

## NUTRITION

- Eat real food. Nothing artificial.
- Anti-inflammatory diet
- Limit gluten, dairy, sugar, soy & alcohol
- Probiotics
- Salt & proper hydration
- **Supplements** - *Holy Basil, Nettles, & Boswella*



## STRESS REDUCTION

- Goal is rest and digest vs. fight or flight
- Acupuncture
- Mindfulness Techniques
- Biofeedback

- Cranio-Sacral Therapy
- **Supplements** - *Ashwaganda, Holy Basil & Rhodiola*

## SLEEP

- Disordered sleep associated with autonomic nervous system dysfunction
- Sleep Study
- Relaxation Apps (I.e. Relax Melodies)
- Mindfulness techniques
- Beta Blockers
- **Supplements** - *Melatonin & Ashwaganda*

## PAIN MANAGEMENT

- Tens unit
- Ultrasound
- Massage
- Infrared & cold laser
- Castor Oil Packs
- Massage Pillow
- Trigger Point Therapy
- Myofascial Release
- **Supplements** -

*Turmeric & Arnica*



## MOVEMENT

- Track daily steps (i.e. Fitbit)
- Physical & Aquatic therapy  
*(Caution: heated pools may compound POTS)*
- Tai Chi
- Yoga
- Cycling
- **Supplements** - *Epsom salts, Arnica & Rhodiola*

## RESOURCES

### BOOKS

- The Last Best Cure
- Move Your DNA
- Full Catastrophe Living by Jon Kabat-Zin
- The Trigger Point Therapy Workbook
- The Whole Life Nutrition Cookbook & Nourishing Meals
- The Anti-Inflammation Diet & Recipe Book by Jessica Black, ND
- The Whole 30
- The Whal's Protocol

### HOW TO FIND A PRACTITIONER

- Physicians: [www.naturopathic.org](http://www.naturopathic.org)
- Institute for Functional Medicine: [www.functionalmedicine.org](http://www.functionalmedicine.org)
- American Board of Integrative Holistic Medicine: <http://www.abihm.org>



Questions? [info@edswellness.co](mailto:info@edswellness.co)

**DISCLAIMER** - Tell all your health care providers about any complementary health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care. Use all supplements with discretion and at recommended dosage.

Try focusing on "Just 5 Minutes" a day.

# HEALING WITH EHLERS-DANLOS SYNDROME (EDS)

*Natural Approaches to Living Well*



**THIS BROCHURE AIMS TO HELP HEAL THE WHOLE PERSON.**

This guide offers a holistic approach for supporting individuals living with Ehlers-Danlos syndrome (EDS) and provides resources for incorporating mind-body therapies as part of an integrative treatment plan. Viewing the body as a complex connection of various systems is especially important in chronic illness and health.

***Building the foundation of health is as important as managing symptoms. Nutrition, movement, sleep and stress reduction are the cornerstones of a healthy, vibrant lifestyle.***

**THIS BROCHURE IS MEANT TO PROVIDE SOME GUIDANCE IN MANAGING THE SYMPTOMS OF EDS. MANY PATIENTS MANAGE THEIR HEALTH BY TRAVERSING THE WINDING PATH OF CARE THEMSELVES.**

**OUR HOPE IS TO PROVIDE SOME ACTIONABLE STEPS FOR LIVING WELL.**



## KEY POINTS TO REMEMBER:

- Work to improve one are of health at a time. (I.e. Nutrition or sleep)
- **Take one step at a time. Baby steps.**
- **Be patient.**
- Focus on what you can do each day, not what you can't.
- Little things count! (I.e., Moving more throughout the day, even if it means taking 10 more steps than yesterday.)
- **Something is more than nothing.**
- Work with your doc for fully integrative plan. Targeted therapies should improve efficacy.

**“Start low, go slow” - Dr. Chopra**

## COMMON SYMPTOMS

- Musculoskeletal Pain
- Fatigue
- Headache/ Migraine
- GI Issues
- Brain Fog/Cognitive
- Sensitivities (food, chemicals, or other)
- ADD/ADHD
- Anxiety/Depression
- Joint issues
- Pelvic Pain
- Bruising

**C o r e Nutrients:**

- Vit C
- Vit D3
- Vit B6 & B12
- Magnesium
- Zinc
- Iron
- Quercitine

When "I" is replaced by 'we' even 'illness' turns into 'wellness'

- Auto-Immune Conditions
- Functional GI Disorders
- Allergies (seasonal, food, bug & other)
- Endocrine Disorders
- Pelvic Dysfunction
- Arthritis

## COMORBID CONDITIONS

- Mast Cell Diseases
- Pots/Dysautonomia
- Chronic Fatigue Syndrome
- Fibromyalgia

## TIPS FOR SUCCESS:

- When testing these resources, keep a critical eye on the results of your trials. **Throw out what doesn't work and hold on to WHAT DOES.**
- For mast cell issues — focus on 'calming down the troops'
- Anti-inflammatory strategies like diet, sleep & stress management are key for all.

## SYMPTOM MANAGEMENT

### WHAT IS MINDFULNESS?

*“A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.”*

Learning mindfulness techniques and ways to incorporate it into your life, takes practice. Once you learn how to practice mindfulness, you can incorporate it into various activities in daily life (I. e. driving in the car, showering, or cleaning)

### SKILLS NEEDED TO PRACTICE MINDFULNESS

- Awareness
- Nonjudgemental Observation
- Being in the present moment
- Being open to new possibilities
- Accept things as they are
- patience

### WAYS TO PRACTICE MINDFULNESS

- Breathing techniques/coloring
- Meditation
- Yoga
- Visualization exercises
- Start day without gadgets
- Take small steps
- End day on a positive note
- Coloring
- Mindful Eating

