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Titolo	The fibro fix : get to the root of your fibromyalgia and start reversing your chronic pain and fatigue in 21 days // Dr. David M. Brady
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Sommario/riassunto	"Chronic pain affects nearly 100 million Americans. Ongoing fatigue affects even more. The combination of fatigue and body-wide chronic pain, often called "fibromyalgia," remains mysterious and confusing, and an alarming 2/3 of sufferers may be misdiagnosed. For more than 25 years, Dr. Brady has treated many thousands of patients seeking relief from fibromyalgia. In The Fibro Fix, he distills his life-changing prescription into an integrative 21-day program to help you determine if, in fact, you're suffering from fibromyalgia or from one of the conditions commonly misdiagnosed as the disease. Dr. Brady then presents three simple initial steps towards recovery: detoxification, dietary changes, and movement to start relieving symptoms. The plan then offers deeper, long-term solutions, including both medications and natural approaches, designed to address the specific root cause of your problems, so that you can get back to feeling your best. He also includes delicious recipes, movement & exercise guides, information on nutritional and herbal supplements, stress management techniques, and medication guidance, when needed"--