

Conquering Fibromyalgia and Pain Management Box Set Includes a new chapter added on TMS in Pain Management Book! UPDATE January 2015: New chapter on health supplements added to Fibromyalgia guide! Discover How to CONQUER Fibromyalgia You will soon discover natural treatments, strategies, exercises and recipes for successfully living with fibromyalgia. Millions of people around the world, particularly women, suffer from fibromyalgia on a daily basis. The constant fatigue and debilitating pain robs the individual from enjoying their daily activities and social relationships. If you've been suffering from the unrelenting symptoms of fibromyalgia, you haven't yet found an effective strategy to accomplish pain relief for life. Your health is the best investment that you have. If you desire energy and vitality in your body then this is the book for you. Apply these treatments, practice the exercises, and experiment with the recipes to discover the relief you never knew you could have. This book provides an easy and jargon-free introduction to fibromyalgia with simple tests to help you identify the signs and symptoms. The treatments and lifestyle changes provide straightforward solutions that can be easily incorporated into your everyday schedule. The book also includes an easy and tasty meal plan with satisfying recipes for you to make at home. With the diet plan there are also recommended exercises to help alleviate symptoms and promote well-being. Armed with a clear knowledge of fibromyalgia, the exercise and diet plans will help you achieve relief as part of a long-term plan that's easy to stick to. Here Is A Preview Of What Youll Learn... What is FibromyalgiaHow to Test Yourself for FibromyalgiaTreatments to Stop Fibromyalgia from Ruining Your LifeLifestyle Changes for Fibromyalgia SufferersExcercises to Help Alleviate SymptomsHow Sugar is the Root of All Your ProblemsAlkalinity vs AcidityThe Power of HydrationRecommended Fibromyalgia Diet FoodsRecipes for the Fibromyalgia DietMeal Plan Suggestions and Food Journal Examples Discover How To Be Pain Free For Life You will soon discover proven techniques for chronic and intermittent pain management for life. Millions of people around the world suffer from chronic pain on a daily basis. This chronic pain affects their daily activities, sleep and work. As a result, these people are desperate to find pain relief through chiropractors, naturopaths, massage therapists and acupuncturists. Unfortunately, a great a amount of money is spent to achieve the pain free life they desire. If you've been suffering from chronic pain or intermittent pain, you haven't yet found an effective strategy to accomplish pain relief for life. This book provides a step-by-step strategy that will assist you in freeing yourself from chronic and intermittent pain and help you enjoy your life pain free. Here Is A Preview Of What Youll Learn... What is Pain and how it works in your bodyThe many ways pain affects your lifeDiscovering what aggravates your painNatural strategies for pain reliefHow to prevent relapse Take action right away to attain a pain free life today by downloading your copy today!

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