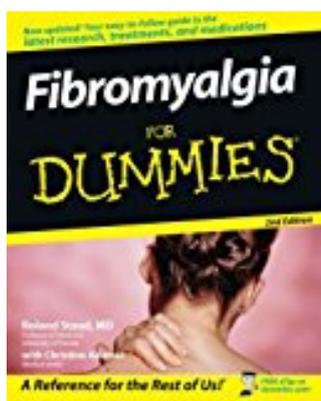


[PDF] Fibromyalgia For Dummies

Christine Adamec, Roland Staud - pdf download free book



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Description:

Review "A wonderful reference tool about fibromyalgia and how to help yourself." -- *FM Aware Magazine, February 2003*

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From the Back Cover FMS sufferers share their stories and tips

The fun and easy way® to stop hurting and start healing

Are you fed up with fibromyalgia syndrome (FMS)? Want to find relief? This plain-English guide outlines the latest treatments and highlights new research. You'll see how to spot the various symptoms and their possible causes, work with your physician to develop a plan of care, and manage your pain at home or the office.

- Identify your trigger points
 - Cope with chronic pain and sleep problems
3. Evaluate the new medications
 4. Make healing lifestyle changes
 5. Help a child with FMS

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