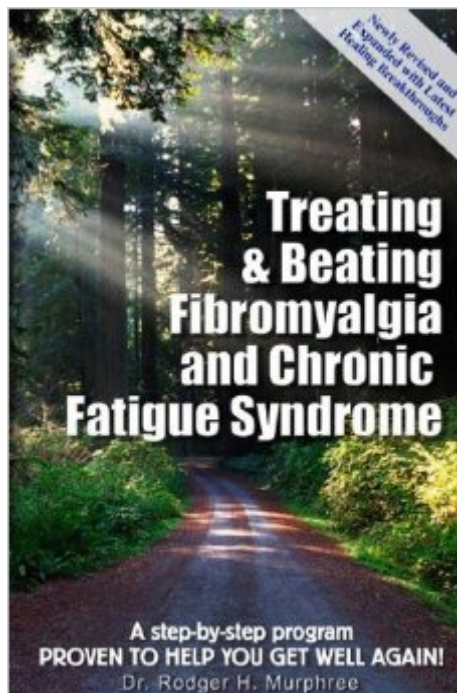


The book was found

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

Publisher: Harrison & Hampton Publishing; 3rd edition (October 2006)

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #660,824 in Books (See Top 100 in Books) #41 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Reference #174 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #521 inÂ Books > Reference > Encyclopedias & Subject Guides > Medical

Customer Reviews

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.

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 include 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.

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.

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

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