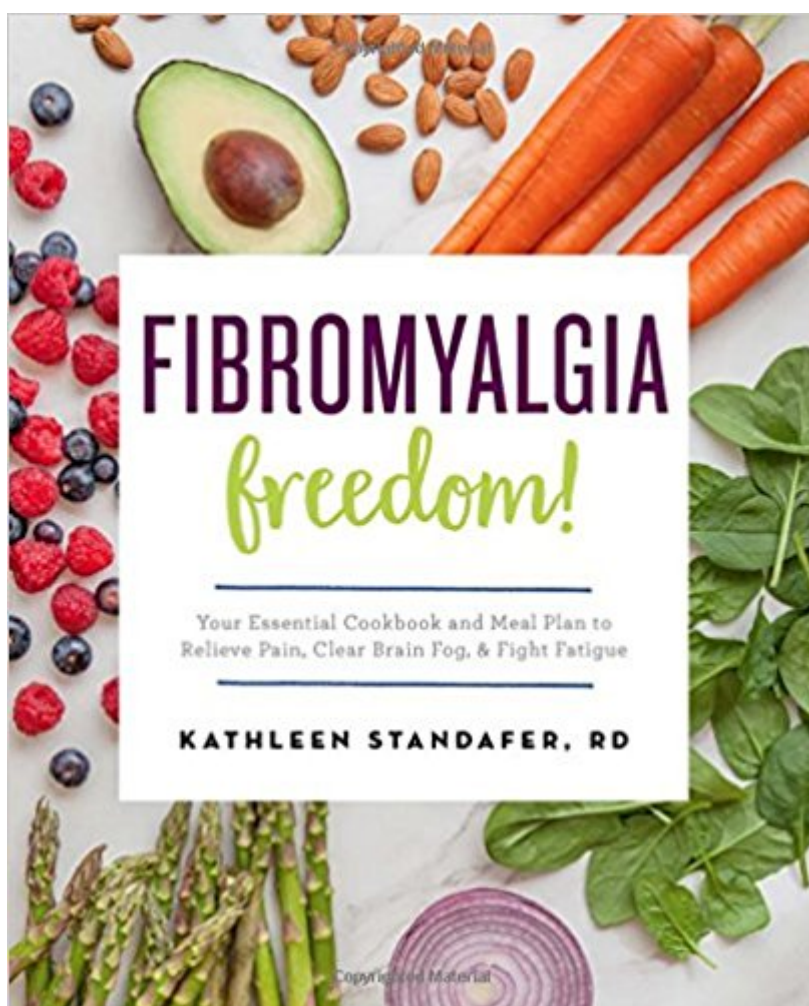


The book was found

# Fibromyalgia Freedom!: Your Essential Cookbook And Meal Plan To Relieve Pain, Clear Brain Fog, And Fight Fatigue



## Synopsis

Fibromyalgia is complicated. Finding relief shouldn't be. Fibromyalgia Freedom will show you exactly how to change your diet so you can feel better today—simply and naturally. If you're one of the 12 million Americans living with fibromyalgia then you're no stranger to its painful, exhausting, and frustrating symptoms. If common treatments, such as prescription medications aren't working, you may be looking for a better way. Fibromyalgia Freedom will show you how to ease your fibromyalgia symptoms, holistically and without any added stress. The focused, targeted, nutrient-rich diet presented in Fibromyalgia Freedom, makes it possible for you to start living a healthier, energized, symptom-free life today. Effective, lasting relief from fibromyalgia is possible with the help of the following: Specialized guidance from a registered dietitian, Kathleen Standafer, who specifically helps fibromyalgia patients heal through the foods they eat. A simple, 4-week meal plan that eliminates the contributing factors to pain, fatigue, and brain fog—plus a symptom tracker to record how you feel after eating various foods. 120 truly stress-free, fibromyalgia-friendly recipes that cook in LESS than an hour, using NO MORE than 5 main ingredients, and include useful nutritional information to help you remain mindful of carbs, sugars, cholesterol, etc. While there is still much to be learned about fibromyalgia, one thing is for certain—specific foods and lifestyle changes make a huge difference in managing your fibromyalgia symptoms. With Fibromyalgia Freedom, relief from debilitating fibromyalgia symptoms is closer than you think.

## Book Information

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## Customer Reviews

KATHLEEN STANDAFER, MS, RDN is a board certified nutrition support clinician and certified LEAP therapist who specializes in working with those who have fibromyalgia. The guidance she offers her clients is based on rhythm over time and the 4 pillars of health: food, sleep, stress, and exercise. She believes information is the key to maximizing health and that food is information for your cells. Learn more at [www.kathleenrd.com](http://www.kathleenrd.com).

I read half of the book last night and looked closely at the recipes and it was clear, concise and well presented! I felt like the author was speaking directly to me and I was engaged. Because of various health issues in my family, I have ordered many different "health issue specific" cookbooks and this is by far the best. Kudos to Kathleen Standafer MS RDN!

Good information and suggestions for Fibromyalgia.

Very Helpful & Informative!!!

My wife really enjoyed it, good read

Review of free copy from publisher: This book takes you from understanding fibro symptoms all the way to new ways of eating and living to minimize symptoms. The beginning breaks down symptoms eg brain fog and talks about common causes of that. Then there is a middle planning section to you can lay out your new way of eating. Included is a chart to chart any symptoms so you can clearly see progress that you make. The last section is full of delicious recipes designed to avoid foods that often increase symptoms in fibro patients. The recipes are simple and easy to follow. I wish there were more photos, the foods sound delicious!

I find this to be a great book. It is more than just a cookbook. It starts with general information about fibromyalgia which is nice. The book then gives lots of helpful lifestyle tips. Foods are then discussed. All this before getting to the recipes. I really like that special attention is paid to dietary restrictions. For instance, dairy is out for me but nuts are okay. Everyone is different.

I gave this to someone who has fibromyalgia, and they said they love these recipes. The simple and easy diet cookbook seems to help with leave some of the pains caused by fibromyalgia. I definitely recommend it if you're having problems or if you just intrigued by new cookbook. I received this book

from the publisher for my unbiased review :)

I got this book for my mother. She was recently diagnosed and I thought this would be helpful for her. She loves it so far, and would definitely recommend it to anyone who suffers from fibromyalgia!

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Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1)  
Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan)  
The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy!  
Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1)  
Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3)  
Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3)  
Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism)  
MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking)  
Fibromyalgia Freedom: Essential Recipes And Plans Against Fatigue And Fibromyalgia-Friendly Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites)  
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)  
Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking)  
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1)  
Parting the Fog: The Personal Side of Fibromyalgia/Chronic Fatigue Syndrome  
Food that Helps Win the Battle Against Fibromyalgia: Ease

Everyday Pain and Fight Fatigue Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Meal Prep: 65+ Meal Prep Recipes Cookbook â “ Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines

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