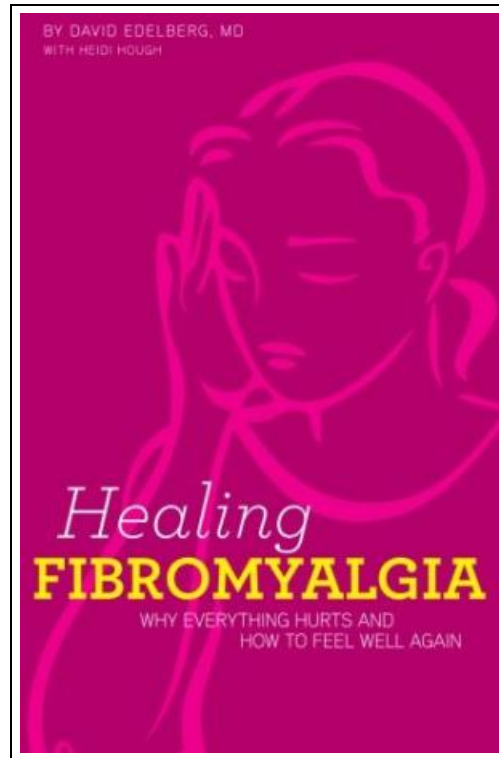


Healing Fibromyalgia: Why Everything Hurts and How to Feel Well Again



Filesize: 6.75 MB

Reviews

This kind of pdf is almost everything and made me seeking forward and much more. It is actually packed with wisdom and knowledge You will not really feel monotony at whenever you want of your own time (that's what catalogs are for about when you question me).
(Martina Maggio)

HEALING FIBROMYALGIA: WHY EVERYTHING HURTS AND HOW TO FEEL WELL AGAIN



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WholeHealth Chicago. Paperback. Book Condition: New. Paperback. 340 pages. Dimensions: 8.5in. x 5.5in. x 0.9in. Fibromyalgia is real. The pain you awaken with is not in your head. You're not even remotely a hypochondriac. If anyone--doctor, chiropractor, physical therapist, well-meaning loved one--ever tries to convince you otherwise, tune them out. They are wrong. Likewise, if anyone ever tells you fibro is incurable and you'll just have to learn to live with it, understand they're seriously misinformed. You may even be able to fix your fibromyalgia on your own, without doctors and without drugs. This book will tell you how. So begins author David Edelberg, MD, an internist specializing in fibromyalgia, in his long-awaited book *Healing Fibromyalgia*. Dr. Edelberg has treated 1,600 women with fibro using the plan presented here, including step-by-step instructions for Dr. Es Six-Week Nearly Natural Fibro Cure. In clear, reassuring language, Dr. E explains how with fibro your whole self--the mind and body totality that makes you you--is under protective siege, your body trying desperately to guard itself from the assault of multiple sources of stress. Envision your muscles tightening up and creating a protective suit of armor. That's fibro in a nutshell. Your muscles aren't sick or inflamed, but they're definitely tired of being locked up like this, trying to protect you and making you utterly exhausted in the process. Ironically, if your muscles could talk, they'd probably say, Look, lady, we're just doing our job. We got this message from you that we're under serious stress. This tightening-up is what muscles do. Statistics prove it: Some 10 to 14 million Americans currently fulfill the diagnostic criteria for fibro and 80-90% of that group are undiagnosed. That means more American women have fibromyalgia than diabetes. Wait, you think. Am I hearing this right? Is Dr...



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