

FOR IMMEDIATE RELEASE:

New Opinion on Fibromyalgia: Link Between Fibromyalgia and Anxiety and Depression

Southern California-based company claims low serotonin levels are the root of anxiety and depression, and can be easily resolved with Tryptophan.

Escondido, CA, January 21, 2010 – FluidEssentials, Inc., a premier marketer and formulator of natural health supplements is featured in this month’s Fibromyalgia Aware magazine, and stresses the link between Tryptophan, serotonin, anxiety and depression in fibromyalgics. Tryptophan in Total Sleep naturally resolves low serotonin levels associated with anxiety and depression in 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 anxiety and depression.

Inflammation – Tryptophan depletion – Serotonin depletion – Anxiety and depression

Total Sleep formulator, Matthew Titlow, says “Very few know there is no serotonin without tryptophan; and low serotonin is a main culprit in anxiety and depression. It’s strange this message has not fully reached the Fibromyalgia community. I cannot think of a more beneficial, easier and inexpensive solution for managing anxiety and depression associated with Fibromyalgia. Fibromyalgics 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 helps increase serotonin levels to help manage anxiety and depression, as well as get to sleep and stay asleep naturally. If taken by day, Tryptophan in Total Sleep increases serotonin to help relieve anxiety and depression; 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. Total Sleep™ can be found exclusively on www.totalsleepdrink.com and www.drugstore.com.

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 www.fluidessentials.com and www.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 www.fluidessentials.com.