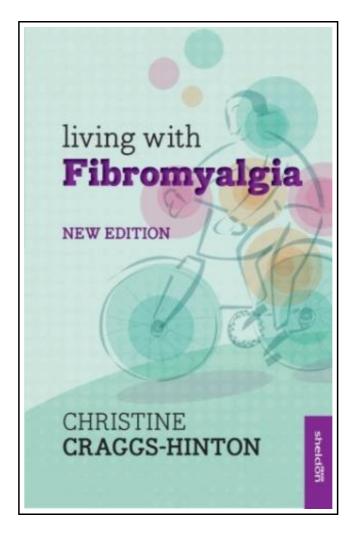
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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Living with Fibromyalgia (3rd Revised edition), Christine Craggs-Hinton, Fibromyalgia is a long-term condition characterized by pain in the muscles, tendons, ligaments and nerves. Other symptoms include fatigue, sleep problems, allergies, irritable bowel syndrome, migraines, stiffness, anxiety, depression and problems with short-term memory and concentration. Living with Fibromyalgia offers tried-and-tested advice on how to reduce pain, boost energy levels and live more comfortably. In line with the latest thinking of fibromyalgia as a disorder of the CNS (central nervous system), this third edition looks at how an over-sensitised system may amplify pain messages and trigger the symptoms of fibromyalgia. It also looks at research into the link between poor sleep and the disorder. Other topics include: A physical cause? - the evidence for fine nerve damage in fibromyalgia Sleep problems and management The benefits of yoga and music therapy Updated recommendations on diet and supplements The importance of posture and exercise Pain and stress management Complementary therapies.

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