



The Ultimate Fibromyalgia Book Guide: How to Successfully Live with Fibromyalgia and Recipes for the Fibromyalgia Diet

By Mia Soleil

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How to CONQUER Fibromyalgia You will soon discover natural treatments, strategies, exercises and recipes for successfully living with fibromyalgia. Millions of people around the world, particularly women, suffer from fibromyalgia on a daily basis. The constant fatigue and debilitating pain robs the individual from enjoying their daily activities and social relationships. If you've been suffering from the unrelenting symptoms of fibromyalgia, you haven't yet found an effective strategy to accomplish pain relief for life. Your health is the best investment that you have. If you desire energy and vitality in your body then this is the book for you. Apply these treatments, practice the exercises, and experiment with the recipes to discover the relief you never knew you could have. This book provides an easy and jargon-free introduction to fibromyalgia with simple tests to help you identify the signs and symptoms. The treatments and lifestyle changes provide straightforward solutions that can be easily incorporated into your everyday schedule. The book also includes an easy and tasty meal plan with satisfying recipes for you to make...



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