

[PDF] The Fibromyalgia Handbook: A 7-Step Program To Halt And Even Reverse Fibromyalgia, 3rd Edition

Harris H. McIlwain, Debra Fulghum - pdf download free book



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Description:

From Library Journal Fibromyalgia affects more than ten million Americans, largely women, ages

40 or older, and causes severe muscle pain, fatigue, sleep disturbance, and depression. It rates as the most common arthritis-related disease, next to osteoarthritis, and as a commonly misdiagnosed syndrome. To help in controlling this difficult health problem, arthritis specialist McIlwain outlines a multistep program of medical treatment (moist heat, medication, ultrasound, and transcutaneous electrical nerve stimulation, or TENS), exercise and fitness, stress relief, complementary approaches (chiropractic, massage therapy, acupuncture, biofeedback, and homeopathic treatment), nutrition and diet, and support groups. A useful appendix of exercises, a list of references and supporting research, and some frequently asked questions will assist in the patient's treatment. Recommended, especially when read in tandem with Devin Starlanyl and Mary Ellen Copeland's more comprehensive *Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual* (LJ 9/15/96).?Janet Coggan, Univ. of Florida Libs., Gainesville
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From Fibromyalgia is a misunderstood, misdiagnosed disease whose symptoms include severe muscle pain, fatigue, sleep problems, and depression. The sufferers, mostly middle-aged women, don't get much respect, and in the past, patients were often told the disease was in their heads. Now it is recognized as an arthritis-related condition, and finally, attempts are being made to treat it. In this volume, the authors (a doctor and a health writer) offer information on the latest treatments, physical therapies, and nutritional supplements as well as a list of organizations and information systems. A helpful, easily understood guide for an illness about which little is written. *Ilene Cooper* --
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