



# Fibromyalgia: Simple Relief through Movement

*Stacie L. Bigelow*

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## **Fibromyalgia: Simple Relief through Movement** Stacie L. Bigelow

This caring and knowledgeable guide can

help you feel better--starting now

Fibromyalgia causes muscle stiffness and pain, debilitating fatigue, and numerous other symptoms. Most frustrating of all, people with fibromyalgia syndrome don't look sick; standard tests for injury or chemical imbalances often show nothing wrong. But if you suffer from fibromyalgia, you know that your disease is real, and so is your pain. It's natural to feel discouraged--but don't give up! In *Fibromyalgia: Simple Relief through Movement*, Stacie L. Bigelow--a motivational health counselor and FMS sufferer herself--gives hope to everyone with fibromyalgia with a simple program designed to help you benefit from the one thing that is known to help: movement.

"The most important key to managing muscles affected by fibromyalgia," writes Bigelow, "is to keep them moving." Drawing on new medical understanding of fibromyalgia as well as her patients' and her own experiences, she explains what the disease is and how to implement an effective plan. She shows you:

- \* Why traditional exercise programs are not for you
- \* Which activities will reduce your pain--and which might increase it
- \* How to balance your daily needs for healing rest and movement
- \* How (and whether) to use muscle conditioning to decrease pain
- \* How to stretch properly to reduce pain
- \* How to communicate your needs to family members, coworkers, and health care providers

Presenting clear and specific advice on how to use movement safely and effectively to ease the pain of fibromyalgia, this caring, knowledgeable guide will give you an optimistic new mind-set about your pain, your body, and your future.

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Typically the book Fibromyalgia: Simple Relief through Movement has a lot of information on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research before write this book. This specific book very easy to read you may get the point easily after scanning this book.

#### **Melissa Jackson:**

Playing with family inside a park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Fibromyalgia: Simple Relief through Movement, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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Would you one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you never know the inside because don't judge book by its deal with may doesn't work this is difficult job because you are afraid that the inside maybe not as fantastic as in the outside appearance likes. Maybe you answer might be Fibromyalgia: Simple Relief through Movement why because the wonderful cover that make you consider with regards to the content will not disappoant an individual. The inside or content will be fantastic as the outside or even cover. Your reading 6th sense will directly guide you to pick up this book.

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