



Healing Fibromyalgia: The Three-Step Solution

David H. Trock, Frances Chamberlain

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Finally----an effective approach to fibromyalgia treatment and recovery!

"Healing Fibromyalgia is a must for the person with fibromyalgia. Dr. Trock has listened to the needs of his patients and has responded with a clear and concise book that explains the problem and provides solutions to living with fibromyalgia--highly recommended as a guide to recovery!"

--Denise L. Taylor-Moon, former Director of Outreach for the Chronic Pain and Fatigue Research Center at the University of Michigan

Healing Fibromyalgia: The Three-Step Solution is not just another book telling you how to live with fibromyalgia--it's a guide for enjoying life fully without it. Exciting new findings and effective new therapies make it possible to eliminate the debilitating, intense pain and fatigue of fibromyalgia and reboot your life. This authoritative medical guide gives you the most current and accurate information on fibromyalgia causes, symptoms, diagnosis, and treatments. Healing Fibromyalgia covers vital topics that include:

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Common triggers of fibromyalgia, including physical trauma, an infection such as Lyme disease or hepatitis C, emotional upheaval, or chronic daily stress

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Finding the right physician--one who will listen to you and work with you

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The ideal fibromyalgia work-up--your medical history and physical exam

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An integrative approach to recovery that includes traditional medicine, lifestyle modifications, and holistic care

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Pharmaceutical and nonpharmaceutical treatments, including dietary supplements, manual therapies, injection treatments, pain-management techniques, and alternative remedies

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Useful tools for managing your fibromyalgia

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Beneficial lifestyle changes, including exercise and nutrition dos and don'ts

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Real-life stories of people who have conquered fibromyalgia

Fibromyalgia sufferers have different triggers, different combinations of symptoms, and different routes to

successful treatment and healing. This guide helps you find your personal path toward real and lasting relief.

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