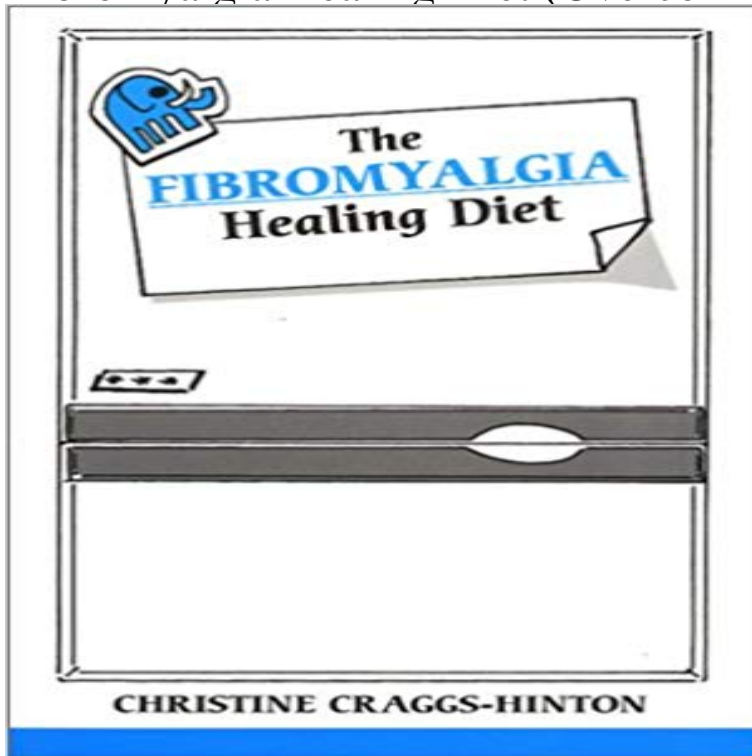


Fibromyalgia Healing Diet (Overcoming common problems)



Fibromyalgia is a painful, chronic condition which is much misunderstood. If you, or a member of your family, suffers from fibromyalgia you will understand how symptoms such as fatigue, pain, insomnia, IBS or depression can limit your ability to live life to the full. By following the advice in her previous book, *Living with Fibromyalgia*, Christine Craggs-Hinton was able to make vast improvements in her condition. It was after meeting a young nutritionist, however, that she changed her diet. After a couple of months my Irritable Bowel Syndrome started to settle down, my pain levels were dropping sharply, and I had more energy than in years. The other symptoms were becoming less of a problem to - and all because of my changed diet. Here you too can find out which foods and supplements can help in the treatment of fibromyalgia, and what to avoid. The book includes a simple detox programme, and delicious recipes which will help you get your life back again.

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