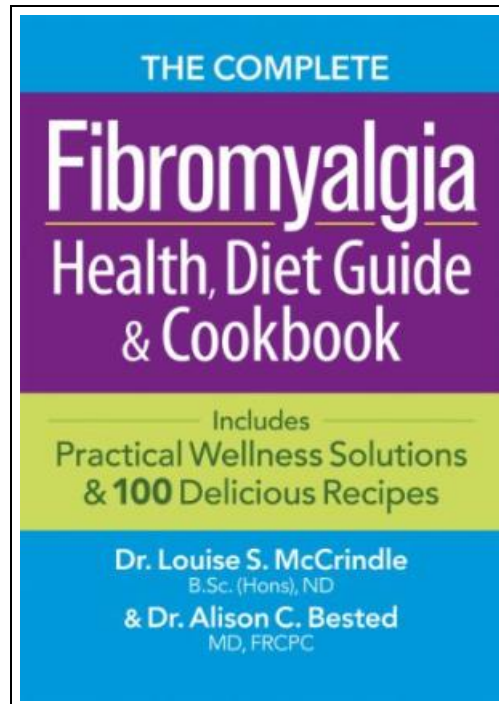


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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The Complete Fibromyalgia Health, Diet Guide & Cookbook: Includes Practical Wellness Solutions & 100 Delicious Recipes, Louise S. McCrindle, Alison C. Bested, Fibromyalgia causes widespread pain and extreme tiredness. The NHS estimates that fibromyalgia affects nearly 1 in 20 people worldwide. In England and Wales, there could be up to 1.76 million adults with the condition. This book, written by leading experts in fibromyalgia, gives common sense tools that will help fibromyalgia patients help themselves on to a road to improvement and perhaps recovery. There are few books on fibromyalgia that provide a programme for recovery and a cache of anti-fibromyalgia foods and recipes as successfully as this book. It uses The SEEDS of health approach (Support, Environment, Exercise/Pacing, Diet/Drugs, Sleep) and has shown significant success rates in patients. The goal of this book is to help patients improve their ability to function and their quality of life. The treatment approach is centred around rebuilding: helping to decrease pain, control inflammation, improve sleep, improve cognitive function (reduce brain fog) and improve energy levels. The book is also a source of support for family and friends. Part 1: Understanding Fibromyalgia - Causes, patient profile, symptoms, assessment tools, diagnosis. Part 2: Managing Fibromyalgia - SEEDS of health program, medications, complementary and alternative medicines, dietary therapy and strategies. Part 3: Fibromyalgia Diet Programme - Step-by-step plan including shopping lists, shortcuts for meal preparation & meal schedules. Part 4: 125 Recipes for Breakfast, Lunch, Dinner & Snacks. This outstanding fibromyalgia resource provides the necessary hope, support and resources for a condition that is often misunderstood or left undiagnosed and untreated for many years.



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