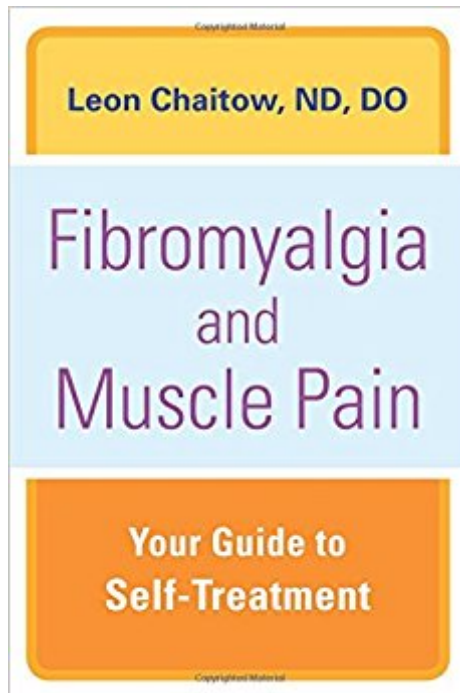




The book was found

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

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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).

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