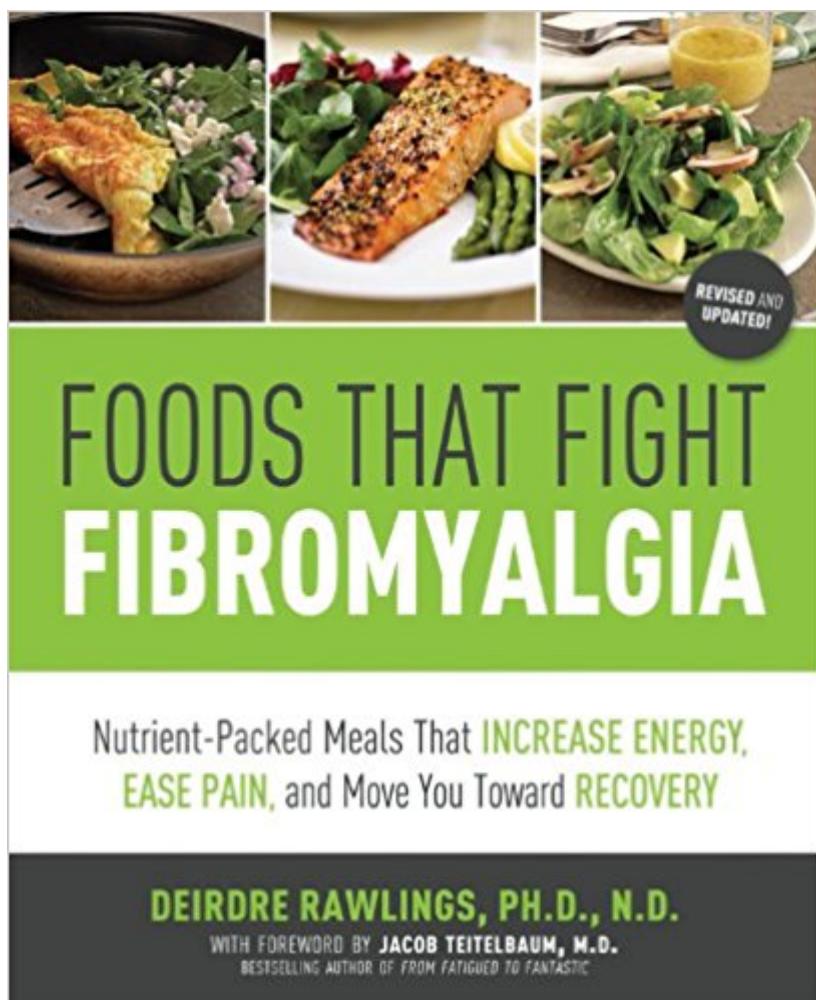


The book was found

Foods That Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, And Move You Towards Recovery



Synopsis

If you are one of the 6 million people suffering from fibromyalgia, what you put on your plate can make or break your health. Featuring the most up-to-date nutritional research currently available, Foods that Fight Fibromyalgia provides you with nutritional guidelines and 100 recipes that will put you on the road to recovery. This updated edition of Food That Helps Win the Battle Against Fibromyalgia includes new information on the link between food allergies and fibromyalgia, how to use nutrition to balance neurotransmitters for less pain and depression, and food combining for optimal nutrition. In addition, Foods that Fight Fibromyalgia includes new and updated recipes that have been precisely developed to include the specific nutrients needed to bolster immunity and fight fatigue, depression, pain, and âœbrain fog.â •

Book Information

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Customer Reviews

Deirdre Rawlings, Ph.D., N.D. is a naturopathic doctor, certified nutritionist, sports nutritionist and healthy-cooking coach. She holds a Ph.D. in holistic nutrition and a Master's in herbal medicine. She specializes in fibromyalgia, chronic fatigue syndrome, digestive challenges, food allergies, and immune rebalancing. She resides in Atlanta, GA. Visit her online at www.foodsforfibromyalgia.com.

The first half of my book (the nutrition guide) was by far my favorite part. So much helpful insight into why the standard American diet is a big contributor in the explosion of auto-immune syndromes in the first place and why switching to a whole food, plant-centric diet is so important in trying to

recover. What I loved about the recipes was the inclusion of a chart of which health facilitators (protein, fat, carbs, enzymes, antioxidants, fiber) are very high, high, moderate, low in each recipe and most recipes having a brief introduction that highlights health benefits. The recipes were well-organized, well laid out. An essential book for the shelf if you or a family member is suffering from fibro, lupus, chronic fatigue, etc., So why not a 5 star rating? First, the author assumes that you, the fibro victim, has a very good income and food choices are not limited by budget. There is no attempt to offer solutions, for example, if you are a SNAP recipient and your entire grocery budget for 1 person might be \$200 (or less) for the month. For all the effort put in the first half of the book to look at food choices for an entire day, there's no sample meal plans that offer suggestions on how to take the recipes and create breakfast-lunch-snack-dinner-snack meal plans for a day or a week that implement all of the advice given on food combining, number of meals eaten, etc. There is also quite a bit of dried fruit thrown into the recipes after the author really discouraged using it because of the high sugar. None of the recipes note the actual glycemic load of the meal in question, which would be extremely helpful- as would a list of which 2-4 micronutrients are most plentiful in that recipe. And lastly, which is my strongest complaint about most fibromyalgia cookbooks? There's no real thought put into how much time/effort/energy is required to prepare and cook the meals. When one suffers from a disease where it can be overwhelming to stand in place, chop ingredients, pick up plates, operate & clean blenders/food processors, or move plates and bowls around? Food doesn't only need to be nutrient-rich, it needs to be simple to make and easy to store, reheat, etc. Talking about avoiding microwave cooking whenever is possible is all well and good, but it doesn't necessarily take into consideration that during a fibro flare, it's a major accomplishment to walk to the kitchen, open the refrigerator, put a dish in the microwave, and carry it to a table by yourself- you might need to go lay down before something is warmed up in the oven and may not have the energy to stir a pot on the stove.

GREAT BOOK!!! I am a long time fibromyalgia suffer and have done lots of research over the years on how to manage my symptoms without taking lots of medications. I am also a Registered Nurse that specializes in wellness. This book is spot on with all my personal findings. I wish I had found this in the beginning, it would have saved me so much time and frustration. If you are new to fibro, do yourself a favor and get this book. If you are a long time suffer, get this book! It is life changing. I have had a LONG journey with fibro and I can honestly say, proper nutrition and exercise is the key to managing your symptoms. The book is very informative and will guide you along the way.

This book is a wonderful companion to daily life for the Fibromyalgia person. There is so much valuable information to learn and apply that I read small sections over and over again each day. The recipes are easy, taste good and pleasing to my family. After applying several of the principles, I have finally, after years of trying, lost 5 pounds. That may seem like an insignificant amount but in my life, it is encouragement to keep on. My pain level has decreased, energy level increased, mental attitude is more positive. Thank you Dr. D.!

Love this book! It is packed with great info. Not only does it educate you on nutrition but also follows up with some good recipes to help you put info into use. Recommend to anyone with a chronic illness. Have tried a few recipes and really liked what I have tried so far.

This book gives a great explanation of fibromyalgia and has a lot of information on what foods to eat if you have it.

Delicious recipes in Deirdre's book, and excellent information on Fibromyalgia. I have followed her protocol, and have far lower pain levels, higher energy. Her well written advice has been invaluable

This book has literally saved my life! I was always so worried and frustrated about what I CANT eat, that I wasn't focusing on what I CAN! Now it's easier to go shopping and eat excited about feeling better. I recommend this book for ANYONE who suffers with auto immune pain! Thank you!

This book is packed with useful information. Reading is not easy for many people, I hope people find time to learn from this book, and make healthy food at home.

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