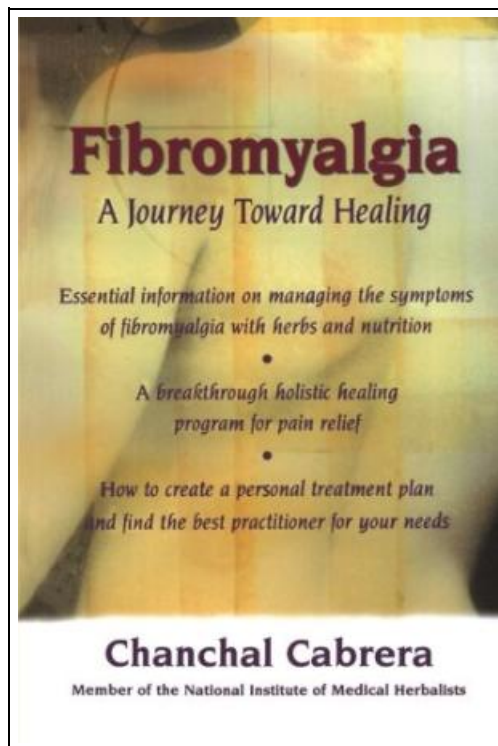


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This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.

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FIBROMYALGIA: A JOURNEY TOWARD HEALING (PAPERBACK)



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NTC Publishing Group,U.S., United States, 2002. Paperback. Condition: New. Language: English . Brand New Book. This is a comprehensive yet compassionate guide to help you deal with the often - misdiagnosed condition. Fibromyalgia is a frustrating fact of life for millions, yet its bewildering symptoms - including muscle stiffness and pain along with debilitating fatigue and many others - are often misunderstood, misdiagnosed, or simply dismissed. Those who are taken seriously and properly diagnosed still face a complex condition that fits no standard pattern and shows little response to drug treatment. For patients and practitioners alike who feel at a loss, there is hope and help to be found in *Fibromyalgia: A Journey Toward Healing* .Chanchal Cabrera, an internationally known herbalist who had fibromyalgia herself, shares her holistic healing program that will help you lessen symptoms and achieve lasting wellness through herbs, diet, and other natural approaches. The book includes essential information on herbal remedies as well as nutrition, sleep management, therapeutic massage, visualization, and light therapy. In *Fibromyalgia* , you will learn: what fibromyalgia is and what causes it, how to create a treatment plan, set realistic goals, and track your progress, how to find a qualified practitioner to help you deal with your condition, and, how to reduce your reliance on medical drugs. *Fibromyalgia* also includes the author s own healing journey and other case histories that provide examples of the program s potential to improve your quality of life.



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