



Fibromyalgia Healing Diet (Paperback)

By Christine Craggs-Hinton

SPCK Publishing, United Kingdom, 2014. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. Fibromyalgia is painful and debilitating, but the right foods stimulate healing of the body's systems at a fundamental level. The new edition of this popular book looks at the latest research on how to redress nutritional imbalances, including information on vitamin D deficiency. It looks at food sensitivities including gluten intolerance, and how they may be pointers to underlying conditions that contribute to ill health. New research on obesity and fibromyalgia makes the benefits of weight-loss plain - and the simple detox programme and delicious recipes in this book can only help. Topics include: Why diet is important in treating fibromyalgia Essential nutrients Substances to avoid Supplements that may help A simple detox programme The possible benefits of a low-oxalate diet The claims made for Guaifenesin, and salicylate sensitivity Other suggestions, such as turmeric, coconut oil, cider vinegar.



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-- **Prof. Colton Jakubowski IV**

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).

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