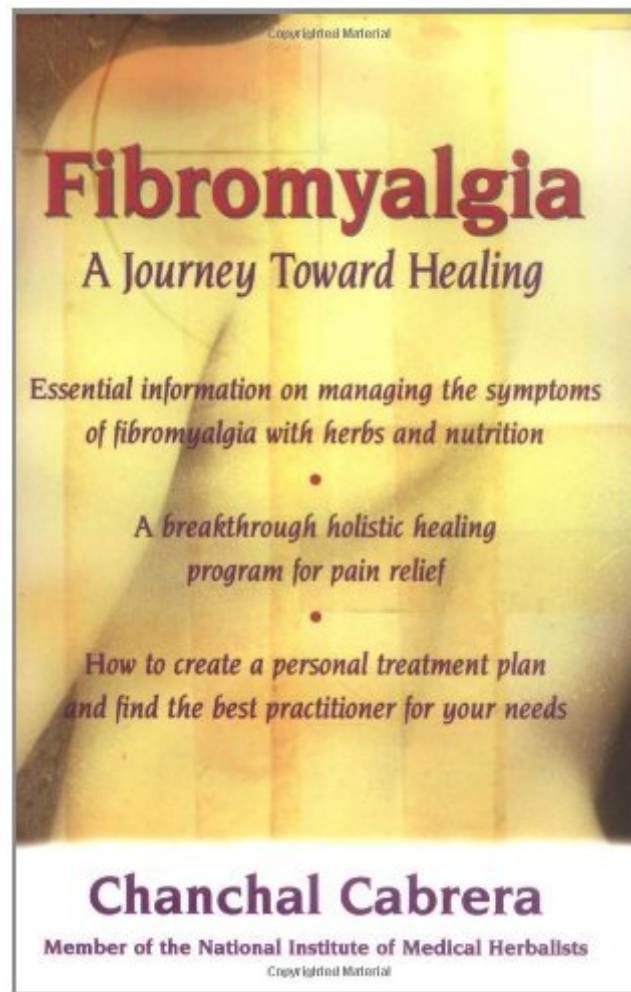




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# Fibromyalgia: A Journey Toward Healing (NTC Keats - Health)



## Synopsis

Fibromyalgia is one of the fastest-growing diagnoses in the country. Yet, it's also one of the most controversial diagnoses; many doctors deny its existence, while others use fibromyalgia as a fallback when they are unable to determine the actual cause of ill health. *Fibromyalgia: A Journey Toward Healing* offers hope and help to the 6 million people who suffer from this condition. With its holistic approach, it shows how patients can achieve lasting wellness and healing through changes in diet and lifestyle and by using herbs. Numerous self-help remedies as well as advice on exercise, physical therapy, and aromatherapy are presented.

## Book Information

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## Customer Reviews

Great book! Author really brought light to the subject and helped simplify the information while keeping the science and explaining why as much as she can. I would recommend this for anyone suffering from fibro or who has a loved one suffering from it and wants a medical understanding.

book very detailed.very good detailed healthy living information.covers

nutrition, sleep, diet, foods, supplements, etc. if you are an average health nut wanting good information and trying to move your diet and welfare to the next level, I recommend this book.

Well written, easy to follow suggestions. Great companion book for *Eat Right 4 Your Type* by Dr. D'Adamo.

This is the best book I've read on this subject. It's good for my friends, as well. Fia likes to lay on it. She loves to 'read'.

A comprehensive guide on Fibro, what it is, how to treat it--oops--no, the focus is how you treat it. This book has all the tools for you to be in control of your fibro and your life. You can pick and choose and slowly or quickly incorporate them, depending on your tolerance for change. For "health nuts" Cabrera's book will hit the spot; for others with not so healthy habits, it is an invaluable guide to lowering your dependence on drugs, pointing out what you unknowingly do to hurt yourself, and countless ways to improve your health. Part II is devoted to the practical issues; she wisely starts with diet, then moves to herbal therapies and closes with self care. Each chapter is didactically structured so you are drawn into the subject smoothly and convinced, ready for change! Chanchal Cabrera puts her words where her mouth is (that didn't sound right!) and provides a whole chapter of resources, where you can go for further help, and for implementing a herbal therapy. Although appendix two is a long list of herbs, how to use, etc, I found that I am more comfortable with a reputable practitioner who can design the herbal treatment and oversee my progress (under sources.) The author's own personal experience, coupled with her impressive academic and professional background make this a very credible source. My wholehearted recommendation on this read. Cheers and stay healthy!

A truly excellent book. This book talks about what fibromyalgia is and how it works in great medical detail, as well as how to manage it using natural therapies such as herbalism and massage. Has a section crammed with information on the treatment of fibromyalgia using natural herbal medicines. This really is a must have book for those of us with FMS.

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