



Fibromyalgia Relief: Successful Self-Care Strategies And Effective Natural Remedies

Dr. Joseph Kizito Egbebike Ph.D

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FIBROMYALGIA RELIEF: Successful Self-Care Strategies And Effective Natural Remedies

FINALLY, A FORMULA FOR REAL FIBROMYALGIA PAIN RELIEF, FIBROMYALGIA DIET, FIBROMYALGIA SYMPTOMS, FIBROMYALGIA EXERCISE, FIBROMYALGIA MUSCLE PAIN, FIBROMYALGIA MEDICATIONS & THEIR SIDE EFFECTS, FIBROMYALGIA ALTERNATIVE REMEDIES

At last, here is a book that delivers real reasons for hope to the millions of Americans who suffer from the pain, fatigue, depression and sleeplessness that are part of the debilitating Fibromyalgia syndrome (FMS)! In *Fibromyalgia Relief: Successful Self-Care Strategies And Effective Natural Remedies*, you'll discover a comprehensive self-care program designed by a Physical Therapist who has helped many Fibromyalgia sufferers. His program features SAM-e (pronounced Sammy), an important and exciting new supplement only recently available in the US.

This natural substance has been used in Europe for decades with excellent results. To this, Dr. Joseph K. Egbebike adds the essential self-care remedies and lifestyle changes he has identified over the years that work in combination with SAM-e to bring true progress in healing

BY READING THIS BOOK, YOU'LL LEARN:

- The medications which are commonly prescribed by physicians and how they may be doing you more harm than good.
- An approach for safely and slowly withdrawing from antidepressants and the other drugs used to treat Fibromyalgia patients.
- The basic facts about SAM-e, including how it works, why it can be better than available medications, the proper dosage, which products to purchase, and tips on buying it for less.
- Ideas for reducing and relieving muscle pain.
- How to approach exercise so that it doesn't trigger an escalation of symptoms but instead supports improvements in your health.
- What you need to do to experience deep, restorative sleep.
- Methods for dealing with stress, worry and anger so that you feel better.
- The other supplements that play a role in healing for FMS patients.
- Knowledge that will enable you to talk effectively with your doctor.
- How to file a FMS claim successfully for disability payments, if necessary.

Whether you suffer from Fibromyalgia yourself, want to help a loved one, or care for patients with this condition, "Fibromyalgia Relief: Successful Self-Care Strategies And Effective Natural Remedies" will provide the information you need to know!

ABOUT THE AUTHOR

Dr. Joseph K. Egbebike, Ph.D., PT is a Board Certified Physical Therapist and Health Coach with over 30

years of clinical experience treating thousands of pain sufferers. He earned his doctorate degree in Pathokinesiology from New York University in 1992. A pain sufferer himself, he has learned to live joyfully despite his condition.

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