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Fibromyalgia, Hypothyroidism, Thyroid Hormone Resistance

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Overview of Fibromyalgia

Dr. John C. Lowe

December 25, 2007

Why Fibromyalgia Patients Remain Ill

Many factors can cause some symptoms and signs that led to a diagnose of "[fibromyalgia](#)." These factors have one thing in common: they impede the [metabolism](#) of the specific tissues from which fibromyalgia symptoms and signs arise.

In 2006, two studies I conducted and published finally confirmed that women with fibromyalgia had abnormally low metabolic rates and body temperatures.

In the first study, the average resting metabolic rate of 15 women with fibromyalgia was significantly lower than that of 15 matched healthy women who served as controls. The average metabolic rate of women with fibromyalgia was 28% below normal.^[1] This study was published in *Medical Science Monitor*. ([The publisher provides the full text of the report free.](#))

In the second study, the average resting metabolic rate was again significantly lower than that of matched healthy controls. The metabolic rate of patients was 33% lower than that of matched healthy controls. ([This published, too, provides the full text of the report free.](#))

Not all patients diagnosed as having fibromyalgia have all of the well-established symptoms and objective findings of the syndrome. Most patients have only a few. However, from a scientific standpoint, the preferable explanation of the cause of fibromyalgia is the one that best accounts for all we know about fibromyalgia. Logical analyses of the available scientific evidence show that only one factor can cause virtually all of the symptoms and objective findings of fibromyalgia. That factor is too little thyroid hormone regulation of cell function. Thus, as I heavily documented in my book [The Metabolic Treatment of Fibromyalgia](#), logical analyses of the evidence show that the best supported scientific hypothesis of the cause of fibromyalgia is the "inadequate thyroid hormone regulation hypothesis." Based on this scientific hypothesis, I developed a treatment called "[metabolic rehabilitation](#)." This form of treatment enables 75% to 85% of patients (those who go through the full treatment program) to fully and lastingly recover from fibromyalgia. (For the logical and scientific bases of these percentages, see my paper titled "[Fibromyalgia and Thyroid Disease](#)," published in *Lyon Méditerranée Médical: Médecine du Sud-Est.*, 36(1):15-17, 2000.)

Conventional doctors and fibromyalgia researchers have failed to scrutinize the available scientific evidence in the proper logical manner. As a result, they are unaware of the conclusions that the evidence overwhelmingly compels us to reach. As a result, fibromyalgia patients across the globe remain ill. This is tragic because most patients could recover if conventional doctors and fibromyalgia researchers became aware of the available scientific evidence and acted on it in their clinical practices.

The Main Underlying Mechanism of Fibromyalgia

The main underlying mechanism of fibromyalgia is too little thyroid hormone

