



# **Reversing Fibromyalgia: The Whole-Health Approach to Overcoming Fibromyalgia Through Nutrition, Exercise, Supplements and Other Lifestyle Factors**

*Dr. Joe M. Elrod*

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*Dr. Joe M. Elrod*

## **Reversing Fibromyalgia: The Whole-Health Approach to Overcoming Fibromyalgia Through Nutrition, Exercise, Supplements and Other Lifestyle Factors** Dr. Joe M. Elrod

Pain, aches, depression, fatigue. These symptoms can be telling signs of an emerging disorder, Fibromyalgia, which is related to arthritis but also quite different. Until recently, lack of information has produced only minimally effective treatments. In this completely updated edition, however, Dr. Elrod provides an effective regimen, including nutrition, physical and mental exercise, and supplementation therapies that not only make fibromyalgia a manageable disease, but also a reversible one.

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