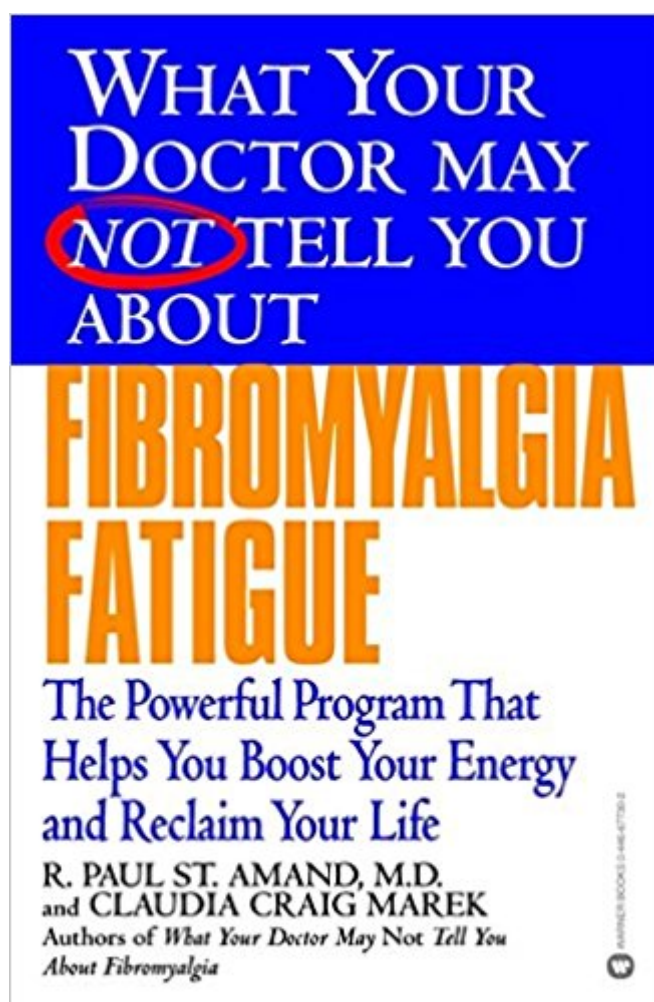


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# What Your Doctor May Not Tell You About(TM): Fibromyalgia Fatigue: The Powerful Program That Helps You Boost Your Energy And Reclaim Your Life





## Synopsis

The authors of the successful "What Your Doctor May Not Tell You About Fibromyalgia" present a revolutionary new guide to help sufferers relieve their chronic fatigue.

## Book Information

Paperback: 333 pages

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Average Customer Review: 4.0 out of 5 stars 52 customer reviews

Best Sellers Rank: #632,473 in Books (See Top 100 in Books) #130 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #255 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #2761 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

R. Paul St. Amand, MD is an Assistant Clinical Professor of Medicine and is on the teaching staff at UCLA Harbor General Hospital. He has been in practice for over 40 years. Claudia Craig Marek is his medical assistant and researcher and lives in Mar Vista, California.

I usually don't write reviews before I finish a book, but this one is an exception. I've learned more about fibromyalgia in 2 chapters than I have know in the last 3 years after being disgnosed. Most of the letters from his patients came straight from the heart and I found myself teary-eyed reading them, because it was like I listening to the thoughts of myself over these years. Fibromyalgia is a horrible illness. I'm still reading so I may give another update after I've completed the book.

Really good resource for understanding causes of fatigue beyond just fibromyalgia. I highly recommend this book, as well as the authors other book on fibromyalgia. A life saver! Just wish there were more recipes! :)

The book was published in 2003,12 years ago. I will check to see if there is a more updated version.

When I bought the book, I didn't realize it was so old.

Nope. Just don't bother, bleh

very informative, well written and easy to understand

Most of the information I was really really familiar with.

This book answered a lot of questions for me. It is full of good information. I read it and then showed to my doctor and ask her question about things I found in the book.

Full of information and suggestions for treatment, may be beneficial to many people, unfortunately I don't respond to most medicines positively. Good book if you're interested on eating more healthily and taking responsibility for your lifestyle. Will recommend.

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