

Hypermobile Ehlers Daul Syndrome varies vastly from person to person, some struggling from severe implications of joint dislocation and pain from childbirth, others who didn't know they had it until their elderly years, and even then didn't have much in the way of symptoms.

However, if you suspect you have it or have been diagnosed with it, speaking from the place of a "middle" ground hEDS patient, I'd like to share what has helped me most. My symptoms were severe joint pain specifically hips and knees when running or sitting too long, very tight shoulders and back, neck instability and cranial sacral problems causing dysautonomia, gut mobility issues, cold hands cold feet/ temperature dysregulation, malabsorption of vitamins and minerals and Thoracic Outlet Syndrome (TOS). Many of these I will argue are reversible and certainly manageable, and can also be argued to be secondary, not direct causes of hEDS, but agitated or heightened because of it.

Exercise and Stretching. I always thought stretching was good and I loved yoga and pilates, not weight training. However, overstretching can irritate the ligaments further, and if they are already lax, this makes the condition worse, enabling more joint instability. So, focusing on strength training pilates with every stretch at 80%, core strength and muscle building, was key. Not heavy weights, and no HIIT workouts (these are too hard on the joints). But rowing, bicycling, stairs, exercise bands. Most in the form of pilates. Building strength helped me so much.

Fluid intake— because of my dysautonomia, fluid intake was a nonnegotiable. But for anyone with EDS, fluid supports muscle movements, and allows the blood to flow properly, not having to overwork other areas to compensate. Also for detoxification.

Protein. And no, not protein powder. Not that polarized, highly concentrated and highly processed form of something that once was recognizable and now is for convenience only, also causing potential highly concentrated amounts of pesticides, GMOs, heavy metals, and even good things (thing in meat that causes quickened aging and inflammation) out of moderate levels to cause harm. No, I'm talking about real, whole sources of protein—wild caught fish, pastured organic eggs and chicken, pastured organic turkey, wild game, pastured beef, organic whole beans and legumes. These sorts of foods.

Reduce inflammation. From several other genetic issues (and remember, hEDS in particular is a multi-genetic systemic condition, there is no one gene that causes it, there are multiple genetics at play, putting stress on the system. Including metabolism, nutrient absorption or the lack-there-of, inability to uptake vitamin C, poor process and over production of iron, slow DNA repair, quicker activation response to inflammation, slow COMPT, inhibited HMNT and DAO, and more.. And I share all these so you will be curious to look into your genetics! These made the biggest impact, truly, on my health decisions and improvements.

Supplements— High omega 3 DHA and EPA (very high quality source, not just any), quitoine acid, ACL, vipsosomal vitamin C, and several different forms of magnesium—these is a universal need for everyone. P5P (B12) and RP5 (B2).

All the necessary lifestyle support such as quality sleep, sun first thing in the morning, plenty of vitamin D, good quality nutrition (track it, you'll be surprised how you can fall so low!), blue blocking screens or glasses, removing all toxins from the home, good quality drinking water, low EMFs.

Swimming—this is one of the best ways to strengthen your body without putting any unnecessary strain anywhere.

Walking—try to get some in every morning and evening, particularly after a larger meal.

As always, find success stories, don't just join communities. Join them if you need some questions answered or direct support for something. But never let these communities trap you into thinking you're condemned to your diagnosis. The more you identify with something, the more you begin to act and become it, whether you feel symptoms or not. It can be overwhelming and depressing. Find the stories of those who have lived the life before you and have found answers. Hope, New meaning to life. Let this drive you forward.

Know your genetics. I can't say it enough. You can't support your body even with the best nutrient test if you don't know how your genetics are working—what needs to be supported, what you're lacking, what you're over producing or is partially blocked, etc. No amount of guessing can get it exactly right. With EDS especially, know your genetics!