



The Woman's Fibromyalgia Toolkit: Manage Your Symptoms and Take Control of Your Life

Dawn A. Marcus, Atul Deodhar

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The Woman's Fibromyalgia Toolkit tells readers what they need to know to take control of fibromyalgia symptoms. It includes step-by-step instructions for using effective non-drug treatments, including exercises, yoga, and relaxation techniques; a discussion of what to expect from prescription medications; and what nutritional supplements may be helpful.

Effective fibromyalgia treatment usually requires the holistic, comprehensive approach presented in this book, one that addresses sleep patterns, exercise habits, and mood, in addition to drug therapies. Tailoring these treatments to fibromyalgia symptoms is essential. For example, while exercise is helpful for most women with fibromyalgia, it's important to develop an exercise program that can be started and advanced without causing undue fibromyalgia flares. The Toolkit provides readers with a broad sample of tools to help them discover the most effective treatment strategy for their fibromyalgia symptoms. A chapter on planning for pregnancy will help women use safer and effective treatments while trying to get pregnant, during pregnancy, and after the baby's born when you might be nursing.

The Woman's Fibromyalgia Toolkit provides clear, practical instructions to help women change their lives and take back control.

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Phil Garcia:

Typically the book The Woman's Fibromyalgia Toolkit: Manage Your Symptoms and Take Control of Your Life has a lot info on it. So when you check out this book you can get a lot of benefit. The book was compiled by the very famous author. Mcdougal makes some research previous to write this book. This book very easy to read you can get the point easily after reading this book.

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The Woman's Fibromyalgia Toolkit: Manage Your Symptoms and Take Control of Your Life can be one of your beginning books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to place every word into joy arrangement in writing The Woman's Fibromyalgia Toolkit: Manage Your Symptoms and Take Control of Your Life however doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial considering.

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