



Great Physician's Rx for Fibromyalgia and Chronic Fatigue (Great Physician's Rx Series)

Jordan Rubin, Joseph Brasco

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A total lifestyle program recommending a specific diet, supplements, and actions to reverse symptoms of fibromyalgia and chronic fatigue.

Chronic fatigue syndrome (CFS) and fibromyalgia present themselves through persistent, overwhelming symptoms of fatigue and feelings of exhaustion as well as symptoms such as persistent headaches, bouts of insomnia, muscle and joint pain, memory lapses, fevers, loss of appetite, mood swings, and sensitivity to light and heat, among others.

There are about 4 million Americans with fibromyalgia and 3.7 million who have CFS. Doctors often suggest lifestyle changes or recommend over-the-counter pain relievers or offer to write a prescription for antidepressants to improve sleep. There is no known cure for chronic fatigue syndrome or fibromyalgia, but both respond well to the principles found here. People who embrace this total lifestyle program for the body, mind, and spirit have had amazing results.

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