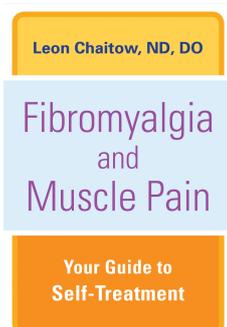


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FIBROMYALGIA AND MUSCLE PAIN EBOOKS 2019



Author: Leon Chaitow

Release Date: Expected @@expectedReleaseDate@@

It is absolutely vital for anyone afflicted with a chronic illness to hold on to the fact that their body is a self-healing mechanism. If given the proper conditions in which to do so, the body will heal. That's the core message of this game-changing book. Fibromyalgia affects millions of people in the United States alone. It continues to be tricky to diagnose, but chronic fatigue, cold extremities, impaired memory, and debilitating pain in "pain points" throughout the body are nearly universal. Many people with fibromyalgia also report disrupted sleep, balance problems, muscle twitching and aches, dry mouth, below normal temperature, headaches, white spots on nails, tender neck muscles, abdominal tenderness, PMS and IBS. Some say it's like having the flu—the time. The conventional medical toolkit doesn't have much to offer fibromyalgia's sufferers. Enter this game-changing book. Here you will find self-tests and checklists to help you determine whether you are suffering from fibromyalgia and then the most effective self-care approaches, including massage and bodywork, elimination and rotation diets, hypnotherapy and acupuncture, dry skin brushing, herbs, and homeopathy, amino acids, antioxidants, and other supplements, various relaxation techniques, and many others. Dr. Chaitow spares you countless hours and dollars as he helps you pinpoint treatments most likely to work for you. Fibromyalgia may not yet have a proven cause or cure, but that doesn't mean you have to continue to suffer. Read this book and discover how to bring your body back into balance so that it can heal itself. **Praise:** "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.

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