

Tami Stackelhouse

CERTIFIED HEALTH COACH



Weight Loss with Fibromyalgia



Below you will find information that I referenced during the webinar. On the studies listed, you may have access to the full document, or just the abstract at no charge. (Sometimes you have to be a doctor to see the whole thing for free.)

I've also included the information on the books I talked about in the webinar, and some of the info I talked about in the questions that were asked

Please feel free to call or email me with any questions you have — whether it's about this info or your own health questions. Enjoy!

Tami

You're Not Alone

1. Neumann L, Lerner E, Glazer Y, Bolotin A, Shefer A, Buskila D. A cross-sectional study of the relationship between body mass index and clinical characteristics, tenderness measures, quality of life, and physical functioning in fibromyalgia patients. *Clinical Rheumatology* 2008 Dec; 27(12): 1543-7. Epub 2008 Jul 12. PubMed PMID: 18622575.
2. Bennett R, Jones J, Turk D, Russell I J, Matallana, L. *An internet survey of 2,596 people with fibromyalgia*, March 2007, 18 Sep 2011, www.biomedcentral.com/1471-2474/8/27.

Sleep

3. Mohamadi, Ali. *Does Losing Sleep Mean Gaining Weight?* December 2004, 12 Dec 2011, abcnews.go.com/Health/story?id=305906.
4. Brondel L, Romer MA, Nougues PM, Touyarou P, Davenne D. Acute partial sleep deprivation increases food intake in healthy men. *Am J Clin Nutr.* 2010 Jun;91(6):1550-9. Epub 2010 Mar 31. PubMed PMID: 20357041.
5. Wikner J, Hirsch U, Wetterberg L, Röjdmarm S. Fibromyalgia--a syndrome associated with decreased nocturnal melatonin secretion. *Clin Endocrinol (Oxf).* 1998 Aug;49(2):179-83. PubMed PMID: 9828904.

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Weight Loss with Fibromyalgia: Can it be Done? Would it Help?

Thyroid

6. Kharazzian, Datis. *Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism*, Morgan James Publishing (2010).

Adrenal Fatigue

7. Wilson, James L. *Adrenal Fatigue: The 21st Century Stress Syndrome*, Smart Publications (2001).

The Studies

8. Katz DA, McHorney CA, Atkinson RL. Impact of obesity on health-related quality of life in patients with chronic illness. *J Gen Intern Med*. 2000 Nov;15(11):789-96. PubMed PMID: 11119171, PMCID: PMC1495614.
9. Yunus MB, Arslan S, Aldag JC. Relationship between body mass index and fibromyalgia features. *Scand J Rheumatol*. 2002;31(1):27-31. PubMed PMID: 11922197.
10. Shapiro JR, Anderson DA, Danoff-Burg S. A pilot study of the effects of behavioral weight loss treatment on fibromyalgia symptoms. *J Psychosom Res*. 2005 Nov;59(5):275-82. PubMed PMID: 16253617.
11. Okifuji A, Bradshaw DH, Olson C. Evaluating obesity in fibromyalgia: neuroendocrine biomarkers, symptoms, and functions. *Clin Rheumatol*. 2009 Apr;28(4):475-8. Epub 2009 Jan 27. PMID: 19172342, PMCID: PMC2668698.
12. Wright LJ, Schur E, Noonan C, Ahumada S, Buchwald D, Afari N. Chronic pain, overweight, and obesity: findings from a community-based twin registry. *J Pain*. 2010 Jul;11(7):628-35. Epub 2010 Mar 24. PMID: 20338816, PMCID: PMC2892725.
13. Przekop P, Haviland MG, Morton KR, Oda K, Fraser GE. Correlates of perceived pain-related restrictions among women with fibromyalgia. *Pain Med*. 2010 Nov;11(11):1698-706. doi: 10.1111/j.1526-4637.2010.00988.x. PubMed PMID: 21044260.

Okifuji A, Donaldson GW, Barck L, Fine PG., Relationship between Fibromyalgia and Obesity in Pain, Function, Mood and Sleep. *J Pain*. 2010 Dec;11(12):1329-37. Epub 2010 Jun 9. PMID: 20542742, PMCID: PMC2939916. *I got this on my notes, but not on the slide! There should actually be TWELVE studies on this, not just the eleven I indicated. =>*

14. Kim CH, Luedtke CA, Vincent A, Thompson JM, Oh TH. The association of body mass index with symptom severity and quality of life in patients with fibromyalgia. *Arthritis Care Res (Hoboken)*. 2011 Oct 3. doi: 10.1002/acr.20653. [Epub ahead of print]. PubMed PMID: 21972124.
15. Arranz L, Canela MA, Rafecas M., Relationship between body mass index, fat mass and lean mass with SF-36 quality of life scores in a group of fibromyalgia patients. *Rheumatol Int*. 2011 Nov 18. [Epub ahead of print]. PubMed PMID: 22095395.

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16. Ursini F, Naty S, Grembiale RD. Fibromyalgia and obesity: the hidden link. *Rheumatol Int.* 2011 Nov;31(11):1403-8. Epub 2011 Apr 8. PubMed PMID: 21476098.

Diets Don't Work!

17. University of California - Los Angeles. "Dieting Does Not Work, Researchers Report." *ScienceDaily*, 4 Apr 2007. 12 Dec 2011. www.sciencedaily.com/releases/2007/04/070404162428.htm.

What Does Work

18. Kaiser Permanente Center for Health Research. "Moderate Sleep and Less Stress May Help with Weight Loss." Kaiser Permanente, 29 Mar 2011. 12 Dec 2011. <http://xnet.kp.org/newscenter/pressreleases/nat/2011/032911sleepweightloss.html>.
19. Livestrong.com's food diary, The Daily Plate, is the one I use, along with their iPhone and iPad apps. www.livestrong.com/thedailyplate/.
20. BeSlim™: Find out more and take an assessment to see how you're doing on each of these six items here: www.myrestoredhealth.tsfl.com/?page=beslim-assessment.
21. Shapiro JR, Anderson DA, Danoff-Burg S. A pilot study of the effects of behavioral weight loss treatment on fibromyalgia symptoms. *J Psychosom Res.* 2005 Nov;59(5):275-82. PubMed PMID: 16253617.

Info Given During Questions

22. You can find the clinical ratings for your height and weight on a good BMI chart. This is the one I give my clients (see pg 2): www.medifastmedia.com/tsfl/docs/quick_start_checklist.pdf. This page will calculate your BMI for you: www.myrestoredhealth.tsfl.com/?page=bmi-calculator.
23. This is the blog post where I talk about how having a pedometer helped me manage my fibro symptoms. It's down at the end, so if you don't want to read all through Dr. T's info, just scroll down until you see the picture of the pedometer: www.myrestoredhealth.com/2011/11/dr-teitelbaum-speaks-on-fibromyalgia-chronic-fatigue-syndrome-treatments/.
24. I mentioned several tests during this webinar that require a doctor to run. Our sponsor for this webinar was someone I hand picked because I know how wonderful she is first-hand: Dr. Wendy Rogers from True Health Medicine, www.TrueHealthMedicine.com, (503) 691-0901.

Dr. Rogers is both a Naturopath and an Acupuncturist and can run any of the tests I mentioned (thyroid, cortisol, food allergies, etc.) and can also help lower your cortisol levels with acupuncture. She's a warm and wonderful doctor who will spend more time listening to what you need than telling you what you should do.

If you have a doctor, but would like some advice on how to talk to them before you meet with them, I'm always willing to chat with you first. Just give me a call, send me an email, or book an appointment on my website: www.MyRestoredHealth.com.

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About Tami Stackelhouse, Fibromyalgia Coach

I am a Certified Health Coach who has fibromyalgia. I provide specialized coaching and resources to help women just like you:

- women who have fibromyalgia and chronic fatigue syndrome;
- women who want to break free from the prison their bodies have become, restore their strength and health, and finally live the lives they've been dreaming of.

In other words, I help you feel like YOU again — and I've "been there, done that" myself.

Even though everyone experiences fibromyalgia (FMS) and chronic fatigue syndrome (CFS) differently, only someone who has it themselves really understands what you're going through and the challenges you face every day.

Only someone who has FMS/CFS and has gone through the rounds of doctors, medications, tests, therapies and treatments understands how frustrating it is to get your hopes up just to have something not work again. Or how wonderful just a one or two percent improvement can be.

You can read the [long version of my story here](#)¹, but the short version is this:

I've suffered with the symptoms of fibromyalgia and chronic fatigue syndrome for over 25 years; I was finally diagnosed in 2007. In the spring of 2008, my fibro was so bad that I filed for social security disability. In January 2009, my doctor introduced me to a nutritional program that changed my life; since then, I've lost weight and come off of eight medications.

Due to my weight loss and other lifestyle changes, I have completely come off of nine medications, including my pain meds. As long as I remember to take care of myself, I can (mostly) live like I don't have fibromyalgia. Do I still have flare ups? Sure! But I have far more good days than bad.

After experiencing the joy of getting my life back — and the wonder in my husband's face of, "who is this woman I'm married to?" — I wanted to share that joy with others and become a Health Coach, specializing in helping women with fibromyalgia and chronic fatigue syndrome.

In addition to receiving my Health Coach certification through the Health Institute and co-leading the Portland Fibromyalgia - ME/CFS Group, my passion for helping others has led me to consult with and learn from experts in many fields, some of which include: FMS/CFS, nutrition, weight management, counseling, motivation, and goal setting.

I live in Tigard, Oregon, with my awesome husband, Scott, and our three cats: Sam, Jesse and Sniglets. In good weather, you'll find me on the back of Scott's Harley. In bad weather, I'll be by the fire, reading a good book, with Sam curled up beside me.

But really, helping you feel like YOU again is my favorite thing to do!

¹ The long version of my story can be found on my website at: <http://myrestoredhealth.com/long-version/>.

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