Fibromyalgia Possibly the Result of Calcium Deficiency

Amos Gelbard

Zefat Academic College Kibbutz Eilon, Galil Maaravi, Israel

Corresponding author: Amos Gelbard, Zefat Academic College Kibbutz Eilon, Galil Maaravi, Israel, Tel: +972 1-800-344-544; E-mail: amosgelbard@gmail.com

Received Date: August 07, 2016; Accepted Date: January 06, 2017; Published Date: January 12, 2017

Copyright: © 2017 Amos Gelbard. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Keywords: Fibromyalgia; Calcium

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