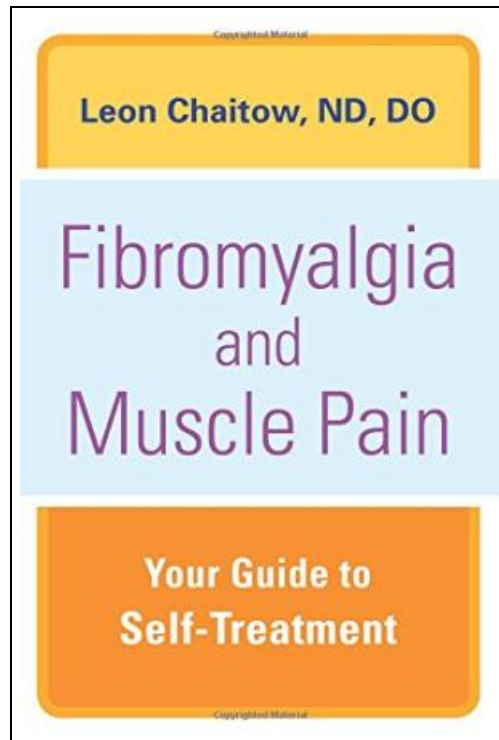


Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment



Filesize: 3.62 MB

Reviews

The best pdf i ever study. We have go through and so i am confident that i will gonna study again once again down the road. You are going to like the way the blogger compose this pdf.
(Marcus Hills)

FIBROMYALGIA AND MUSCLE PAIN: YOUR GUIDE TO SELF-TREATMENT

[DOWNLOAD](#)

Conari Press, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Do you remember the last time you had the flu--the aches, pains, stiffness, headache, lethargy, inability to concentrate, discomfort and sheer unpleasantness from it? Imagine having the flu all the time--for months or years--now you have an idea of what fibromyalgia syndrome (FMS) can be like. As one of those misunderstood and often overlooked syndromes, its primary symptoms are similar to those of other illnesses. Sufferers experience widespread muscle pain, chronic fatigue, disturbed sleep, bowel disorders, headaches, anxiety, PMS, and more. Leon Chaitow, one of the leading experts on FMS, evaluates the most common treatments for fibromyalgia, including massage and bodywork, hydrotherapy, hypnotherapy, aromatherapy, acupuncture, skin brushing, homeopathy, nutrition, antioxidants and other supplements, and relaxation techniques, and advises on what works and what doesn't. Fibromyalgia and Muscle Pain is a practical guide that contains a range of self-tests and checklists to help pinpoint symptoms, and it arms the patient with all of the necessary information they need to take charge of the process that can help restore them to good health.

[Read Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment Online](#)[Download PDF Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment](#)

Related eBooks

**Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)**

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

[Download](#) [PDF](#)

»

**From Kristallnacht to Israel: A Holocaust Survivor s Journey**

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Download](#) [PDF](#)

»

**Chicken Licken - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

[Download](#) [PDF](#)

»

**The Village Watch-Tower (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Download](#) [PDF](#)

»

**Polly Oliver s Problem: A Story for Girls**

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

[Download](#) [PDF](#)

»