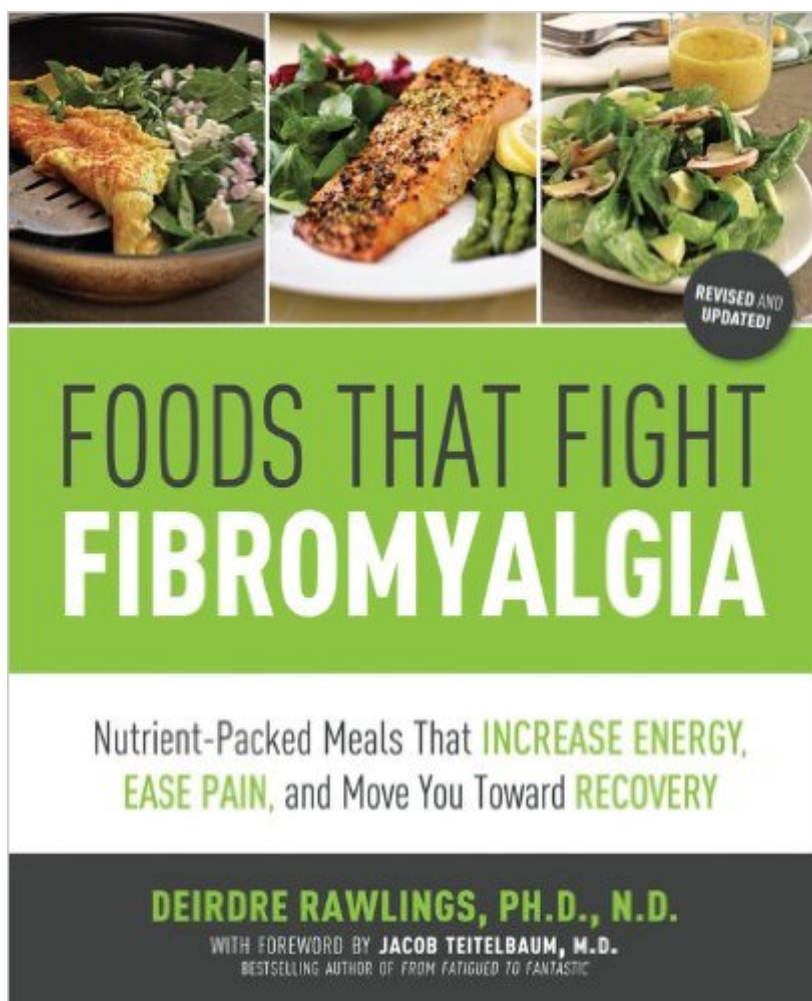


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# Foods That Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, And Move You Towards Recovery



## Synopsis

If you are one of the 6 million people suffering from fibromyalgia, what you put on your plate can make or break your health. Featuring the most up-to-date nutritional research currently available, *Foods that Fight Fibromyalgia* provides you with nutritional guidelines and 100 recipes that will put you on the road to recovery. This updated edition of *Food That Helps Win the Battle Against Fibromyalgia* includes new information on the link between food allergies and fibromyalgia, how to use nutrition to balance neurotransmitters for less pain and depression, and food combining for optimal nutrition. In addition, *Foods that Fight Fibromyalgia* includes new and updated recipes that have been precisely developed to include the specific nutrients needed to bolster immunity and fight fatigue, depression, pain, and brain fog.

## Book Information

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## Customer Reviews

GREAT BOOK!!! I am a long time fibromyalgia suffer and have done lots of research over the years on how to manage my symptoms without taking lots of medications. I am also a Registered Nurse that specializes in wellness. This book is spot on with all my personal findings. I wish I had found this in the beginning, it would have saved me so much time and frustration. If you are new to fibro, do yourself a favor and get this book. If you are a long time suffer, get this book! It is life changing. I have had a LONG journey with fibro and I can honestly say, proper nutrition and exercise is the key to managing your symptoms. The book is very informative and will guide you along the way.

I am always dealing with aches especially in my arms and back. I found this book exceptionally helpful and have already had some success from applying some of the changes to my eating habits and my diet that I learned in the book. I highly recommend it as the best book available on foods and diet for fibromyalgia. If you have this issue you can't go wrong with Foods that Fight Fibromyalgia

Disappointed if what I wanted was a book giving me holistic ideas on how to make my fibromyalgia better I would of bought one. I WANTED a cook book to help me eat foods that would lessen the symptoms. Yet almost half of this book is the afore mentioned instead of recipes. That really irritates me.

Disappointed - The book says to avoid gluten, soy, and dairy....so why are their so many recipes with tofu, cream cheese, and mayinaise ( which I have been told by dr is a no no)?! Seems contradicting. I feel I would have been better off spending my \$ on a paleo cookbook that had MORE recipes that don't include Gluten, dairy or soy! I so feel I wasted my \$ :-)

Love this book! It is packed with great info. Not only does it educate you on nutrition but also follows up with some good recipes to help you put info into use. Recommend to anyone with a chronic illness. Have tried a few recipes and really liked what I have tried so far.

I received this book as a gift to help my flare ups from Fibromyalgia and get me back into the things I like to do. I have more energy and I can move easier with less pain. Getting out of bed in the morning is less painful and I can make it thru the day with less aches and pains. Thank you!

Dr. Rawlings book "Food that helps win the battle against fibromyalgia" is a thorough and fantastic work on fibromyalgia. I have read everything available today on fibro and as an advocate for fibro, I appreciate how Dr. Rawlings is able to explain the nutrition/fibro connection; something so many of us with chronic illness take for granted. Dr. Rawlings' expertise in natural ways to combat illness is a refreshing alternative to so many questionable approaches that use pharmaceuticals only for example. The reality for us is that we truly are what we eat and that goes double for chronic illness sufferers. Nutrition can make the difference between illness and wellness for many diseases that plague us today. Fibromyalgia impacts the body in so many different but related ways that most of us don't fully understand as well as Dr. Rawlings does. Thank you Dr. Rawlings for your

commitment to advancing the field of fibro as you have

This book is a wonderful companion to daily life for the Fibromyalgia person. There is so much valuable information to learn and apply that I read small sections over and over again each day. The recipes are easy, taste good and pleasing to my family. After applying several of the principles, I have finally, after years of trying, lost 5 pounds. That may seem like an insignificant amount but in my life, it is encouragement to keep on. My pain level has decreased, energy level increased, mental attitude is more positive. Thank you Dr. D.!

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Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better  
New French with Ease mp3 Pack (Assimil with Ease)  
Japanese with Ease, Volume 1 (Assimil with Ease) (v. 1)  
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The Everything Guide to the MIND Diet: Optimize Brain Health and Prevent Disease with Nutrient-dense Foods  
Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss  
Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit  
The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days  
Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders  
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