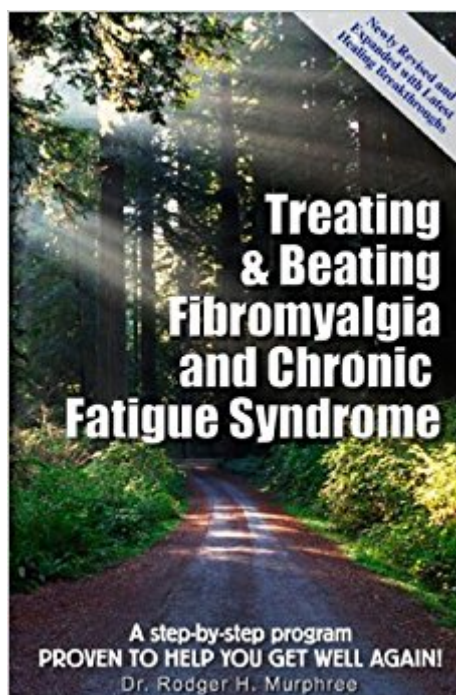




The book was found

Treating & Beating Fibromyalgia And Chronic Fatigue Syndrome: A Step-by-step Program Proven To Help You Get Well Again!



Synopsis

Over ten million Americans suffer with fibromyalgia or chronic fatigue syndrome (CFS), and they are continually searching for new information that will help them overcome their illness. This work is loaded with the latest integrative medical breakthroughs for fibromyalgia and CFS. It's a must read for anyone who suffers from these illnesses and wants to feel good again.

Book Information

Paperback: 384 pages

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Customer Reviews

Dr Murphree's book on fibromyalgia is well written & informative.

If you have internet access and have done any kind of research regarding fibro , then you have heard all this before

I have read many books on health, and have never read one so well put together. Dr. Murphree realizes that one treatment is not the answer for everyone. He explains how to get off the tired treadmill one step at a time, and how to add to add additional steps to tailor treatment to your special situation. I was happy to be able to purchase the exact vitamins and formulas that Dr. Murphree suggested in the book from his office. Everyone was so kind and helpful, and I didn't have to scramble around trying to find them from a questionable source. As a extremely sensitive person, I have had only wonderful results from this program. I would suggest reading this book to anyone who has not been able to get their life back on track.

I enjoyed this book. The author seems extremely knowledgeable on FMS and I learned a lot about it... however - as the book progressed it became more of a sales pitch for his vitamin plan.

This book is very easy to read for those who are in much pain or exhausted as it is often the case with CFS\CFIDS\FM. It is not at all complex and offers a reasonable theory behind the causes of CFS\CFIDS\FM, and explains (with many scientific references) why conventional anti-depression and other drugs can do much more harm. It is very helpful as it includes Q&A-style text boxes with exactly the questions you'd want to ask. It promotes certain supplements which I found to be very helpful. Be sure to include Rhodiola, Licorice Root, Garlic and Oregano Oil as well. Construct your diet around Low-GL as well as anti-inflammatory food choices. Research is rewarding in the end.

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Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Coping with Chronic Illness: *Neck and Back Pain *Migraines *Arthritis *Fibromyalgia*Chronic Fatigue *And Other Invisible Illnesses Curing Chronic Fatigue Syndrome and Fibromyalgia with Paleo (Recipes Included): A Thorough Explanation of the Diseases and a Guide Plus Recipes on how to Become Pain-Free Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Parting the Fog: The Personal Side of

Fibromyalgia/Chronic Fatigue Syndrome Chronic Fatigue Syndrome and the Yeast Connection: A Get-Well Guide for People With This Often Misunderstood Illness--And Those Who Care for Them
Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Diagnosing and treating Chronic Fatigue Syndrome: its mitochondria, not hypochondria A Meditaiton to Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD) The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days Fibromyalgia Freedom: Essential Recipes And Plans Against Fatigue And Fibromyalgia-Friendly Bloom-Again Orchids: 50 Easy-Care Orchids that Flower Again and Again and Again

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