



Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial The Mind-Body Connection

By Celeste Cooper R. N.

Healing Arts Press. Paperback. Condition: New. 448 pages. Dimensions: 10.8in. x 8.4in. x 1.4in. Fibromyalgia, chronic myofascial pain from muscle trigger points, and chronic fatigue syndrome are often seen as interchangeable conditions. Nothing could be further from the truth-- however, they do often coexist. Knowing what you have will help you in determining the right treatment. Written by a registered nurse with these three disorders, and a psychologist who has been treating chronic pain since 1994, this book presents an integrative approach. The authors understand these conditions are not curable, but they provide a thorough guide for treatment options that can benefit you. They answers questions like: How can I be more than a bystander in my own care Why is proper documentation in my medical record important How are FM, CFID and CMP different, how do they cross over and why should I know What are common co-existing conditions and what conditions mimic or aggravate mine How do I communicate my needs and symptoms successfully Where is that word I had two seconds ago What different forms of exercise are available for my specific needs How do I write a poem or meditate and why is the feedback to my brain important Why do...



READ ONLINE
[1.98 MB]

Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It is a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.

See Also



[Scholastic Discover More Penguins](#)

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. PENGUINS unlocks a free 48-page...



[Animalogy: Animal Analogies](#)

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible animals . . . bat is to...



[The Birds Christmas Carol](#)

Digireads.com. Paperback. Book Condition: New. Paperback. 34 pages. Dimensions: 7.8in. x 4.8in. x 0.3in.Kate Douglas Wiggin (1856-1923) was an important reformer of childrens education at the turn of the century. During a period when childrens place in society was little other than...



[Get Up and Go](#)

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in.We all come in different shapes and sizes, and it doesnt matter if you are tall, short, skinny, or round. Your body is your own, and you need to...



[Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values](#)

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



[Magnificat in D Major, Bwv 243 Study Score Latin Edition](#)

Petrucchi Library Press. Paperback. Book Condition: New. Paperback. 70 pages. Dimensions: 9.8in. x 7.2in. x 0.3in.Bach composed the first version of this piece in 1723 using the key of E-flat major for the Christmas Vespers in Leipzig which contained several Christmas texts....