

## Fibromyalgia Possibly the Result of Calcium Deficiency

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### Letter to Editor

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.

### References

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