

## **Chronic Pain, Chronic Fatigue, and Fibromyalgia: Medical Resources and Other Information**

Diseases and disorders that cause chronic, amorphous pain can be among the most difficult to diagnose and treat. In fact, mainstream medical authorities have an unfortunate history of denying that such maladies even existed, preferring to dismiss them as psychological or psychosomatic in nature. Fortunately, times have changed, and the unfortunate victims of these elusive and sometimes mysterious illnesses now have a wealth of resources available that offer help, understanding and comfort. For those seeking help and advice online, the following websites are just a few of the many now available that contain useful information about chronic disorders such as Fibromyalgia, chronic fatigue syndrome and chronic pain.

### **Web MD**

[Web MD](#) is a large centralized medical database that does not specialize in chronic diseases per se, but does offer a wide range of informative articles for public consumption discussing every aspect of these persistent disorders. A general medically-oriented website like Web MD may not be able to tell you everything you would like to know in detail about chronic fatigue, pain or Fibromyalgia, but for those just beginning their search for information this could be a good place to start.

### **Women's Health.gov**

[This website](#), sponsored by the US Department of Health and Human Services, is another general medical site, created by the federal government to dispense information about diseases that tend to strike women in significant numbers - which is certainly true of chronic pain and fatigue disorders. The descriptions provided of various conditions do not go in depth, but each article on a specific disorders lists many links to the high-volume websites of various associations and organizations devoted to dispensing the most important information about chronic conditions.

### **Health.com**

[This medical website](#) is very thorough in its approach to chronic pain and fatigue-related conditions. There are a series of articles available on each condition that discuss:

- Treatments
- Symptoms
- The relationships between various disorders
- Things you can do at home to relieve suffering
- And a whole variety of useful and related topics

Each disease section has a library that you can visit for easy access to information and it even has video diaries made by sufferers describing their experiences and history with these stressful and elusive disorders.

### **Pro Health**

The site called [Pro Health](#) provides a plethora of nutritional information, connections to support groups, and the latest research and treatment news about many different kinds of chronic and painful conditions. It should be noted that this is a commercial site and they do sell a lot of supplements and other kinds of natural treatments like herbal medicines for those who are interested in this approach. However, Pro Health does donate a portion of its profits to medical research and the information they furnish about various medical conditions is offered entirely for free.

### **Health Central: Chronic Pain Connection**

Here is a [health and medical website](#) that really does offer it all. A total breakdown of chronic diseases is given, with plentiful information about treatments of all types, ranging from traditional medications to more holistic approaches like acupuncture. There is also plenty of expert medical opinion available, plus articles on psychological strategies for coping with chronic illness.

### **All 4 Natural Health**

For those truly interested in alternative approaches to healing, here is [the perfect website](#) for you. Connections are made between chronic illnesses and poor diet and nutrition and natural and herbal remedies and therapies that may be able to bring relief to chronic illness sufferers are discussed in depth. There are links to other sites selling these remedies, and other kinds of related products, but these links are only offered as a service to readers of the site. Overall, a treasure trove of information about natural approaches is available here for interested seekers.

### **Fibromyalgia Symptoms**

As the name of the site suggests, [here is a centralized location for all things fibromyalgia-related](#). But the site does not limit itself to one disorder. There is much here for anyone suffering from any chronic medical condition. Treatment modalities are covered as completely as will find on any site anywhere on the Internet and no alternative treatment is left out of the discussion. The assessments of treatment effectiveness are thorough and honest.

### **Complete Chronic Pain Condition Organization**

As the name suggests, [this organization](#) is dedicated to spreading the word about chronic pain, discussing its causes, symptoms and treatments. Personal stories are shared, as the CCPC wants those victimized by these mysterious ailments to know that there is hope and that there are others out there who understand and are anxious to lend their support.

### **No-Hype Holistic Health Solutions**

[This site](#) is run by Cynthia Perkins, M. Ed., who is a trained mental and holistic health specialist, and a sufferer herself from a chronic pain condition.

She traces chronic pain to five sources:

- Nutritional deficiencies
- Poor diet
- Food allergies or sensitivities
- Candida (a yeast occurring naturally in the body that can run amok in certain situations)
- Environmental toxins

For those who believe in the holistic method of disease treatment, Cynthia Perkins is an excellent and informed guide, with much valuable insight to share.

### **Daily Strength**

[Daily Strength](#) is the largest network of health forums found anywhere on the Internet. Discussion forums are available for a whole host of illnesses, including chronic conditions. Basically, these forums allow you to use your fellow sufferers as a resource. Whether it is comfort, advice or understanding that you seek, these forums allow you to connect with others who have been through the same experiences you have and are willing to share information about what has worked for them and what has not.

### **Seek and Ye Shall Find**

These sites only represent a fraction of the information that can be found online related to chronic pain, Fibromyalgia, and chronic fatigue. Nevertheless, they can provide anyone with a very thorough and complete understanding of these disorders, and visitors to these sites are guaranteed to come away significantly more informed than they were when they arrived.