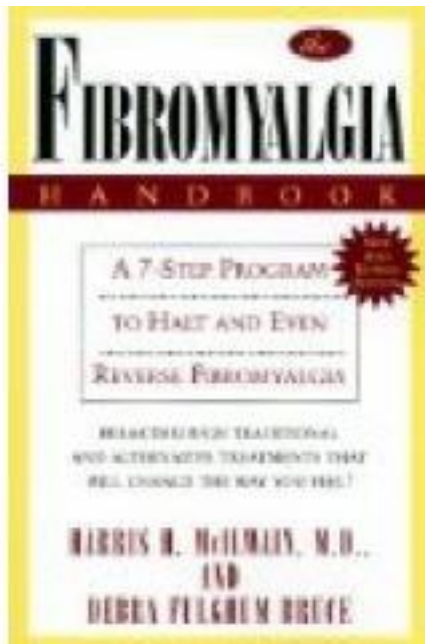


The Fibromyalgia Handbook: A 7-Step Program to Halt & Even Reverse Fibromyalgia



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Breakthrough traditional and alternative treatments that will change the way you feel. More than 10 million Americans, mostly women, suffer the debilitating symptoms of fibromyalgia. Since this book was first published in 1996, awareness of fibromyalgia has increased dramatically, as has the need for reliable, up-to-date information on the many breakthrough medications and treatments. In this revised edition, Dr. McIlwain includes a full discussion of the much touted guaifenesin and other new and experimental medications, explaining what is hype and what is hope. He also gives the latest unconventional alternative therapies such as Aryurveda and

Bodywork that are safe to supplement his own treatment plan, as well as expanding sections of complementary treatments such as chiropractic, herbal therapy, and homeopathy that work to relieve symptoms. With Dr. McIlwain's seven-step program, sufferers will learn how to manage this disease and even reverse its progression in most cases.

作者介绍:

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