



The Life House Chiropractic Announces Natural Treatment Solutions for Fibromyalgia

Dr. Josh Wagner, founder of The Life House Chiropractic, Author of the upcoming eBook "Access: Pathways to Express Your Potential" Offers Drug-Free Steps to Relief for Fibromyalgia Sufferers

New York, NY ([PRWEB](#)) February 21, 2012 -- Some 6 million people suffer from fibromyalgia, and a recent study reports that pain – more than depression, anxiety or sleeplessness -- is the primary factor behind cognitive dysfunction in patients suffering with this central nervous system disorder.

According to Dr. [Josh Wagner](#) – the only Manhattan chiropractor specializing in [Torque Release Technique](#), a drug-free, safe and natural treatment for [fibromyalgia](#) and other chronic pain disorders – the key to eliminating fibromyalgia lies in de-stressing and detoxifying the central nervous system, not in merely managing the often debilitating disorder with pain medication.

“Fibromyalgia symptoms such as widespread pain, cognitive impairments, fatigue, sleep disturbance, and joint stiffness are the result of a nervous system under stress or toxicity,” says Wagner, founder of The [Life House Chiropractic](#) on Manhattan’s Upper East Side. “Realigning and restoring the spine allows the nervous system to properly send and receive messages to the brain, which manifests in a healthy, pain-free body.”

Wagner suggests these highly effective steps to help relieve and eliminate the symptoms of fibromyalgia.

- **Natural Spinal Adjustments:** Gentle but highly effective spinal adjustments via Torque Release Technique unlock the spine to generate a greater natural healing response from the body’s nervous system. Wagner says Torque Release adjustments “act directly on the central nervous system to lower neurological stress and allow the body the best ability to adapt, respond to environmental stress, and heal.”
- **Enhance Your Body’s Natural Glutathione Levels:** Accumulation of toxins (from both dietary and environmental factors) is another cause of central nervous system stress. Glutathione, a natural substance in the body, is now recognized as the strongest cellular anti-oxidant in the body -- which the body creates on its own. However, people with degenerative disorders like fibromyalgia often have decreased levels of glutathione, which can’t be effectively enhanced through supplements (because the body rejects it). As a result, you need to promote natural glutathione production through food sources, such as cooked spinach, avocado, cooked broccoli, raw eggs, raw milk (not whey powder), and organic red meat.
- **Herb It Up:** Glutathione levels can also be enhanced through herbal sources, including Milk Thistle, which contains Silymarin, a very powerful antioxidant that maintains glutathione levels in the liver (it also detoxifies and repairs the liver) and helps in production of white bloods cells and Curcumin (Turmeric), the main ingredient in curry powder, which treats damaged cells and thus increases the expression of glutathione.

"The Life House has seen tremendous success in treating people with fibromyalgia, including some who've suffered for a decade or more without finding relief," said Wagner. "So many patients who come for care are very frustrated and despondent over their symptoms, and reliant on pain medications to merely keep them functioning in life. But by addressing the root causes with Torque Release and other natural treatments, the body can and does begin to successfully heal."



Wagner also announced The Life House is offering patients a comprehensive manual for implementing dietary strategies for detoxification and glutathione increase, when in-person care is not an option.

For more information, contact The Life House at 212.876.3286. Also see The Life House on [Facebook](#) and [Twitter](#).

The [Life House Chiropractic](#) also helps individuals and families dealing with other conditions such as high blood pressure, chronic fatigue, anxiety, depression, migraines, attention disorders, and childhood illnesses. With Torque Release chiropractic care, whether it is an acute or chronic condition, your body will get well naturally.

ABOUT DR. JOSH WAGNER: Wagner is the founder of The Life House Chiropractic, and he was mentored in TRT by its founder, Dr. Jay Holder, and graduated from New York University with honors and earned his doctorate in Chiropractic at Life University in Atlanta, Georgia. Wagner is a native New Yorker raised in Chappaqua.

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