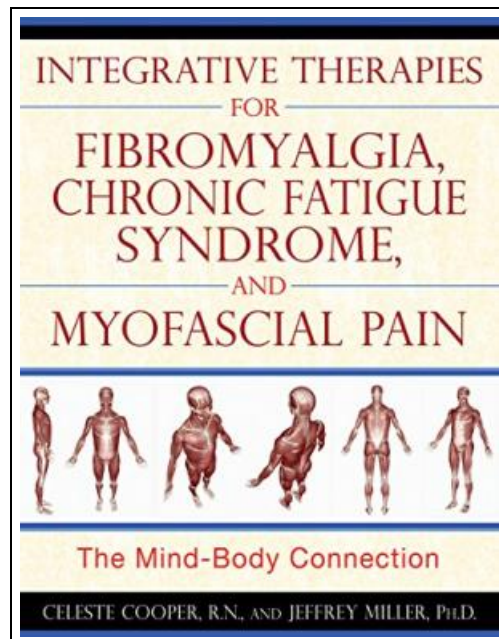


Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial The Mind-Body Connection



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Reviews

Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Johnathon Moore)

INTEGRATIVE THERAPIES FOR FIBROMYALGIA, CHRONIC FATIGUE SYNDROME, AND MYOFASCIAL THE MIND-BODY CONNECTION



Healing Arts Press. Paperback. Condition: New. 448 pages. Dimensions: 10.8in. x 8.4in. x 1.4in. Fibromyalgia, chronic myofascial pain from muscle trigger points, and chronic fatigue syndrome are often seen as interchangeable conditions. Nothing could be further from the truth--however, they do often coexist. Knowing what you have will help you in determining the right treatment. Written by a registered nurse with these three disorders, and a psychologist who has been treating chronic pain since 1994, this book presents an integrative approach. The authors understand these conditions are not curable, but they provide a thorough guide for treatment options that can benefit you. They answers questions like: How can I be more than a bystander in my own care Why is proper documentation in my medical record important How are FM, CFID and CMP different, how do they cross over and why should I know What are common co-existing conditions and what conditions mimic or aggravate mine How do I communicate my needs and symptoms successfully Where is that word I had two seconds ago What different forms of exercise are available for my specific needs How do I write a poem or meditate and why is the feedback to my brain important Why do some treatments make me worse when everyone swears they will make me better What should I look for in the right doctor What are my patient rights What foods should I avoid, and why Why should safe use of medications, herbal remedies and supplements concern me Why cant I sleep, what can I do What is a flare, and how do I deal with crisis Why dont my family and friends understand How do I assess and document the effectiveness of treatments, and medications What are the different types of bodywork, and who provides it What are the dos and donts of exercise How...



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