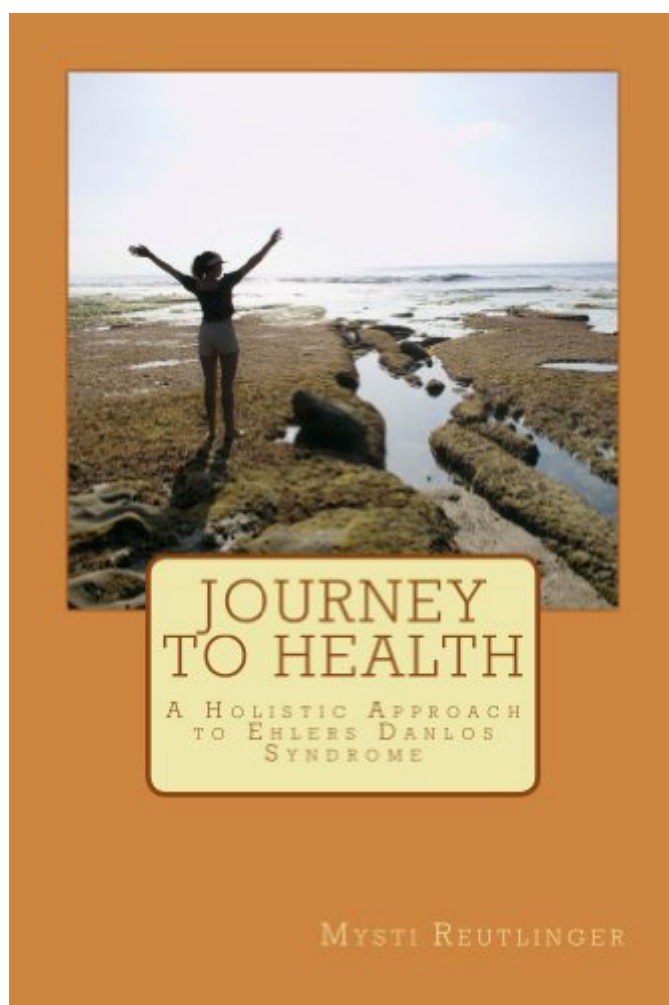


The book was found

Journey To Health: A Holistic Approach To Ehlers Danlos Syndrome



Synopsis

For years, unanswered questions about Mysti's health left her feeling isolated. Her closest family and friends didn't grasp how agonizingly painful each day had become. In 2013, a door was unlocked when Mysti was diagnosed with Ehlers Danlos Syndrome, a connective tissue disorder. Hopeful for treatments that would reduce her pain, Mysti was crushed as each medication left her further and further away from living the life of her dreams. Bedridden for all but a few hours each day, Mysti contemplated how life would be better without her alive. In a leap of faith, Mysti not only found the will to live, she did it all without being held captive by medications and doctor appointments. Journey to Health is a real look at what battling disabling diseases does to a person and provides details into Mysti's personal plan that now has her living life in ways once deemed impossible. Journey to Health: A Holistic Approach to Ehlers Danlos Syndrome is a must-read for anyone battling any chronic disease. Mysti Reutlinger expresses her mental and emotional battle alongside the physical struggles, leading the way to open the conversation about how chronic diseases are mismanaged and where family, friends, and co-workers can step in and help. To learn more about Ehlers Danlos Syndrome, visit ednf.org, ehlersdanlosnetwork.org, or rarediseases.org.

Book Information

File Size: 439 KB

Print Length: 70 pages

Publication Date: May 10, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00K9BH8J6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #428,793 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Genetic #111 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic

#1259 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health,

Customer Reviews

It was good but didn't have all the information I was looking for. I want to be educated in all aspects of it.

This book was just what I needed. Mysti described me at the start of her book, and I could only hope to have a fraction of the results she did by eating whole foods, green smoothies and gentle exercise. But I am going to try. Thank you, Mysti, for giving me hope. Well written, but occasional typos.

great book. very helpful, especially the smoothie recipes

Very good info useful

Severely lacking, I'm afraid. It's a very thin book & if I bought it just to read about someone else's life story, it would have gotten higher remarks. I do like how she lists a lot of foods that help & their properties so that's my 1 star. And the thing she explains about icing & your lymphatic system was interesting & prompts me to find out more, so 2 stars. I do feel for her & respect her so I'm tempted to give more, but that's not fair to the people who are looking for answers to their own EDS issues. She just makes too many ridiculous claims (fruits & veggies cure everything) & list very OBVIOUS pain management strategies. For example, she says 8-10 tart cherries work as well as a narcotic pain pill!? Um, yeah. Tried it several times, I'm glad it works for her, but No. Freaking. Way. Does it help as much as a percocet! For pain management she recommends heat, massage, acupuncture, topical creams, yadda, yadda, as if we haven't ALL tried all of those already & are reaching out precisely because we're looking "for more". So, if you're looking "for more", you may want to go elsewhere, but if you hold the belief that whole foods can cure you of everything (I'm totally not judging & have been changing my own diet) then I'd just go online & Google whole Foods + inflammation/Pain, frankly. There's really not much that was EDS-specific as far as helpful advice, unfortunately...

I have nothing to lose at this point, so I'm looking for a good blender to see if, in fact, this changes my pain, perception of pain or gives me more energy so I am able to have a more fulfilling life. I am skeptically hopeful. It's "new age" and fringe and I wish god was left out of the equation, but the book

was not written for me and, yes, most people believe in god of some sort. I'll update if I notice (or don't) any changes. I'm already a strict vegan - with celiac disease to boot-, but my fatigue has me grabbing uncooked corn tortillas smeared with peanut butter and jam many nights and I know it's not good for me. Hopefully I'll have good things to report back.

The process of getting to a better place was greatly in lack. The book went from all the complications to "i don't know why this helps, but i think it does because i feel good." I was hoping for some supporting evidence beyond the anecdotal. The anecdotal needs to be sorted by the factual or you might as well be a witch doctor. I was also dissatisfied with the excessive praise of the authors god. I was left feeling isolated as a reader which is not what i want to feel when i come to another zebra for help.

My young daughter was just diagnosed with EDS and I am hoping to stop her medication list from growing. I need to decrease the meds and increase her appetite. Thank you for sharing your story!

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

Journey to Health: A Holistic Approach to Ehlers Danlos Syndrome Joint Hypermobility Handbook-
A Guide for the Issues & Management of Ehlers-Danlos Syndrome Hypermobility Type and the
Hypermobility Syndrome The Driscoll Theory® Newly Revised: The Cause of POTS in
Ehlers-Danlos Syndrome and How to Reverse the Process Ehlers-Danlos Syndrome: Your Eyes
and EDS Living Life to the Fullest with Ehlers-Danlos Syndrome: Guide to Living a Better Quality of
Life While Having EDS Zebras of Hope: A Guide to Living with Ehlers-Danlos Syndrome Joint
Hypermobility Syndrome (Ehlers-Danlos): What Causes The Pain? Ehlers-Danlos Syndrome - A
Reference Guide (BONUS DOWNLOADS) (The Hill Resource and Reference Guide Book 165) A
Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type): Bending without Breaking (2nd
edition) My Invisible Cosmic Zebra Has Ehlers-Danlos Syndromeâ "Now What? Chronic Fatigue
Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The
Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus,
Book 3) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic
Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING
INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010
Paperback Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From
Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) The Addiction Formula: A
holistic approach to writing captivating, memorable hit songs. With 317 proven commercial

techniques and 331 examples. (Holistic Songwriting) The Addiction Formula: A Holistic Approach to Writing Captivating, Memorable Hit Songs. With 317 Proven Commercial Techniques & 331 Examples, incl ... "All Of Me" (Holistic Songwriting) (Volume 1) Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Complementary And Alternative Medicine For Health Professionals: A Holistic Approach to Consumer Health Integrative Health: A Holistic Approach For Health Professionals A Holistic Guide to...: Lupus (A Holistic Guide to the disorder of your choice Book 2) Holistic Nursing: A Handbook For Practice (Dossey, Holistic Nursing)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)