



The FibroManual: A Complete Fibromyalgia Treatment Guide for You and Your Doctor

Ginevra Liptan

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The most up-to-date, comprehensive treatment guide to fibromyalgia, by a renowned physician who herself has the condition

If you suffer from fibromyalgia and are struggling to get help from your doctor, you're far from alone. Ten million Americans experience the widespread muscle pain, profound fatigue, and fuzzy brain ("fibrofog") that have long frustrated both patients and doctors. In this unique resource, Ginevra Liptan, M.D., shares a cutting-edge new approach that goes far beyond mainstream medical knowledge to produce dramatic symptom improvement.

Dr. Liptan's program incorporates clinically proven therapies from both alternative and conventional medicine, along with the latest research on experimental options like medical marijuana. Since many health care providers have limited fibromyalgia expertise, *The FibroManual* includes a thoroughly sourced "health care provider guide" that enables readers to help their doctors help them.

Alleviate fibromyalgia symptoms in four simple steps (Rest, Repair, Rebalance, and Reduce) and you will

- restore deep, restful sleep
- achieve long-lasting pain relief
- optimize hormone and energy balance
- reduce fatigue

This accessible and empowering resource provides essential information about understanding and treating fibromyalgia from a physician who, as both patient and provider, understands the illness from the inside.

From the Trade Paperback edition.

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Richard Moyer:

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Myrta Bundy:

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