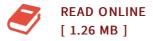




Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment

By Leon Chaitow Nd Do

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.



Reviews

Absolutely among the finest book We have at any time read through. We have read through and that i am sure that i will going to read once more again later on. I found out this book from my i and dad suggested this book to find out.

-- Alford McClure

I actually started reading this article ebook. It is actually packed with knowledge and wisdom Its been printed in an remarkably simple way and it is only after i finished reading this pdf where in fact modified me, alter the way i believe.

-- Prof. Uriel Witting

Related PDFs



Do You Have a Secret?

Barron s Educational Series Inc.,U.S., United States, 2005. Paperback. Book Condition: New. Marto Fabrega, Marta Fabrega (illustrator). 242 x 238 mm. Language: English. Brand New Book. Every child has secrets, and many secrets are fun to keep--for instance, a surprise birthday...



Childhood Unbound: The Powerful New Parenting Approach That Gives Our 21st Century Kids the Authority, Love, and Listening They Need

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. 211 x 145 mm. Language: English . Brand New Book. Dr. Ron Taffel, one of the country s most sought-after child-rearing experts, draws on decades of counseling experience and extensive conversations with parents...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



The New Green Smoothie Diet Solution: Nature s Fast Lane to Peak Health

Createspace, United States, 2012. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. New Bestselling Green Smoothie Book Now Available In Print Version! Join The Green Smoothie Revolution For Abundant Radiant Health! Feeling...



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.