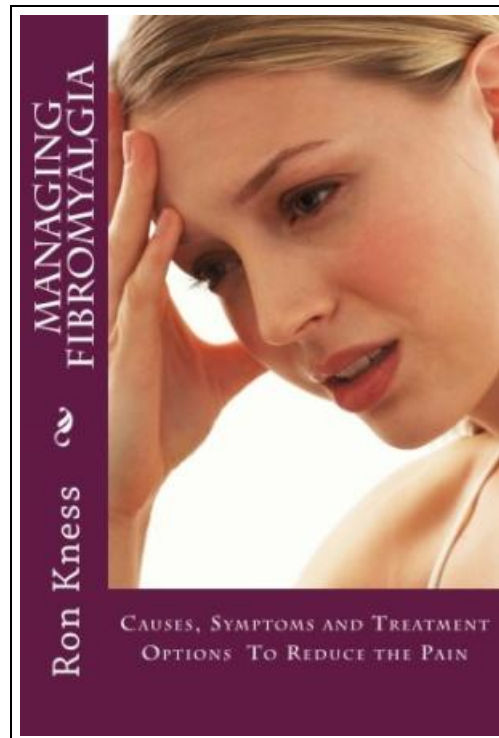


## Managing Fibromyalgia: Causes, Symptoms and Treatment Options to Reduce the Pain (Paperback)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We want to be empowered to live a higher quality of life. We also want to be better mentally and less likely to suffer from depression. And we want to manage the insidious pain caused by fibromyalgia! We can achieve ALL of these goals with the newest release from Ron Kness called Managing Fibromyalgia. Based on these exciting teachings, you will learn about all the dramatic benefits of learning how to live with this often misunderstood disease along with healthy eating and exercise as a way of managing its effects. This book is built around a very clear, concept: living the best life possible with fibromyalgia. It s not just about controlling fibromyalgia. Having great quality of life while living with this incurable disease is linked to being patient. This is because a lot of trial and error goes into diagnosis and treating of fibromyalgia. In this book, we look at all of the ways you can improve your own quality of life while living with this incurable disease, starting with journaling food and activities that set off fibromyalgia attacks. This book will also look at the many other steps that can be taken to support this goal, from seeing your healthcare professional for advice on what you can and can t do, to learning what triggers attacks of pain and how to manage them. Even the choices you make about how to determine which foods to avoid and which ones to eat to lessen the pain can have an impact on your quality of life while living with this incurable disease. In Managing Fibromyalgia, we ll cover all the bases, giving you everything you need to know to eat,...



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