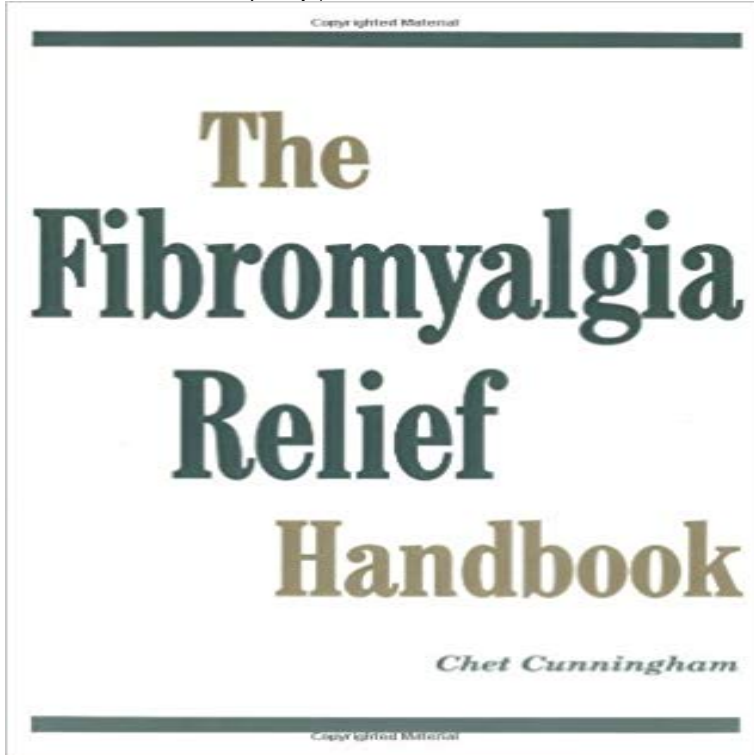


The Fibromyalgia Relief Handbook



Get Fibromyalgia Relief (FMS) Natural Solutions If you experience symptoms like chronic muscle and joint pain, all-encompassing fatigue, tender spots, memory or concentration problems, sleep difficulty, headaches, sensitivity to temperature, or numbness, tingling or burning sensations, you may suffer from Fibromyalgia syndrome (FMS). Now a book, The Fibromyalgia Relief Handbook, can provide help. The book reveals the latest facts on fibromyalgia the symptoms, potential causes, and available treatments, including medical, alternative and all-natural methods. You'll discover ways to get relief from symptoms. Learn how to better manage tender spot pain. Discover ways for dealing with irritable bowel and bladder problems. Find out how to get welcome rest and sleep. The book give you details about what foods can help and the foods that you should avoid. It tells you about the importance and types of vitamin and mineral supplements that can support your health. It shows you what special herbs and homeopathic remedies have helped other FMS sufferers. You will discover alternative methods that can bring soothing relief. Learn about how acupuncture, message therapy, and relaxation are being used to get comfort. The book gives details about the importance of exercise and simple ways to do it. It reveals why stretching exercises can help and gives you easy-to-do techniques to get started. The book is complete resource on FMS. It shows how to overcome the challenges of FMS at work, while traveling, and at home. It gives you vital information about personal issues including denial, anger, depression, and acceptance. It offers encouragement and answers on how you can get support. There is no known cure for FMS. However, there are many ways to manage the pain, fatigue and other symptoms many of which you can do on your own

with amazing results. Here are what actual readers are saying After following the books tips, my pains have eased says a woman reader. From another, I now sleep all night. And from this woman: My doctor is baffled! The unrelenting pain is gradually ceasing. Learn about FMS and ways that you can improve your day-to-day quality of life.

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