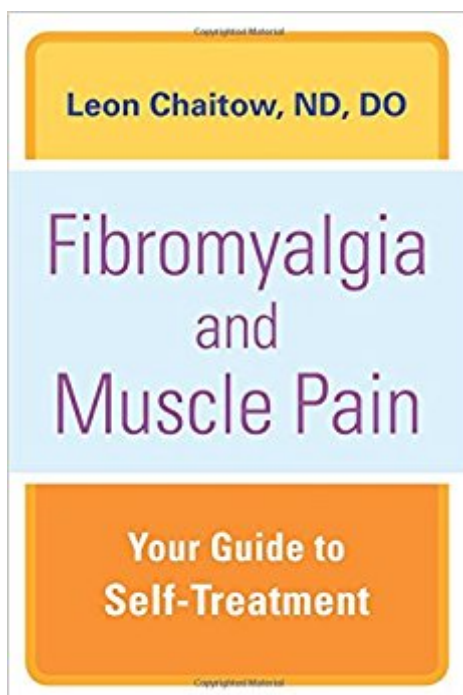


The book was found

Fibromyalgia And Muscle Pain: Your Guide To Self-Treatment



Synopsis

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.

Book Information

Paperback: 288 pages

Publisher: Conari Press; 1 edition (August 1, 2015)

Language: English

ISBN-10: 1573246565

ISBN-13: 978-1573246569

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #612,482 in Books (See Top 100 in Books) #126 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #245 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #597 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

"Essential reading -- not only for those who want to free themselves from these disorders, but also for loved ones and clinicians who want to help them to do so." --Dr. John C. Lowe, director of research, Fibromyalgia Research Foundation

Leon Chaitow, ND, DO, is a naturopath and osteopath and a leading expert on fibromyalgia. He

graduated from the British College of Osteopathic Medicine in 1960, and, since 1983 he has been a visiting lecturer at numerous chiropractic, physiotherapy, osteopathic, naturopathic and massage schools in Europe, USA, Canada, Australia. He is author/editor of over 70 books. He divides his time between London and Corfu and can be found online at www.leonchaitow.com.

By far one of the most informative books I've ever read when it comes to fibromyalgia, muscle pain, and the many symptoms that occur in the body. I particularly appreciate how detailed the author is in explaining not only all of the symptoms that are related to fibromyalgia, but what the body is doing when they occur. I love the outline format that is used, the diagrams are helpful, and I couldn't recommend this book enough. Out of all of the doctors and specialists one may go to for an accurate diagnosis, this book has been more descriptive in what fibromyalgia is and the methods one can use to help ease symptoms (this includes both traditional and alternative methods).

[Download to continue reading...](#)

Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Fibromyalgia: The Complete Guide to Living: Easy and Natural Cures that Reduce Fibromyalgia Pain and Suffering Fibromyalgia: The Fibromyalgia Guide to Overcome Pain and Suffering to Live a Happier Life Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ...

Workout Nutrition, Nutrition For Athletes) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammolgy)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)