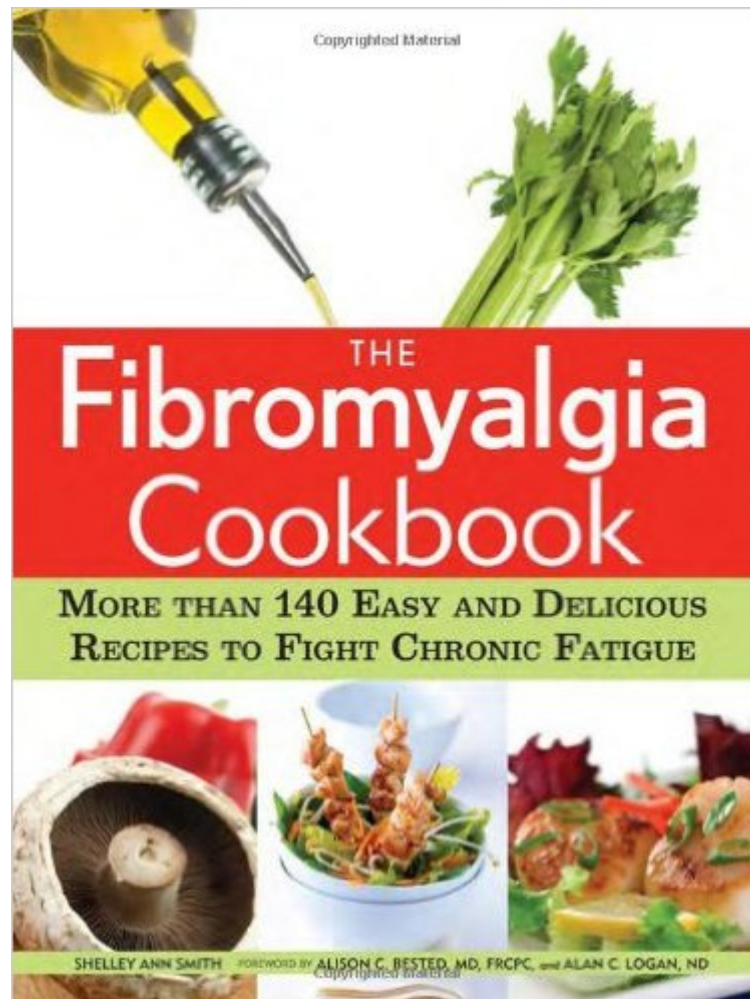


The book was found

The Fibromyalgia Cookbook: More Than 140 Easy And Delicious Recipes To Fight Chronic Fatigue



Synopsis

Find Relief the Healthy, Natural, and Easy Way from Fibromyalgia and Chronic Fatigue Syndrome/Myalgic Encephalomyelitis If you or someone in your life suffers from fibromyalgia, this is an essential resource. While drugs and pain suppressants are available for relief, The Fibromyalgia Cookbook offers a healthy, natural method of subduing the pain and exhaustion through easy recipes and cooking tips. • No red meat • No green peppers • No eggplant • Avoid heavy, starchy foods • No white flour • Low sodium • Low fat • No processed sugars. Following these simple rules, author Shelley Ann Smith has created more than 140 delicious recipes. Enjoy: • Cream of Chicken Soup • Blueberry Muffins • Sole with Garlic Lemon Butter • Pasta with Pesto Sauce • Chicken Waldorf Salad • Overnight Salsa Just by indulging in these satisfying dishes, fibromyalgia patients will have energy and motivation they never thought possible.

Book Information

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Customer Reviews

So yes, I really did want to like this book. Unfortunately I don't. I'm already exhausted all of the time. Just looking at the number of ingredients in most of the recipes and thinking of the prep work involved, I just can't do it. I would have liked for each recipe to have bit of information about how the various ingredients were helpful to those with FM. This way readers would have more knowledge on what they can add to their favorite recipes to make them more beneficial to relieving symptoms. I'm glad this book, and it's prior edition, has been so helpful for so many other people. I'll just keep

looking.

I've looked through the book and there are a lot of interesting and easy looking recipes. The beginning has some great information on how to find out which foods cause pain and which ones your okay with. It's just a brief segment, but you can look up a more detailed information on-line and talking with your doctor. This book has me motivated to find a more natural approach to dealing with the pain and insomnia that comes with Fibromyalgia. Update on review, I've tried a few recipes and really liked them. My favorite is the Baked Yams on on page 61. They have replaced our normal sweet potatoes for the holidays. This book is has been great on making meals that my diabetic brother can also eat. Most recipes are really easy to make and don't have a lot of steps to them. When suffering from Fibromyalgia that is really important.

I like this book as it is written by a fellow sufferer not someone who thinks they know what fibro may be like the only complaint is that the recepies are way to big even if i divide them but i still try them

Keeping Fibromyalgia (FMS) under control is not easy. Every day is a new day of learning in all areas that effect a person with FMS. The receipes in this book are simple to prepare. The receipes are full of flavor. I think the receipes are good for a non-FMS person.

It has helped me so so much! It's neat about how foods can affect you. I've noticed a huge difference in my pain levels already. Also my fatigue is improving everyday :-)

Recently diagnosed with Fibromyalgia. I really like the receipes in here. Would have marked it as Loved It if I only came with a cook to fix them. Ha Ha.

I was excited to ordered this book as I am desperate or relief for Fibromyalgia. The book only has about 5 sections: Soups, Salads, Chicken, Fish and Breakfast items. Well if I would have known this I would have not ordered the book because I do not care much for soups or salads and I cannot eat fish. A few recipes looked good but offers no nutrional values. No calories or fat totals at all. It's hard for me to judge a recipe when I do not know how healthy it really is. I guess I will keep searching for now.

The recipes are good and provide a good start to learning a new way to eat to lessen firbromyalgia

symptoms. Also of great value is the beginning section about fibro and which foods and nutrients are most helpful in combating it.

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