



Fibromyalgia Healing Diet (Paperback)

By Christine Craggs-Hinton

SPCK Publishing, United Kingdom, 2014. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. Fibromyalgia is painful and debilitating, but the right foods stimulate healing of the body's systems at a fundamental level. The new edition of this popular book looks at the latest research on how to redress nutritional imbalances, including information on vitamin D deficiency. It looks at food sensitivities including gluten intolerance, and how they may be pointers to underlying conditions that contribute to ill health. New research on obesity and fibromyalgia makes the benefits of weight-loss plain - and the simple detox programme and delicious recipes in this book can only help. Topics include: Why diet is important in treating fibromyalgia Essential nutrients Substances to avoid Supplements that may help A simple detox programme The possible benefits of a low-oxalate diet The claims made for Guaifenesin, and salicylate sensitivity Other suggestions, such as turmeric, coconut oil, cider vinegar.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

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