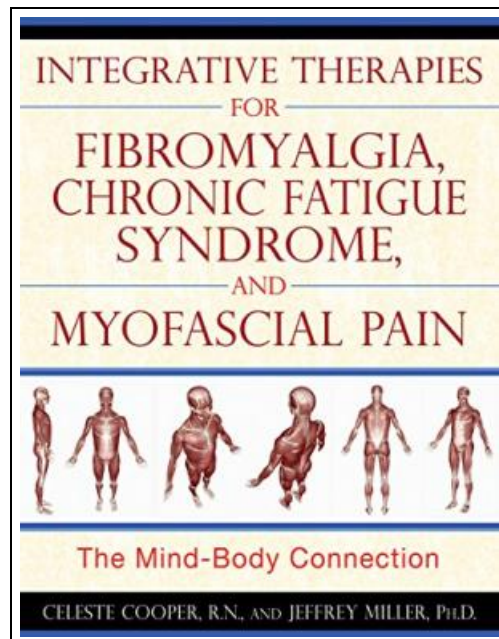


Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial The Mind-Body Connection



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INTEGRATIVE THERAPIES FOR FIBROMYALGIA, CHRONIC FATIGUE SYNDROME, AND MYOFASCIAL THE MIND-BODY CONNECTION



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Healing Arts Press. Paperback. Condition: New. 448 pages. Dimensions: 10.8in. x 8.4in. x 1.4in. Fibromyalgia, chronic myofascial pain from muscle trigger points, and chronic fatigue syndrome are often seen as interchangeable conditions. Nothing could be further from the truth--however, they do often coexist. Knowing what you have will help you in determining the right treatment. Written by a registered nurse with these three disorders, and a psychologist who has been treating chronic pain since 1994, this book presents an integrative approach. The authors understand these conditions are not curable, but they provide a thorough guide for treatment options that can benefit you. They answers questions like: How can I be more than a bystander in my own care Why is proper documentation in my medical record important How are FM, CFID and CMP different, how do they cross over and why should I know What are common co-existing conditions and what conditions mimic or aggravate mine How do I communicate my needs and symptoms successfully Where is that word I had two seconds ago What different forms of exercise are available for my specific needs How do I write a poem or meditate and why is the feedback to my brain important Why do some treatments make me worse when everyone swears they will make me better What should I look for in the right doctor What are my patient rights What foods should I avoid, and why Why should safe use of medications, herbal remedies and supplements concern me Why cant I sleep, what can I do What is a flare, and how do I deal with crisis Why dont my family and friends understand How do I assess and document the effectiveness of treatments, and medications What are the different types of bodywork, and who provides it What are the dos and donts of exercise How...

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