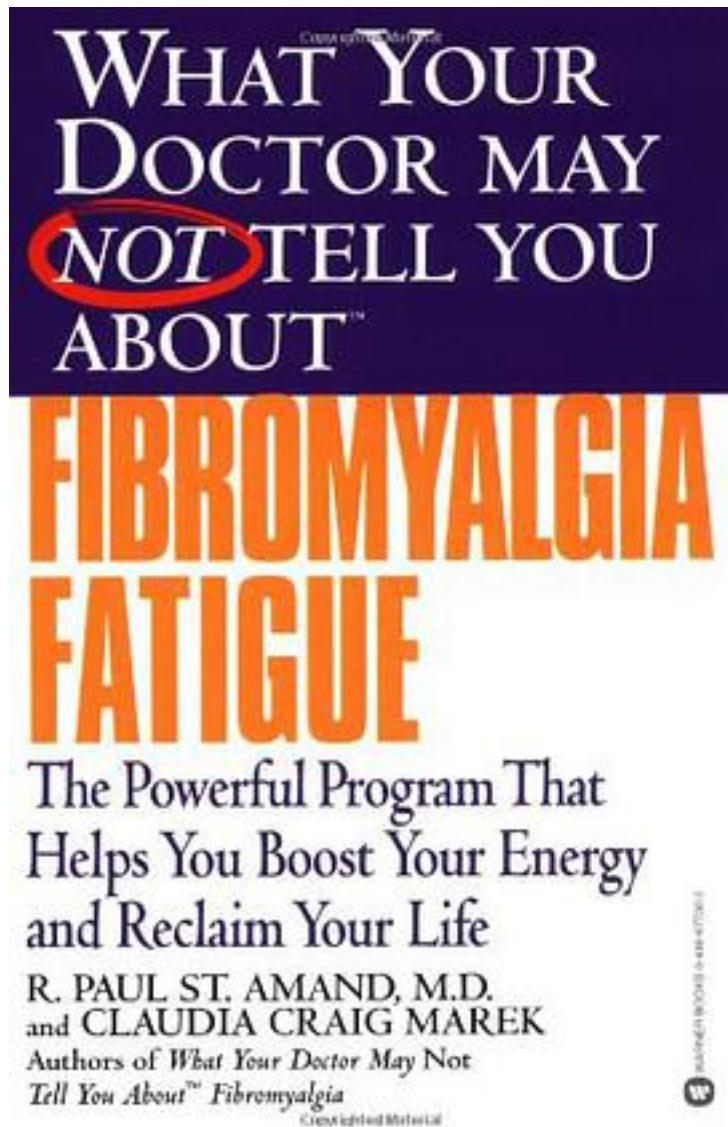


What Your Doctor May Not Tell You About Fibromyalgia Fatigue



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The author of the successful *What Your Doctor May Not Tell You About Fibromyalgia* presents a revolutionary new guide to help sufferers relieve their chronic fatigue. Affecting over 20 million Americans, fibromyalgia is a chronic disease whose symptoms include muscular pain and fatigue. Now Dr. St. Amand, an expert on fibromyalgia, delivers a detailed diet, exercise, and lifestyle plan to help sufferers fight the often debilitating effects of chronic fatigue. Focusing on boosting energy, Dr. St. Amand offers important advice on avoiding energy drains, (illness and injuries common to fibromyalgics), and increasing energy builders through the right combination of diet and exercise. In addition, he includes an accessible discussion on how energy is created by the body and delicious recipes proven to relieve symptoms - helping readers reclaim their lives and their health.

作者介绍:

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