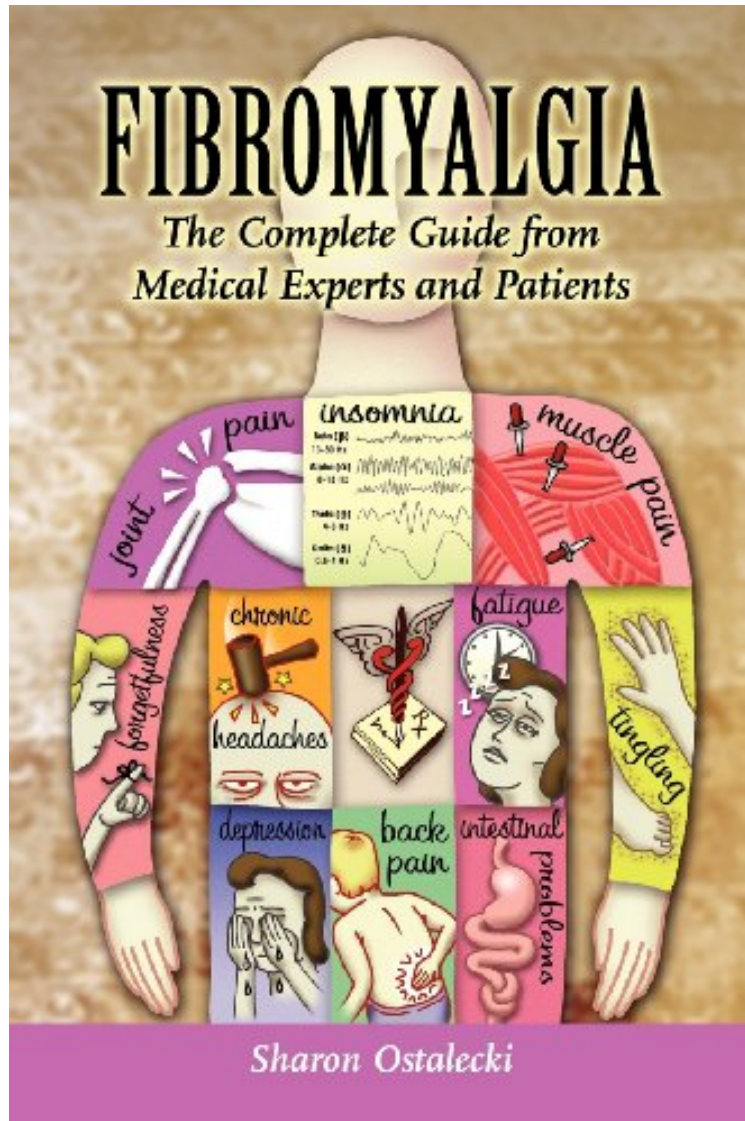


Fibromyalgia: The Complete Guide From Medical Experts And Patients

Sharon Ostalecki

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Sharon Ostalecki : Fibromyalgia: The Complete Guide From Medical Experts And Patients before purchasing it in order to gage whether or not it would be worth my time, and all praised Fibromyalgia: The Complete Guide From Medical Experts And Patients:

63 of 63 people found the following review helpful. Wonderful guide to fibroBy The Eclectic BookwormI'm only halfway through, but so far, this book is an incredible resource. I've only had fibro for two years, but as a health care

professional and patient, this book has helped me to understand my condition better and has helped me to explain it to others better. I work in a position where I teach patients all day, and I have found resources in this book that has allowed me to explain to fibro patients why they feel the way they do. I would recommend this book to anyone with fibro. But I do feel that some of the language is geared toward the medical community or someone who is familiar with medical jargon. 1 of 1 people found the following review helpful. FMS guide By C. K. O'Shea It is as good as any resource. I did find a few helpful items, but I have had FMS for 40 years +/- so I've already heard most of it. Thing is, no one has a handle on FMS yet, There are still a lot of unproven theories out there, and different people are affected differently. So you just have to use common sense and decide what works for you, what you are capable of etc, etc. It had some fairly good information about supplements, I would have liked to have that gone to in more depth. In short, if you are new to FMS or just trying to understand it for yourself, or someone you know who has it, it is a pretty good resource. 0 of 0 people found the following review helpful. Excellent Info By Dee Westphal Excellent book to read about Fibro. I first read this book in the local library but knew I had to have my own copy. It's a valuable piece of information and answers so many of your questions. Great buy.

Fibromyalgia is a severe musculoskeletal pain and fatigue syndrome that afflicts approximately 3 to 6 million Americans. *Fibromyalgia: The Complete Guide from Medical Experts and Patients* is a comprehensive guide for patients and families. The book provides authoritative, practical advice and answers to common questions about this condition to help patients and families achieve a greater understanding of all aspects of dealing with fibromyalgia.