



Fibromyalgia And Chronic Fatigue A Step-By-Step Guide For Fibromyalgia Treatment And Chronic Fatigue Syndrome Treatment. Includes Fibromyalgia Diet And Chronic Fatigue Diet And Lifestyle Guidelines.

By John McArthur

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 94 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Alternative therapies have been used to significantly reduce the impact of Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FMS). If you are sufficiently motivated to start with even the smallest steps toward healing your underlying and contributing conditions, you can eventually live like the normal, healthy person you were before being laid low by these puzzling illnesses. In this book you will find the main areas to work on and you will find that Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FMS) is not in your head it is not a psychosomatic disorder it is a real illness. It is a disease with many debilitating symptoms such as Widespread muscle and joint pain General fatigue and stiffness Allergies and headaches Immune system malfunction Anxiety, depression, mood swings and fibro-fog Sleep disorders Irritability and Stress Toxicity This item ships from La Vergne, TN. Paperback.



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