

Dietary Interventions in Fibromyalgia

Faculty:

Ginevra Liptan

Background: Food sensitivities play a role in the generation of pain and inflammation in many fibromyalgia patients. These are not IgE-mediated allergies but rather delayed hypersensitivity reactions generating body aches and generalised pain after exposure to antigens. For some patients, discovering and avoiding foods to which they are sensitive can significantly reduce pain.

Topics covered:

- Evidence supporting the existence of food sensitivities in fibromyalgia.
- Role of a “leaky gut” in the generation of food sensitivities.
- Most common food offenders.
- Techniques to identify food sensitivities.
- Generalised dietary recommendations to reduce fibromyalgia symptoms.

Learning Objectives

- Describe the role of food sensitivities in fibromyalgia
- Contrast techniques to determine food sensitivities
- Explain dietary treatment options in fibromyalgia

About Our Speakers:

Dr. Ginevra Liptan (USA)

Ginevra Liptan, MD is a graduate of Tufts University School of Medicine, board-certified in internal medicine and trained in functional medicine. A fibromyalgia specialist, she is the Medical Director at The Frida Center for Fibromyalgia, Portland, Oregon, USA. She developed fibromyalgia as a medical student and spent many years using herself as a guinea pig to find successful treatments. Ginevra is one of the few specialists in the world focusing exclusively on fibromyalgia and has fine-tuned her integrative approach to treating thousands of patients. Dr Liptan is the author of *The FibroManual: A Complete Fibromyalgia Treatment Guide for You and Your Doctor*.