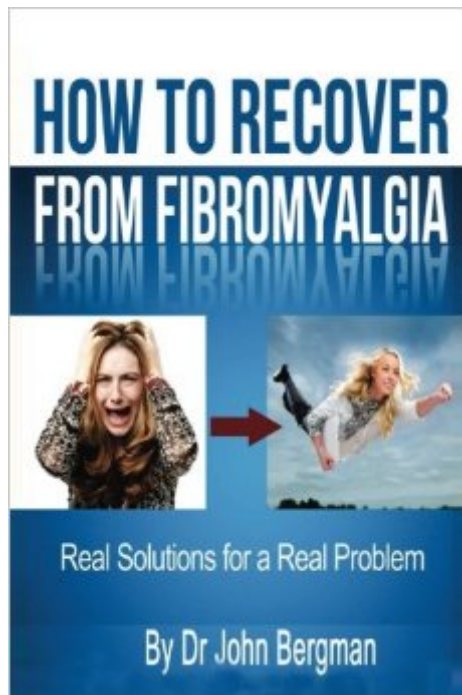


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# How To Recover From Fibromyalgia: Real Solutions For A Real Problem



## Synopsis

The standard approach that the medical world uses for the standard diseases has not worked and will not work to cure Fibromyalgia Syndrome (FMS). The standard medical approach is to use medications or physical therapies to deal with the symptoms, and that does nothing for the source or the cause of FMS. When you look at what the medical world does to identify a disease – like blood tests, x-rays, biopsies, cerebral spinal fluid analysis, etc. – virtually every standard test the medical world does for FMS shows negative. That is why for years even the existence of FMS was in question. Now there are brain scans that show some positive findings for the existence of FMS. These brain scans even though they show FMS exists, they won't help the Fibromyalgia patient find a cure. When I say cure I mean cure. If you or someone you know is diagnosed and suffering from FMS, there is a way to get back to the natural state of a human being, which is healthy, pain free, full of dynamic energy, sleeping great and waking refreshed. This natural state of health can never be achieved by dealing with the symptoms of FMS with medications. When you look at the horror that people with FMS have endured, you have to feel great compassion. Imagine going to doctor after doctor, and negative test after negative test, and taking medications, and suffering the whole time, and then being sent to the psychiatrist because if the tests are negative it must be a mental condition. And this happens all the time! Fibromyalgia patients suffer physical pain, but perhaps the greatest pain is not being heard. For them, it is almost a relief to have the diagnosis of FMS, so their suffering is recognized and validated. I have had patients as young as 12 years old and up to 73 years old come to me diagnosed with FMS, with the average age being between 25 and 45. Every aspect of their lives has been affected with this disease, limiting even the most basic of daily activities and family interactions. I have seen relationships torn apart and the black cloud of FMS descend on whole families even though just one person has FMS. FMS affects spouses, siblings, children, and friends of the person suffering with FMS. Now, the tough part of this is that Fibromyalgia is a disease that, according to medical authorities, is incurable. The Mayo Clinic definition of Fibromyalgia is: Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event. Women are much more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression. While there is no cure for fibromyalgia, a variety

of medications can help control symptoms. (The highlights are mine.) Think of this: the Mayo Clinic is held up as a great medical authority in this country. And they say, "characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues." And "Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress" and "there is no cure for fibromyalgia, a variety of medications can help control symptoms" Their definition is widely embraced by most rheumatologists and most medical doctors, and even alternative practitioners hold to this view. "Insanity is doing the same thing over and over again and expecting different results." • Albert Einstein

## Book Information

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## Customer Reviews

Dr. Bergman always pushes Dr. Palmer's philosophy of letting God do His work and thus let the body heal itself from all the assaults modern life throws at it. Your body is smarter at a cellular level than any man, woman, or corporation (lets see them build one from scratch!). Magic pills just mask the symptoms and eventually screw up something else in the metabolic processes, usually the kidneys and liver, making you feel even worse in the long run. They are usually very expensive, and never seem to cure or reverse the disease and bring you back to 'normal'. Dr. Bergman says Normal is possible, but it takes some healthy changes in lifestyle. Clean up the diet, thus clean up the blood, exercise or walk a bit every day, and let your own endorphins, interferon, proteins, vitamins, epigenetics, and so on do their job and heal your body from all those chemicals, neurotoxins, and endocrine disrupters you have been exposed to from foods, pollutions, paints,

beauty products, cleaners, assembly and testing-related jobs, etc. over the years. These cause the chronic illnesses that the medical establishment and Big Pharma has no cure for, since cells aren't getting the nutrition they need to function at 100%. Fibromyalgia is difficult since it is systematic and there is no simple blood test, scan, or anything to confirm the pain that sufferers know is there (and not just in their head), and there is no man-made magic pill to quickly reverse it, and probably never will be due to the nature of the disease. Dr. Bergman's philosophy is that if you weren't born with it, it can be reversed by the same amazing mechanism that brought you from a tiny pin-sized egg to an adult, which man cannot replicate.

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