

FOR IMMEDIATE RELEASE:

New Opinion on Fibromyalgia: Link Between Fibromyalgia and Migraine Headaches

Southern California-based company asserts that migraine headaches may be blamed on low serotonin levels, and that Tryptophan may be the answer to relieve migraine pain naturally and safely.

Escondido, CA, January 25, 2010 – FluidEssentials, Inc., a premier marketer and formulator of natural health supplements featured in this month’s Fibromyalgia Aware magazine, is exposing the link between Tryptophan, serotonin and migraine headaches in fibromyalgics. Tryptophan in Total Sleep™ is a natural alternative for migraine headaches often associated with Fibromyalgia.

Fibromyalgia is often triggered by an injury or extreme stress. Most say Fibromyalgia is a Central Nervous System disorder affecting serotonin and pain processing. However, numerous studies show the immune system is over-activated too—namely with the inflammatory marker TNF-alpha. Excess TNF and other inflammatory markers can deplete Tryptophan and serotonin and lead to migraines.

Inflammation – Tryptophan Depletion – Serotonin Depletion – Migraine Headaches

Total Sleep™ formulator Matthew Titlow says, “It’s strange that very few know there is no serotonin without tryptophan; and low serotonin is the main culprit in migraine headaches. Fibromyalgics tell us they want off of their prescription medications. They are concerned with addiction, liver damage, weight gain, or doing things they would not normally do if they were not on the drugs. Total Sleep™ is a natural option.”

If taken by night, Tryptophan in Total Sleep™ boosts serotonin to help manage migraine pain, as well as get to sleep and stay asleep naturally. If taken by day, Tryptophan in Total Sleep™ increases serotonin to help relieve migraine headaches; it does not induce sleep by day.

Fluid Essentials is not new to the Fibromyalgia community. They sponsored the Fibromyalgia Walk of Fame to benefit the National Fibromyalgia Association in 2007.

Total Sleep™ is a water-soluble health supplement that gently induces sleep and reduces anxiety by increasing serotonin levels in the brain. Its primary ingredients are Tryptophan, GABA and magnesium. It’s available in apple and cinnamon flavored stick packs, and is designed to be mixed in 4-6 ounces of water.



About FluidEssentials, Inc.

FluidEssentials formulates and markets great-tasting and easy-to-use natural nutritional supplements to promote a more healthy, active and vibrant lifestyle. The Southern California-based company was founded in 2007 by father-son team Barry and Matthew Titlow, who combined have more than three decades of experience in the highly competitive industry of nutritional supplements.

The privately-held company's current water-soluble product line, created for simplicity and convenience for health-conscious consumers, is available exclusively online at fluidessentials.com and drugstore.com. Products include: Total Sleep™, a daily health supplement that naturally boosts serotonin levels for less stress and better sleep; and Flex Essentials™, a daily health supplement that naturally provides rapid recovery and relief for muscles, bones and joints. For more information, visit fluidessentials.com.