



Reversing Chronic Disease: A Journey Back to Health (Paperback)

By Patricia Stephens Cnc

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. This easy-to-understand book is packed full of tips for dealing with chronic illness, such as Chronic Fatigue Syndrome, Fibromyalgia, insomnia, low energy, and chronic pain. It explores in well-documented detail the connection between AD/HD and Fibromyalgia. The entire book contains solid documentation of interviews of patients and doctors, as well as journal article excerpts and references to medical books. The author also includes her own experiences with clients in a natural medicine shop. The book details the author's personal journey to health, starting with her own research and use of traditional medicines and how her recovery progressed to a pain-free life using only natural remedies. The author explores topics like balancing hormones and natural hormone replacement therapy, adrenal fatigue, good nutrition, thyroid imbalances, brain chemicals, insomnia, and digestive health. Reversing Chronic Disease embraces many roads to wellness, using the best of both traditional and alternative medicine. Many unexplained chronic diseases, such as Fibromyalgia and Chronic Fatigue Syndrome (FMS/CFS), are in fact very treatable. Our published research shows that 91 percent of CFS/FMS patients improved--usually markedly--with an integrated...



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