

Fibromyalgia Possibly the Result of Calcium Deficiency

by Amos Gelbard

Gelbard A*

Zefat Academic College, Israel

***Corresponding author:** Amos Gelbard, Zefat Academic College, Israel, E-mail
amosgelbard@gmail.com

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Fibromyalgia symptoms include pain and weakness in the muscles and joints, in movement, and a physical and emotional fatigue.

Calcium is the main content in bones and joints and intracellular, free Calcium has an important role in muscle contraction.

Calcium Deficiency, as a medical condition, also has many of the same symptoms and characteristics as Fibromyalgia.

Several studies have shown significantly lower concentrations of intracellular Calcium in Fibromyalgia patients [1-4].

These studies and the knowledge of Calcium's role in muscle contraction lead to the assumption that Calcium deficiency could be the cause of the well known symptoms of Fibromyalgia.

It's therefore sensible to suggest that treating Fibromyalgia with Calcium, either by diet or food supplementation, should be examined as a possible cure for this disease.

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