



Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment (Paperback)

By Leon Chaitow Nd Do

Conari Press, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. 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.



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