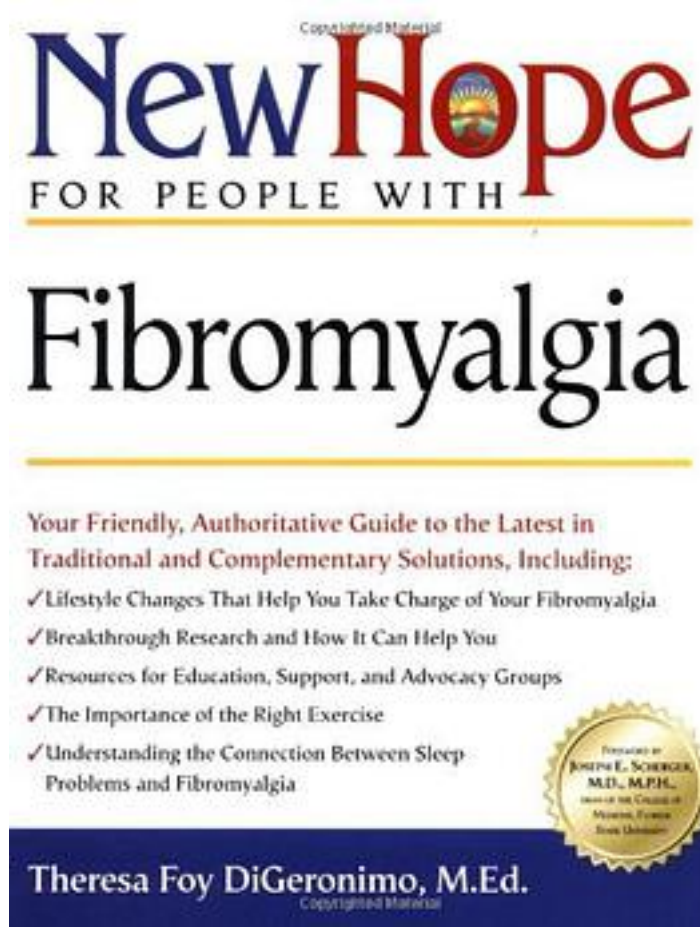


New Hope for People with Fibromyalgia



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著者:DiGeronimo, Theresa Foy

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Discover Exciting New Treatments for Fibromyalgia

Now you can take control of your fibromyalgia syndrome (FMS) and begin enjoying life

again—today! This book dispels the myths and clearly lays out the truth about FMS and what you can do for relief. Inside is compassionate, practical, and immediate guidance for anyone affected by fibromyalgia, including:

- The causes, symptoms, and patterns of fibromyalgia
- How to find the right doctor and avoid costly and unnecessary testing
- The latest drug treatments, including the use of antidepressants and pain relievers
- How to minimize fatigue and sleep disturbance
- Lifestyle solutions to manage your life and your work, such as the importance of exercise
- And much more!

"Fibromyalgia is not a 'clean' disease like diabetes, precisely classified and precisely treated. My own experience has taught me that fibromyalgia is an illness much like other chronic conditions that must be considered from biological, psychological, social, and spiritual perspectives. There has been a great lack of public information on this common debilitating condition, but this book should go a long way toward educating people. Theresa Foy DiGeronimo gives us a sensitive and comprehensive book that will be of tremendous value to people with fibromyalgia."

—From the Foreword by Joseph E. Scherger, M.D., M.P.H.

作者介绍:

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