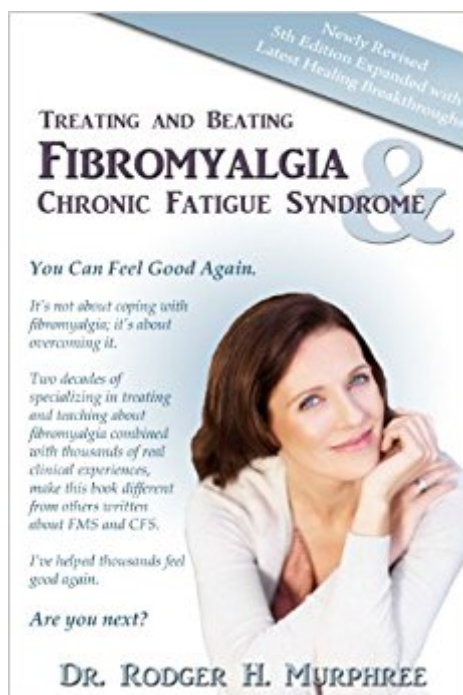


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Treating And Beating Fibromyalgia And Chronic Fatigue Syndrome



Synopsis

Dr. Murphree exposes the medical myths, pharmaceutical propaganda and doctor ignorance that sabotages those with chronic illness. The only way to beat these illnesses is to get healthy. Dr. Murphree explains in easy to understand terms how and why using scientifically researched and clinically proven natural vitamins, minerals, amino acids, and other over the counter supplements, corrects the problems associated with these illnesses. This isn't another book about coping with, but about eliminating fibromyalgia and chronic fatigue syndrome. Based on his eighteen plus years of specializing in fibromyalgia and chronic fatigue syndrome, Dr. Murphree offers practical, easy to understand, clinically proven protocols for correcting the multiple symptoms of fibromyalgia and chronic fatigue syndrome. The book focuses on uncovering, understanding, and eliminating the causes of the illness and not merely covering up symptoms. Using a mostly natural approach based on science and clinic results, Dr. Murphree explains in detail how to reverse the long list of symptoms with the appropriate vitamins, minerals, and amino acids. Dr. Murphree's revised fourth edition... is well written, easy to comprehend and seems to make a very good case for how a reliance on a non-drug, nutritional, and chiropractic approach can be useful to these terribly debilitating illnesses. Book Review: by Steven Lavitan, DC, Lac, Dynamic Chiropractic Magazine

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Customer Reviews

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to these terribly debilitating illnesses. --Book Review: by Stanford Erickson, editorial director, Chiropractic Economics
The book is recommended and rates a solid 9 because it has much information in a world that has little. --Steven Lavitan, DC, Lac, Dynamic Chiropractic Magazine

Dr. Rodger Murphree is the founder and past clinic director for a large integrated medical practice located in Birmingham, Alabama. He has written 5 books for patients and doctors including *Treating and Beating Fibromyalgia and CFS* 4th edition, *Heart Disease: What Your Doctor Won't Tell You*, and others. He maintains a busy practice focusing on fibromyalgia, chronic fatigue syndrome, cardiovascular disease, mood disorders, and other difficult-to-treat illnesses. Dr. Murphree is a frequent guest on local and national radio and television programs. He writes for several professional and public health related publications. His articles have appeared in *The Washington Post* as well as peer reviewed professional journals, including, *Townsend Letter for Doctors and Patients*, *Chiropractic Economics*, *Alternative Fibromyalgia News Magazine*, *The American Chiropractor*, and *Nutri-News*. Dr. Murphree lives in Birmingham Alabama with his wife and 3 children.

This is the 3rd Edition I have owned and I have given a copy to my rheumatologist. There is so much information that is USEFUL information. It has allowed me to take vitamins and eliminate some of the drugs that I had tried and I got rid of the side effects. If you try the things in this book, you must be consistent for at least 6 months to see the real help but it is worth it and at first you should try these ideas WITH your meds. Get the help your doctor will never tell you about or maybe doesn't even know from a doctor who is a certified nutritionist. He is REAL.

Excellent! I learned a lot of things my doctor would not tell me. There is so much in the book about nutrition I bet my doctor doesn't even know. Is a huge amount on stuff like "what vitamins are depleted by your prescription drugs?"

I was completely immobilized by fibro, I could barely function and was feeling hopeless when I came across Dr. Murphree on the internet. Short cut to 2 years later and I have my life back! Dr. Murphree is a life saver and his book is solid gold!

I really enjoy this book. Yes, enjoy rather than 'enjoyed' only because I still reference it quite frequently. It is FILLED with tons of excellent information that my doctor did not explain when I was

first diagnosed. My friend recommended this book to me after she was diagnosed and was looking for answers as well. I recommend this book to anyone with fibromyalgia or anyone who has a loved one with fibro! As far as seller, the shipment was fast and the book was in excellent condition. I would definitely buy from again.

I have had Fibromyalgia since 1985 and have read several books and articles over the years. I consider Dr. Rodger H. Murphree to be the BEST doctor for this painful, chronic condition. His book is the "bible" for Fibromyalgia sufferers! If you have "Fibro" or know someone who does, THIS BOOK IS A MUST-READ!!!!!!

This book was a GODSEND! I have researched fibromyalgia for many years, and this book has been a lifesaver (literally)! Every fibro sufferer should read this book! I have started Dr. Murphree's supplement recommendations, and will give an update later when I have been on it longer.

If you have FMS/CFS and you want to be without pain and healthy, you HAVE to buy this book!!! Highly RECOMMENDED!!! I started to feel well in days!!!

I have had Fibromyalgia for 33 years. Been to easily over 20 doctors. Tried so many different things that were recommended to me by various medical professionals and yet nothing has helped. Some things I did actually made me worse or created new problems for me. I saw Dr Murphree's other book a few years ago but didn't read it because I felt I had read enough of them. They basically said the same or very similar things. I was getting so very tired of living this way. I should say not really "living" at all. So I came across his new book and decided to read it. I couldn't put it down. What I read was what I really felt. Exactly what I was feeling and what I have been experiencing for three decades. I am finally reading a book on FMS and CFS that really expresses everything I feel. You can see how much research went into it. The compassion and desire of Dr Murphree to help us. Its all there! More than anything else that I could tell you is that I have been following Dr Murphree's advice from this book and for the first time in 33 years something is truly working!!! I am not 100% cured, nor does he claim that it can be cured, but I have seen so much improvement in myself that it just amazes me! I have gotten off my blood pressure medicine and my medicine for diabetes. I have also gotten off my Reflux medicine that I have been on for a long time. My brain fog has greatly improved. I am actually speaking words that I haven't heard come out of my mouth in years. My pain levels have improved at least 50%. And I just purchased his book a little over 3 months ago. So

there will be more improvement yet to come!!! could go on and on but the bottom line is please if you have one of these horrible diseases or know someone that does then get this book!! No one should suffer so much!! I only wish this book was around 30 years ago!!

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