off the host, feeding off energy, cells, and the food we eat. When living in an immune-deficient body, parasites can cause multiple diseases and weaken the immune system even further. As the body heals, we need to create an environment where parasites cannot multiply.

Other Common Symptoms

Fibromyalgia can involve gastroesophageal reflux (a sour-tasting reverse flow of partially digested food to the back of the throat), commonly referred to as an acid stomach, heartburn or acid reflux. FMS sufferers may also experience chest pain, cold sensitivity, painful menstrual periods, skin sensitivity, dry eyes and mouth, sensitivity to stress and physical activity, changes in eye prescription, dizziness or impaired coordination, anxiety and depression.

CONDITIONS THAT COMMONLY OCCUR WITH FMS OR MIMIC ITS SYMPTOMS

All of the following conditions are immune system disorders that may be experienced in conjunction with FMS: Osteoarthritis, cervical and low back degenerative diseases, rheumatoid arthritis, systemic lupus, hypothyroidism, thoracic outlet syndrome, multiple sclerosis (MS), Lou Gehrig's Disease, Graves Disease, polymyalgia rheumatica, Lyme disease, prolapsed mitral valve, HIV infection, myofascial pain syndrome, Sjogren's syndrome, chronic fatigue syndrome, and most often, candida.

POSSIBLE CAUSES OF OR CONTRIBUTIONS TO FIBROMYALGIA

Too little is known for researchers to be able to identify and agree on the cause of fibromyalgia. There are several viable theories, and most likely you will not find a majority of FMS researchers that support any one theory. However, evidence has shown that one or more of the following factors may cause or contribute to fibromyalgia.

Immune System Disorder

There is evidence that the immune systems of people with fibromyalgia are not functioning correctly. It is suspected that allergies, yeast infestation (candida), and viral or bacterial infections may play a role in the onset of fibromyalgia.

Overabundance of Stored Toxins

None of the systems of the body work efficiently when the body is forced to fight off and work through an overabundance of toxins. Over time, all body systems become weak. The immune system is no exception, as it becomes unable to effectively do its job. This most certainly contributes to the onset of fibromyalgia.

Metabolic Dysfunction

Some researchers believe that fibromyalgia may be caused by a problem in making use of or eliminating substances in the body, such as serotonin or phosphates.

Heredity

Strong evidence suggests that fibromyalgia runs in families. Some relatives of fibromyalgia sufferers have clinical signs without the symptoms, and live their lives without experiencing fibromyalgia, while others have a full-blown case.

Illness or Injury

Many people can point to a specific incident that triggered their fibromyalgia symptoms, such as illness, accident or divorce. Because many people go through these experiences without developing fibromyalgia, there must be something else involved in those who do. An inherited predisposition or the release of a dormant virus may be the differentiating factor.

Prolonged Stress

Whether physical or emotional, stress may be the underlying cause of many ailments, including fibromyalgia .

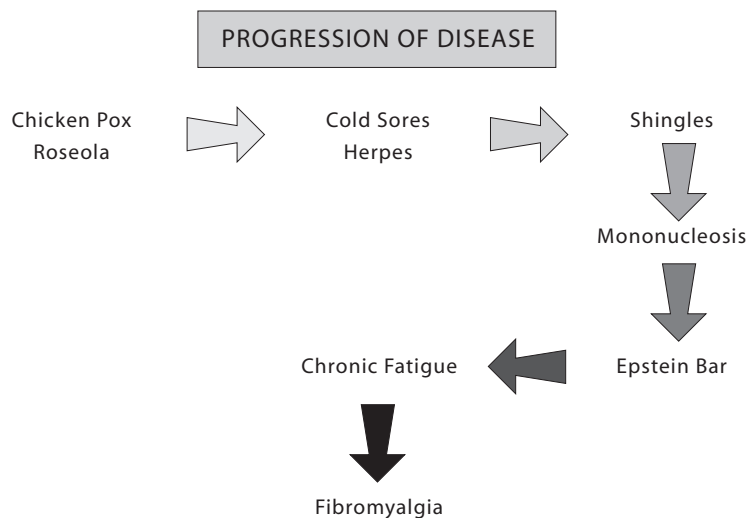
HHV-6 – Human Herpesvirus Type 6

Many researchers (including the founders off M'lis)) believe that the main trigger of fibromyalgia is the HHV-6 virus. This concept incorporates all of the causes and contributors already mentioned.

Virologists have cultured the human herpes virus-6 from 90% of chronic fatigue and fibromyalgia patients studied, which relates to the immune system disorder theory listed above. When tracing back the syndrome through what is called Progression of Disease, research suggests that fibromyalgia originates through the chicken pox virus. Chicken pox is an HHV-6 virus and is the way that most people get HHV-6 into their systems initially. When you had the chicken pox virus or were given the vaccination, that virus, if not eradicated from the body at that time, is stored in the tissues. Then you may have taken what are called suppressant or stuffing drugs, such as antibiotics, cortisone, steroids, or birth control pills. These all solve a specific symptom but store or stuff the virus back into the tissues. Any time your immune system is weakened, the virus may re-manifest itself in many different ways.

In his new book, *The Virus Within: A Coming Epidemic*, medical writer Nicholas Regush recounts ongoing research which he claims is revealing the frightening power of a pathogen that lives in most everyone, even those who are completely “healthy”. This pathogen is human herpesvirus-6, or HHV-6. This sixth strain of the herpes virus was first discovered in 1986 at the National Cancer Institute in the United States. While more than 95% of the world’s population has positive antibodies to HHV-6 (which indicates an immune response to an infection), HHV-6 is thought to remain dormant or “asleep” in the cells, kept in check by the body’s immune system. But certain committed “medical detectives”, as Regush refers to them, are doing research that implicates HHV-6 in a variety of illnesses, including FMS, chronic fatigue syndrome, multiple sclerosis, gulf war syndrome, AIDS and some forms of cancer. The book centers on two scientists, Konnie Knox and Donald Carrigan, who began their years of research on HHV-6 somewhat by accident at the Medical College of Wisconsin. In illness after illness, Knox and Carrigan began to find HHV-6 present in the organs of patients. They believe that HHV-6, previously thought to be relatively harmless in people without severely suppressed immune systems, is not that simple. A variety of factors might “trigger” the virus and allow it to attack key cells in the body, destroying nerve connections and brain cells, and sometimes even resulting in death. Other researchers have found that HHV-6 can lead to a reshuffling of genes that triggers various disease processes, most notably in chronic illnesses like gulf war syndrome.

PROGRESSION OF DISEASE - FIBROMYALGIA



Through ten years of studying clinical reports and doing hands-on fibromyalgia lifestyle cleansing programs on hundreds of clients, we believe the progression of fibromyalgia begins with the chicken pox virus. (One may not have manifested every symptom or syndrome in this progression. With a stronger immune system, one could go from chicken pox directly to fibromyalgia. However, most fibromyalgia sufferers have had several, if not all of the following stages of progression.)

1. By age two, 90% of all children have been exposed to the chicken pox virus – either by manifesting the pox, being exposed with no manifestation of pox, or having received a chicken pox vaccination (live virus). As this virus dormants in the body, it waits until a depletion of the immune system and will reactivate into the next progression.

2. Oral or genital Herpes develops, which includes cold sores, oral (inside and around the mouth) infections, infected gums and fever blisters. These occur down the throat, around genitals, buttocks or anus. This stage may be infectious to others. Oral inflammation may be passed by kissing or touching. Genital outbreaks are also infectious and can be passed through direct contact and public facilities. Antibiotics and steroids stuff this oral and genital herpes virus. The virus will then become dormant until the immune system is weakened again. After the outbreak is over, the virus hides away in a nerve waiting for another immune crash. Anything that can suppress the immune system can reactivate the virus.
3. Shingles and chicken pox are caused by the same group of Herpes virus that include 7 human species. These include Herpes Simplex, Cytomegalovirus, Epstein-Barr virus (the cause of mononucleosis), Human Herpesvirus 6 (HHV-6, the cause of roseola), and Human Herpesvirus 7. Virologists have cultured the HHV-6 from 90% of chronic fatigue and fibromyalgia patients studied. Research suggests that fibromyalgia actually originates through this virus. When you had the chicken pox virus or were given a chicken pox vaccination, that virus, if not eradicated from the body at that time, is stored in the tissues. All the Herpes virus species listed above share common properties and include a pattern of active symptoms followed by latent inactive periods that can last months, years or even a lifetime. The virus travels to the nerve cells of spinal or cranial nerves (ganglia), which are bundles of nerves that transmit sensory information from the skin to the brain. When the immune system is compromised, the virus may become active and cause shingles. Shingles can only be a reactivation of an earlier virus episode in the same person, it cannot be passed. Shingles nearly always develops on one side of the body or in one quadrant of the body. Shingles first begins with pain or tenderness in the skin. The skin may be tender, numb or sensitive to the touch and has aching, itching or pain sensations. Fever or flu-like symptoms may be experienced. This develops into pimple-like blisters in clusters along the same nerve track as the tender skin. They become filled with pus and grow into patches. Within 7 – 10 days they form crusts and heal, if you still have a working immune system. With an impaired immune system, shingles may take several months to clear. Shingles are treated with pain medication (Opioids), antibiotics (stuffers), antihistamines (stuffers), Corticosteroids, Tricyclic antidepressants, and anti-seizure drugs. These drugs all solve a specific complaint, but store the virus. The virus becomes dormant again until the next immune system crash when it will re-manifest itself in many different ways.
4. Infectious mononucleosis is the Epstein-Barr virus part of the viral family. The virus reactivates and lines the nose and throat, then spreads to the white blood cells responsible for producing antibodies. Infectious Mononucleosis is also known as the kissing disease. If you have not contracted this family of virus before, the virus passes through contact. At this stage, symptoms include fever, sore throat, enlarged lymph nodes and fatigue. In more than half of those infected, the spleen and liver also enlarge. Mononucleosis is often mistaken for influenza. The suggested treatment for mononucleosis is bed rest for up to six months. The virus then becomes dormant and symptoms diminish.
5. Chronic Fatigue Syndrome (CFS) is also caused by the Epstein-Barr virus (EBV). EBV is a member of the herpes family and is related to the viruses that cause genital herpes and shingles. The symptoms are fever, sore throat, swollen lymph nodes, fatigue, upper respiratory infections, anxiety, depression, sleep disturbances, memory loss, headaches, aching muscles and joints. This syndrome is also misdiagnosed as all in someone's head or hypochondria because normal medical tests give no results. Many people are carriers of EBV even if they may not have symptoms. Once you have the virus in your system, it remains in the body. EBV is highly contagious. It can be passed from one person to another by close contact. Symptoms can improve by drug intervention and rest, which puts the virus back into dormant inactivation until the fibromyalgia crash.

Following this progression of disease, you may realize that you have had one or all of these conditions before you had fibromyalgia. In working with those who have been diagnosed with fibromyalgia, most people can tell me the very day that they felt the fibromyalgia manifest itself. Fibromyalgia seems to be triggered by a major crash of the immune system. Dr. Mark Pellegrino, MD, wrote a report on his review of 2,000 records of fibromyalgia patients. Of this group, 52% of them were involved in a major vehicle accident, 31% had work injuries, and the remaining 17% had another type of trauma, including sport injuries, surgical procedures, head injuries, divorce and pregnancies. Fibromyalgia also manifests itself following immune depletion from stress, death of a loved one, psychological stress infection, hormone imbalance, drugs and chemical exposure. This all re-stimulates the virus and leads to this progression's most debilitating syndrome.

What causes this virus to suddenly awaken in the body? How is it transmitted? Why do some people become ill while others do not? The answers to these questions remain elusive, but medical writer Nicholas Regush writes that it is time to challenge the old paradigms of how disease occurs. In an interview, Regush said that we've "missed the boat" of how disease happens in our culture. Science tends to view disease as having a distinct cause that is predictable and can be isolated. We tend to fear a monstrous virus coming from somewhere outside us, but the real "ticking time bomb" may lie within. The conditions under which this virus might strike are unclear, and the world is changing: new bacteria, toxic events in the environment, and other factors may cause subtle changes in the immune system that make us vulnerable.

In his paper "Chronic Active Human Herpesvirus-6 (HHV-6) Infection: A New Disease Paradigm", Joseph Brewer, M.D. writes, "based on tests and observations in our own patient population, it is our belief that this virus establishes a chronic active infection in certain patient populations and leads to diseases via different postulated mechanisms."

Dr. Brewer has done thorough exploration of HHV-6 infection and includes in his paper observations from his years of scientific studies of the virus and its link to chronic fatigue and fibromyalgia. Dr. Brewer points to a "triggering effect" where latent HHV-6 virus is reactivated in the body.

Because we have all been exposed to HHV-6 virus at some time in our lives, the key to health is to learn how to keep our immune systems strong and able to ward off any invaders. The stronger our immune systems are, the healthier we will remain throughout our lives.

CONVENTIONAL MEDICAL APPROACH

Fibromyalgia is often misdiagnosed or mistreated. As a person with FMS, you look healthy and you pass medical lab tests with flying colors. Doctors most frequently find nothing wrong with you. They may suggest that you have either an inflammatory or a psychiatric condition. However, no evidence of inflammation or arthritis has been found, and it is now believed that depression and anxiety, when present, are more often the result than the cause of fibromyalgia. Knowing that you want a solution, a doctor will give a prescription to treat the symptoms of pain, depression, and / or the inability to sleep. Chemical painkillers, anti-depressants, steroids, and sleep aids are becoming standard. This is the training of the conventional medical doctor. These symptomatic treatments may or may not provide temporary relief, and most definitely do not get to the source of the problem. Most drugs have negative side effects and may cause their own long term health problems.

When looking into the conventional medical treatments for fibromyalgia, there are a few very important questions to consider: With these treatments, are we improving the health and wellness of the body? Are we allowing the immune system to become stronger, or are we creating bigger problems for our health down the road by using these prescription methods to treat symptoms? My advice is to treat the body as a complete system, rather than treating individual symptoms through conventional methods.

M'LIS APPROACH TO TREATING FIBROMYALGIA

Specific Protocol Includes:

- Detoxification of liver, kidneys, bowels, blood and tissues
- 100% nutrition - either through M'lis DAILY Multivitamin / Multimineral or M'lis COMPLETE nutritional shakes
- CALCIUM
- TRANQUILITY Herbal Stress Relief
- RELIEF Muscle & Joint Aid
- DHEA Anti-Aging and Hormone Precursor
- EVENING PRIMROSE OIL
- VITAL Antioxidants
- Water
- Juicing
- Fitness and Exercise
- Imagery
- Manipulation – chiropractic or massage
- BALANCE and WILD YAM CREAM Hormone Balancer

Following the concept that fibromyalgia is a progression of disease involving the re-manifestation of HHV-6, the only way to become symptom free is to eradicate the virus from the body and rebuild the immune system. If the virus is not eradicated, then as symptoms subside, the virus merely becomes dormant again. It is then merely waiting for a new immune system crash.

Juicing

Recently the National Cancer Institute began a campaign to get people to do one simple thing - EAT MORE FRUITS AND VEGETABLES. Specifically, the recommendation was to eat five servings of fruits and three servings of vegetables a day, and their reasoning was simple: a diet high in fruits and vegetables will prevent or cure a wide range of ailments. Juicing should be a part of any lifestyle change program because of the many health benefits. Fibromyalgia is no exception. It is the M'lis view that juicing is an essential step in the fibromyalgia program.

- Juice should be extracted from fresh, raw fruits and vegetables.
- Juice is digested and nutrients are assimilated in a matter of minutes rather than in hours.
- Fruit juices provide carbohydrates, natural sugars and vitamins.

- Vegetable juices provide amino acids, minerals, salts and enzymes.
- Fresh fruits are cleansers of the body.
- Fresh vegetables are regenerators and builders of the body.

To begin the M'lis Fibromyalgia Program, visit your nearest M'lis Representative for a free consultation. You will be screened for Candida and receive a calendar explaining what to do each day of the program. A M'lis Consultant can walk you through the program, mentoring and answering questions along the way.

The M'lis Program has helped hundreds of Fibromyalgia sufferers to become symptom free. If you are sick and tired of feeling sick and tired, now is the time to IMPROVE YOUR LIFE, naturally.