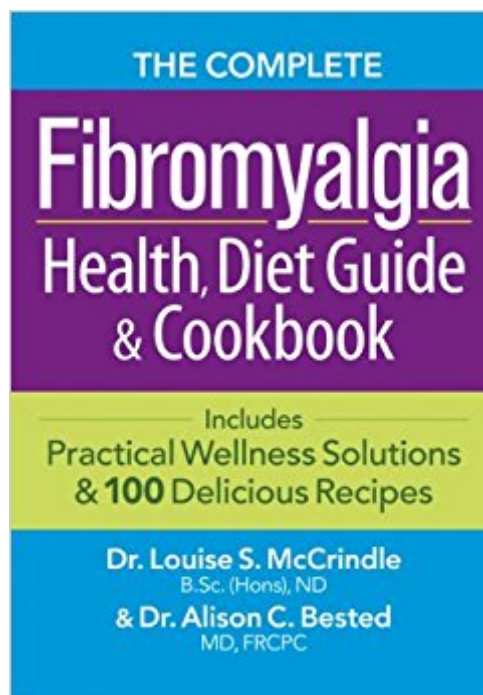




The book was found

# The Complete Fibromyalgia Health, Diet Guide And Cookbook: Includes Practical Wellness Solutions And 100 Delicious Recipes



## Synopsis

According to the 2010 Canadian Community Health Survey there are 450,000 people in Canada who have fibromyalgia. In the United States, there are an estimated 5 million adults. This book, written by leading experts in fibromyalgia, gives common sense tools that will help fibromyalgia patients help themselves on to a road to improvement and perhaps recovery. There are few books on fibromyalgia that provide a program for recovery and a cache of antifibromyalgia foods and recipes as successfully as this book. It uses The SEEDS of health approach (Support, Environment, Exercise/Pacing, Diet/Drugs, Sleep) and has shown significant success rates in patients. The goal of this book is to help patients improve their ability to function and their quality of life. The treatment approach is centered around rebuilding: helping to decrease pain, control inflammation, improve sleep, improve cognitive function (reduce brain fog) and improve energy levels. The book is also a source of support for family and friends. Part 1: Understanding Fibromyalgia Causes, patient profile, symptoms, assessment tools, diagnosis Part 2: Managing Fibromyalgia SEEDS of health program, medications, complementary and alternative medicines, dietary therapy and strategies Part 3: Fibromyalgia Diet Program Step-by-step plan including shopping lists, shortcuts for meal preparation & meal schedules Part 4: 125 Recipes for Breakfast, Lunch, Dinner & Snacks. This outstanding fibromyalgia resource provides the necessary hope, support and resources for a condition that is often misunderstood or left undiagnosed and untreated for many years.

## Book Information

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in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

Dr. Louise S. McCrindle B.Sc. (Hons), ND is a naturopathic doctor and currently in charge of the Fibromyalgia and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Clinic at the Robert Schad Clinic, affiliated with the Canadian College of Naturopathic Medicine in Toronto. Dr. Alison Bested MD, FRCPC has devoted the last 20 years of her practice to treating fibromyalgia patients, myalgic encephalomyelitis/chronic fatigue syndrome, and multiple chemical sensitivities. Recently she has been appointed the Medical Director of the Complex Chronic Diseases Program at BC Women's Hospital in Vancouver, British Columbia.

Great book with lots of great info and a ton of quality recipes. Love it!

Great

Well written and fantastic information. I use this for recording, shopping for the right foods and logging my activities.

I felt like it was describing me as I turned the first few pages ,, so much more information than my doctor had given me,, I now have a better understanding and also solutions in managing infliction

Book just like new. Nice

Great book with lots of info! Love the recipes

this as been very helpful. It gave me a better understanding of Fibromyalgia and alos gave meal plan and recipes that were very helpful!

Love this book

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