



# **Food that Helps Win the Battle Against Fibromyalgia: Ease Everyday Pain and Fight Fatigue**

*Deirdre Rawlings*

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**Easy recipes with wholesome foods bring fibromyalgia sufferers relief with food - an easy concept to grasp and embrace**

Six million in the United States have been diagnosed with Fibromyalgia a debilitating, languishing, and painful disease characterized by chronic muscular and joint pain, headaches, and mental and physical fatigue. *Food that Helps Win the Battle Against Fibromyalgia* will provide the tools and guidelines necessary to generate positive health, increase energy, and reduce symptoms. The book offers an overview of the disease and its symptoms and teaches readers how a carefully balanced diet specific in particular nutrients can substantially alleviate the illness. The carefully selected ingredients in the 100 healing recipes both relieve the symptoms of fibromyalgia and infuse patients with the nutrients they need to boost their immune system and help conquer this disease. All cooking methods presented will preserve vitamins, minerals, and nutrients. All the normal meals and snacks are included from breakfast to dinner including appetizers and side dishes so every meal can be a step in the right direction towards recovery or cure.

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