



The Complete Guide to Healing Fibromyalgia (Healthy Home Library)

Deborah Mitchell

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- A-to-Z lists of prescription medications, herbal remedies, and natural supplements
- Proven strategies for relieving symptoms?muscle pain, stiff joints, fatigue, sleep problems, depression, irritable bowel syndrome, fibrofog, sexual dysfunction, and more
- Alternative mind/body therapies?acupuncture, acupressure, chiropractic, hypnotherapy, light therapy, massage, neurofeedback, and other methods
- Crucial information on dealing with doctors, health insurance, employment issues, disability, getting pregnant, child rearing, weight control, support groups, and much more
- *Plus* an easy-to-follow program of diet, exercise, and sleep that will help relieve your pain and restore your quality of life

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