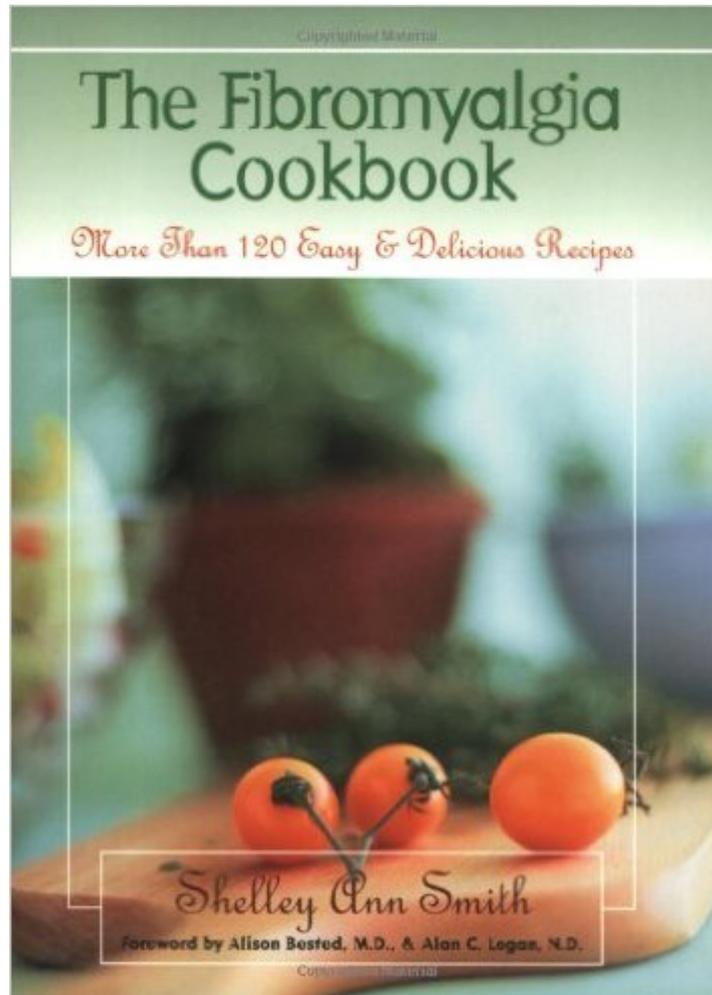


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# The Fibromyalgia Cookbook: More Than 120 Easy And Delicious Recipes



## Synopsis

Roughly 6 to 8 million people in the United States alone are afflicted with fibromyalgia. A widespread muscular-skeletal syndrome, fibromyalgia touches people of all ages, male and female, as an unrelieved aching and burning pain, often accompanied by fatigue, that leaves its victims feeling exhausted. Fibromyalgia inflicts terrible wounds that leave no scars, and it is very difficult to treat. While drugs and pain suppressants are available, healthy food alternatives, including herbs and other natural foods, also help in combating the pain and exhaustion associated with the syndrome. The Fibromyalgia Cookbook is designed to help those who suffer from this affliction to find relief from their discomfort. An introduction by Dr. Alison Bested explains the nature of fibromyalgia and the role of diet in finding relief from its symptoms. The rules are few and basic: No red meat No green peppers No eggplant Avoid heavy, starchy food The diet is low in sodium and low in fat, with no processed sugars. (Natural sweeteners such as honey and fruit are used.) No white flour (spelt flour and rice pasta are good substitutes.) Soy butter, virgin olive oil, and flaxseed oil are suggested for salads. Many other satisfying possibilities are provided! Focusing on natural foods and herbs, the authors emphasize pure foods with no additives, the lowest levels of toxins, and the greatest amount of nutritional value. The Fibromyalgia Cookbook contains a glossary which explains the strengths and dangers of specific foods, and 124 delicious recipes, divided into: Soups Salads Veggies Fibro-Fish Dishes Dressings Sauces and Dips Fruit Rice and Pasta Bread

## Book Information

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## Customer Reviews

My interest in this book was not as a Fibromyalgia sufferer myself. My goal was to further my education in understanding FM so that I may better serve and empathize with those that are suffering from FM! You see, my dearest, closest friend and companion, is just one of the millions of FM's victims. The Fibromyalgia Cookbook is a timely Godsend for millions of sufferers of this terrible, chronic illness. The forward is written by professional Doctors specializing in Fibromyalgia and contains excellent information, in easy to understand, layman's terms, to assist both FM patients and those wanting to better understand the nature of FM. They describe how eating smarter is another tool to aid in coping with FM. Avoiding or minimizing known and potentially harmful foods, additives and chemicals from your diet and then, through a guided selection process, replacing or substituting these with beneficial foods containing proper nutrients and vitamins, you can learn to eat smarter and feel better. To aid the FM patient, the forward of the Fibromyalgia Cookbook also includes a simple example of a "short elimination diet" and a reference section for those that desire to follow up by doing research in more detail. The author's heart felt introduction, clearly describes the trials which she had to face as an FM victim and how she is overcoming them through her faith, determination, courage and proper eating and lifestyle. She was motivated to prepare this book as a result of her self-less love and compassion for her fellow FM sufferers. The tasty and nutritious recipes are excellently chosen and provide mouth-watering selections for everyone, but were specifically prepared with FM patients in mind.

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