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Fighting Fibromyalgia Anti -inflammatory Diet (Paperback)

By Mercedes Del Rey

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fybromyalgia is a puzzling disease whose precise origins and causes are still largely unknown to the field of medical science. But there is a growing body of encouraging evidence that suggests that this debilitating and painful condition may be connected to food intolerances, those slow-burning reactions to specific food types that may take decades to fully express their symptoms. This breakthrough in our understanding may hold the key to further progress in dealing with this unpleasant condition. The Anti-Inflammatory Diet has evolved in answer to the widespread occurrence of over-active immune responses that produce a wide variety of health problems for millions of people around the world today. Once the harmful or toxic elements are removed from the daily diet, the inflammatory response has a chance to resume more normal functioning and the disturbing symptoms subside. Many Fybromyalgia sufferers, the majority of whom are women, have claimed that a change in diet has proved remarkably helpful in alleviating symptoms. Since the symptoms can vary enormously from one individual sufferer to the next, we must be careful not to confuse the success...



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