



Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial The Mind-Body Connection

By Celeste Cooper R. N.

Healing Arts Press. Paperback. Condition: New. 448 pages. Dimensions: 10.8in. x 8.4in. x 1.4in. Fibromyalgia, chronic myofascial pain from muscle trigger points, and chronic fatigue syndrome are often seen as interchangeable conditions. Nothing could be further from the truth-- however, they do often coexist. Knowing what you have will help you in determining the right treatment. Written by a registered nurse with these three disorders, and a psychologist who has been treating chronic pain since 1994, this book presents an integrative approach. The authors understand these conditions are not curable, but they provide a thorough guide for treatment options that can benefit you. They answers questions like: How can I be more than a bystander in my own care Why is proper documentation in my medical record important How are FM, CFID and CMP different, how do they cross over and why should I know What are common co-existing conditions and what conditions mimic or aggravate mine How do I communicate my needs and symptoms successfully Where is that word I had two seconds ago What different forms of exercise are available for my specific needs How do I write a poem or meditate and why is the feedback to my brain important Why do...



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