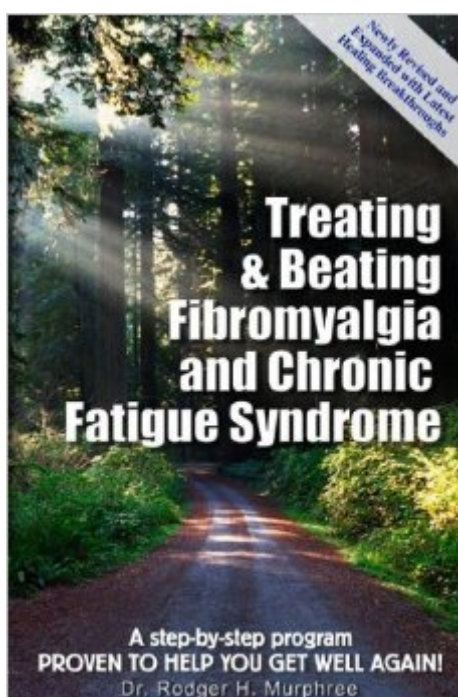


The book was found

# Treating & Beating Fibromyalgia And Chronic Fatigue Syndrome: A Step-by-step Program Proven To Help You Get Well Again!



## Synopsis

Over ten million Americans suffer with fibromyalgia or chronic fatigue syndrome (CFS), and they are continually searching for new information that will help them overcome their illness. This work is loaded with the latest integrative medical breakthroughs for fibromyalgia and CFS. It's a must read for anyone who suffers from these illnesses and wants to feel good again.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #660,824 in Books (See Top 100 in Books) #41 in [Books > Health, Fitness & Dieting > Alternative Medicine > Reference](#) #174 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #521 in [Books > Reference > Encyclopedias & Subject Guides > Medical](#)

## Customer Reviews

I have read many books on health, and have never read one so well put together. Dr. Murphree realizes that one treatment is not the answer for everyone. He explains how to get off the tired treadmill one step at a time, and how to add to add additional steps to tailor treatment to your special situation. I was happy to be able to purchase the exact vitamins and formulas that Dr. Murphree suggested in the book from his office. Everyone was so kind and helpful, and I didn't have to scramble around trying to find them from a questionable source. As a extremely sensitive person, I have had only wonderful results from this program. I would suggest reading this book to anyone who has not been able to get their life back on track.

This book is very easy to read for those who are in much pain or exhausted as it is often the case with CFS\CFIDS\FM.It is not at all complex and offers a reasonable theory behind the causes of CFS\CFIDS\FM, and explains (with many scientific references) why conventional anti-depression and other drugs can do much more harm.It is very helpful as it include Q&A-style text boxes with

exactly the questions you'd want to ask. It promotes certain supplements which I found to be very helpful. Be sure to include Rhodiola, Licorice Root, Garlic and Oregano Oil as well. Construct your diet around Low-GL as well as anti-inflammatory food choices. Research is rewarding in the end.

I enjoyed this book. The author seems extremely knowledgeable on FMS and I learned a lot about it... however - as the book progressed it became more of a sales pitch for his vitamin plan.

Dr Murphree's book on fibromyalgia is well written & informative.

If you have internet access and have done any kind of research regarding fibro , then you have heard all this before

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Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Treating and Beating Fibromyalgia & Chronic Fatigue Syndrome, 5th Ed Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy,Diet) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Adrenal Fatigue : Adrenal Reset Diet: Understand The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight,Reduce Both Stress And Anxiety To ... Eating,Diet,Boost Metabolism) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The

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