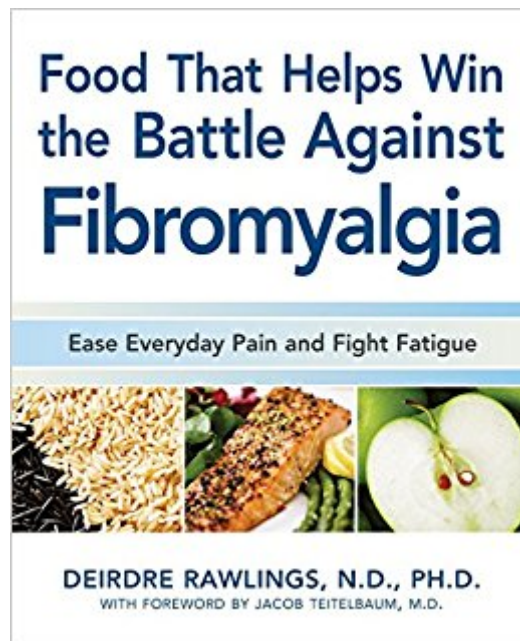




The book was found

# Food That Helps Win The Battle Against Fibromyalgia: Ease Everyday Pain And Fight Fatigue



## Synopsis

Easy recipes with wholesome foods bring fibromyalgia sufferers relief with food - an easy concept to grasp and embrace Six million in the United States have been diagnosed with Fibromyalgia a debilitating, languishing, and painful disease characterized by chronic muscular and joint pain, headaches, and mental and physical fatigue. Food that Helps Win the Battle Against Fibromyalgia will provide the tools and guidelines necessary to generate positive health, increase energy, and reduce symptoms. The book offers an overview of the disease and its symptoms and teaches readers how a carefully balanced diet specific in particular nutrients can substantially alleviate the illness. The carefully selected ingredients in the 100 healing recipes both relieve the symptoms of fibromyalgia and infuse patients with the nutrients they need to boost their immune system and help conquer this disease. All cooking methods presented will preserve vitamins, minerals, and nutrients. All the normal meals and snacks are included from breakfast to dinner including appetizers and side dishes so every meal can be a step in the right direction towards recovery or cure.

## Book Information

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## Customer Reviews

"Deirdre Rawlings has written the clearest, most precise educational book on this subject offering real solutions that absolutely work in managing this problem. This book is a must read for anyone with this complicated syndrome and especially for anyone with an unexplained illness."-Stephen T. Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S., author of Metabolic Cardiology and The Sinatra Solution

"What an utterly fabulous book, full of fantastic information! Fibromyalgia can be treated and

overcome and this book shows you how!"-Jonny Bowden, Ph.D., C.N.S., bestselling author of *The 150 Healthiest Foods on Earth* and *The Most Effective Natural Cures on Earth*"This book can help those with fibromyalgia be empowered as advocates for their own health. Deirdre Rawlings gives people solutions and steps towards making healthy changes, rather than simply prescribing pills, too common a practice in our world."-Nicole Turner, M.S., nutritionist and founder of Strategic Nutrition

Deirdre Rawlings, Ph.D., N.D. is a naturopathic doctor, certified nutritionist, sports nutritionist and healthy-cooking coach. She holds a Ph.D. in holistic nutrition and a Master's in herbal medicine. She specializes in fibromyalgia, chronic fatigue syndrome, digestive challenges, food allergies, and immune rebalancing. She resides in Atlanta, GA. Visit her online at [www.foodsforfibromyalgia.com](http://www.foodsforfibromyalgia.com).

Don't waste your money. I never could cook the way the author suggests, and recently threw out my copy of this book. I don't believe her concepts concerning fibromyalgia, having had FM for 35 years. If you eliminate all sugar from your diet and all artificial sweeteners, you will feel better. Then eliminate high sodium. Sugar magnifies pain. Various chemicals in foods make FM worse. The author is attempting to give you recipes that will omit offensive ingredients. But her recipes usually call for obscure ingredients. People who have FM don't have the energy to shop for these items.

This was actually my response to another person's review, but because my heart goes out to all fellow FM sufferers, I wanted to include it in my review. Take baby steps, change where you can, and keep striving to add more steps to better health along the way. This book is worth every penny, even if you can't use the recipes. It has vital information about what foods to do our body, both good and bad. FM no longer controls me, and I want that for ALL fellow sufferers!

The forward was written by Dr. Teitlebaum. The nutrition suggestions and explanations of the value of making these fresh produce receipes are clearly written and supported by nutritional science. I have personally found that we should not eat any type of work-related and junk foods has an almost immediate effect on digestion, energy, and allergies to same, such as yellow and red coloring, and preservative contents in what we choose to eat. In the past I was raised to cook very well, have knowledge of produce, The recipes are easy and fantastic, the portion size is perfect for two serving for one person. When one cooks these receipes, there is less detail than most recipes, about the order or things and the book could be improved to show what each dish is supposed to look like

when finished and perhaps some photos of what the ingredients look like after chopping, blending, etc. Love, love, love every recipe I have tried to date, all the nutrition and beneficial ingredients are already figured out for you. My fibromyalgia health has improved a great bit, I am not experiencing any allergic reactions, in fact, the benefits to digestive health is highly improved. The improvement has lessened my daily vomiting and body temperature imbalances. I recommend this book to everybody involved in food preparation for a patient suffering from Fibromyalgia.

The information in this book is available in many other books on Fibromyalgia and related conditions and it is nothing new nor a revelation. Most important though is the premise that foods impact the severity of this illness which I agree with from my own personal experience, it is advised to avoid WHEAT AND GLUTEN, then the recipe section contains GLUTEN, WHEAT, EGGS, SUGAR and other foods that are not recommended in the book. WHAT ??????? I have wasted my Money again on a product that is NOT helpful. I do not recommend this book to anyone with fibromyalgia. Take an ELISA ACT test and determine your specific foods allergies and then AVOID those foods. It is difficult at first but when you feel better you will be happy you were a brave warrior for your own quality of life. I am very frustrated having this misunderstood illness and being used and abused by many people who will sell anything to make another buck from desperately ill people..... disappointing. I cannot use these recipes which contain Gluten and lots of Eggs and Milk, etc. Who created these recipes and did they even read the book?

Overall this book was much more informative than I had originally thought. It isn't geared just for fibromyalgia sufferers- the author thoroughly explains what consuming various foods really does to your body. One big problem I have with this book is that the first 126 pages explain what/why you shouldn't eat certain products ie, sugar, alcohol and coffee and on page 264 there is a recipe for chocolate mousse. This recipe contains sugar, chocolate and cognac/grand marnier! WHAT?!? Other than those few flaws, overall a really informative book that makes you think twice about what you're putting in your mouth.

This is a great informative book for those of us with Fibromyalgia. Very up to date information with lots of help.

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Food that Helps Win the Battle Against Fibromyalgia: Ease Everyday Pain and Fight Fatigue  
Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain

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