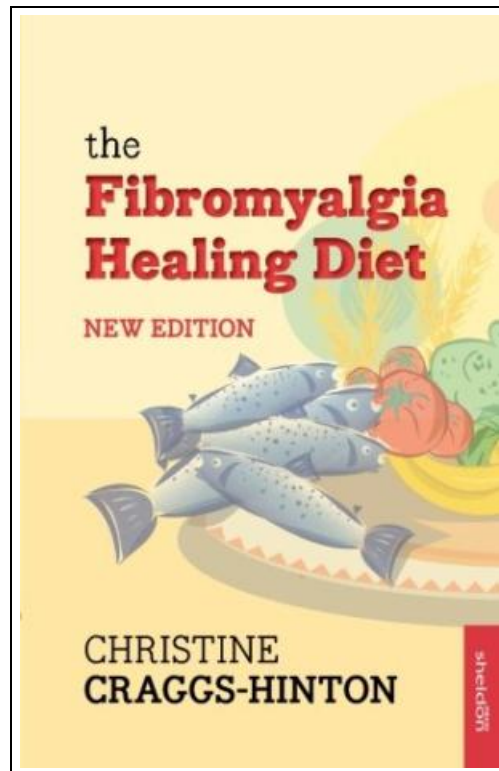


The Fibromyalgia Healing Diet (2nd Revised edition)



Filesize: 2.66 MB

Reviews

*Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sallie Wiegand)*

THE FIBROMYALGIA HEALING DIET (2ND REVISED EDITION)



SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, The Fibromyalgia Healing Diet (2nd Revised edition), Christine Craggs-Hinton, 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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