

Healing Fibromyalgia: Why Everything Hurts and how to Feel Well Again, 2011, 340 pages, David Edelberg M. D., 0984033718, 9780984033713, WholeHealth Chicago, 2011

Fibromyalgia is real. The pain you awaken with is not in your head. You're not even remotely a hypochondriac. If anyone--doctor, chiropractor, physical therapist, well-meaning loved one--ever tries to convince you otherwise, tune them out. They are wrong. Likewise, if anyone ever tells you fibro is incurable and you'll just have to learn to live with it, understand they're seriously misinformed. You may even be able to fix your fibromyalgia on your own, without doctors and without drugs. This book will tell you how. So begins author David Edelberg, MD, an internist specializing in fibromyalgia, in his long-awaited book Healing Fibromyalgia. Dr Edelberg has treated 1,600+ women with fibro using the plan presented here, including step-by-step instructions for Dr E's Six-Week Nearly Natural Fibro Cure. In clear, reassuring language, Dr E explains how with fibro your whole self--the mind and body totality that makes you you--is under protective siege, your body trying desperately to guard itself from the assault of multiple sources of stress. Envision your muscles tightening up and creating a protective suit of armor. That's fibro in a nutshell. Your muscles aren't sick or inflamed, but they're definitely tired of being locked up like this, trying to protect you and making you utterly exhausted in the process. Ironically, if your muscles could talk, they'd probably say, Look, lady, we're just doing our job. We got this message from you that we're under serious stress. This tightening-up is what muscles do. Statistics prove it: Some 10 to 14 million Americans currently fulfill the diagnostic criteria for fibro and 80-90% of that group are undiagnosed. That means more American women have fibromyalgia than diabetes. Wait, you think. Am I hearing this right? Is Dr E saying that the 12 million American women with fibro are so stressed that they're engaged in a 24/7 painful muscle lock-up of self protection and self preservation? That's exactly what he's saying. Don't live with fibromyalgia a single day longer than necessary. Whether your fibro responds to the Nearly Natural Cure or you need a little extra help from prescription drugs, this plan will help resolve your painful fibromyalgia forever. Also includes: Dr E's precise (and invaluable) fibro drug dosing instructions are radically different from what your own doctor might recommend and they increase your chances of success. Your doctor doesn't believe in fibro? The book provides expert advice on finding one who will take your condition seriously. As a bonus, Healing Fibromyalgia includes the Physician's Guide to Fibromyalgia, including Dr E's complete treatment protocols. If your stubborn fibro requires prescription drugs, print out the guide and hand it to your physician. Don't go it alone. With this book and the Dr E's physician's guide in hand, you and your doctor will become an educated team in resolving your fibro. Includes: How Do I Know If I Have Fibro? Take the Quiz How to Classify Your Fibro Severity Memories in Your Muscles Tests Every Fibro Patient Should Know About Dr E's Six-Week Nearly Natural Fibro Cure Fibro-Friendly Eating Plan Medications for Fibro: How They Work and How They Can Help Pain Drugs for Fibro Alternative Medicine for Fibromyalgia You've Got A Friend: Women Speak Out About Their Fibro Fibro's Larger Message: Women Under Siege Physician's Guide to Fibromyalgia

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The Natural Cure for Fibromyalgia , Jane Thompson, Jan 1, 2006, Health & Fitness, . .

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Miscellaneous Texts from the Judaean Desert , James H. Charlesworth, James C. VanderKam, Monica Brady, 2000, Religion, 276 pages. Volume XXXVIII presents texts from several sites in the Judaean Desert other than Qumran, including Jericho. The documents are mainly Aramaic and Greek documentary papyri.

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