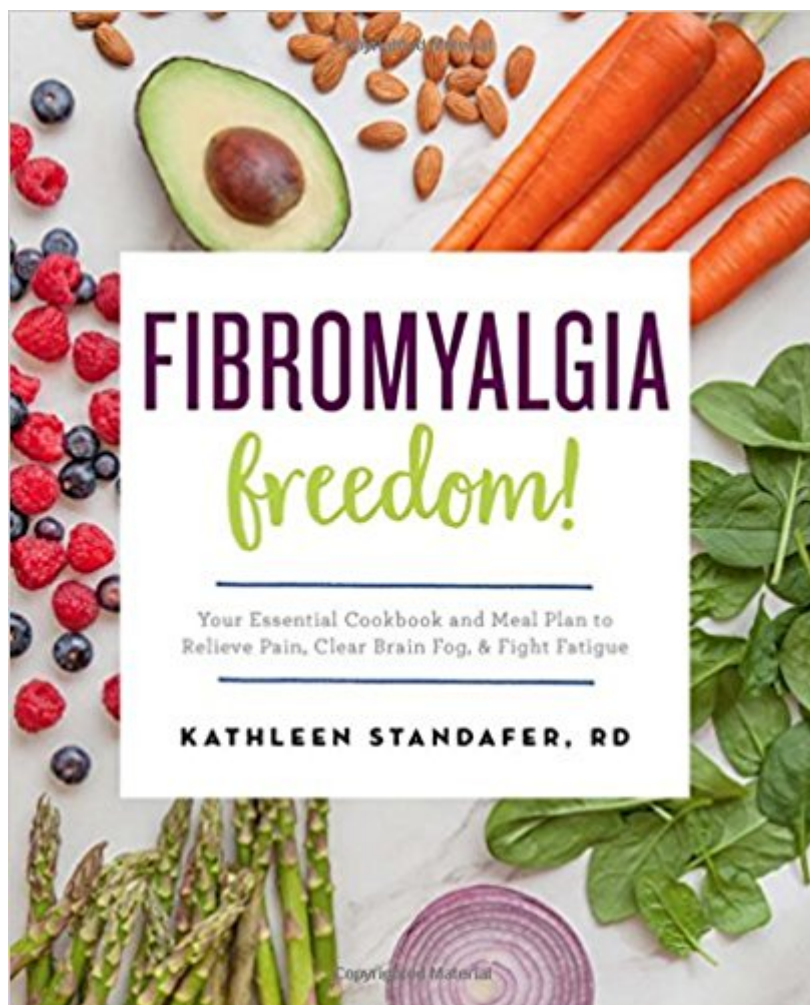




The book was found

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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#13 in Books > Medical Books > Medicine > Internal Medicine > Rheumatology

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.

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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