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# Treating And Beating Fibromyalgia & Chronic Fatigue Syndrome, 5th Ed



## Synopsis

Dr. Murphree exposes the medical myths, pharmaceutical propaganda and doctor ignorance that sabotages those with chronic illness. The only way to beat these illnesses is to get healthy. Dr. Murphree explains in easy to understand terms how and why using scientifically researched and clinically proven natural vitamins, minerals, amino acids, and other over the counter supplements, corrects the problems associated with these illnesses. This is not another book about coping with, but about eliminating fibromyalgia and chronic fatigue syndrome. Based on his eighteen plus years of specializing in fibromyalgia and chronic fatigue syndrome, Dr. Murphree offers practical, easy to understand, clinically proven protocols for correcting the multiple symptoms of fibromyalgia and chronic fatigue syndrome. The book focuses on uncovering, understanding, and eliminating the causes of the illness and not merely covering up symptoms. Using a mostly natural approach based on science and clinic results, Dr. Murphree explains in detail how to reverse the long list of symptoms with the appropriate vitamins, minerals, and amino acids.

## Book Information

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## Customer Reviews

I have had Fibromyalgia for 33 years. Been to easily over 20 doctors. Tried so many different things that were recommended to me by various medical professionals and yet nothing has helped. Some things I did actually made me worse or created new problems for me. I saw Dr Murphree's other book a few years ago but didn't read it because I felt I had read enough of them. They basically said the same or very similar things. I was getting so very tired of living this way. I should say not really "living" at all. So I came across his new book and decided to read it. I couldn't put it down. What I read was what I really felt. Exactly what I was feeling and what I have been experiencing for three decades. I am finally reading a book on FMS and CFS that really expresses everything I feel. You can see how much research went into it. The compassion and desire of Dr Murphree to help us. Its all there! More than anything else that I could tell you is that I have been following Dr Murphree's advice from this book and for the first time in 33 years something is truly working!!! I am not 100% cured, nor does he claim that it can be cured, but I have seen so much improvement in myself that it just amazes me! I have gotten off my blood pressure medicine and my medicine for diabetes. I have also gotten off my Reflux medicine that I have been on for a long time. My brain fog has greatly improved. I am actually speaking words that I haven't heard come out of my mouth in years. My pain levels have improved at least 50%. And I just purchased his book a little over 3 months ago. So there will be more improvement yet to come!!! could go on and on but the bottom line is please if you have one of these horrible diseases or know someone that does then get this book!! No one should suffer so much!! I only wish this book was around 30 years ago!!

This is the 3rd Edition I have owned and I have given a copy to my rheumatologist. There is so much information that is USEFUL information. It has allowed me to take vitamins and eliminate some of the drugs that I had tried and I got rid of the side effects. If you try the things in this book, you must be consistent for at least 6 months to see the real help but it is work it and at first you should try these ideas WITH you meds. Get the help your doctor will never tell you about or maybe doesn't even know from a doctor who is a certified nutritionist. He is REAL.

I was sent to a Fibro clinic 100 miles on bad roads last fall. I made the trip several times then found this book. Everything they were saying and doing came out of this book. I was having a difficult drive plus \$40 co pay every trip. The book offers the most helpful and productive information I have found

on my condition. It is worth the price if you suffer from this debilitating condition. We reach for straws, any relief, any positive outcome.

This is a great reference and research book. Read it through first, then go back and highlight, star and check mark it in all the appropriate places! This book has all you need to help the conditions. Read and apply. Highly recommended!

I was completely immobilized by fibro, I could barely function and was feeling hopeless when I came across Dr. Murphree on the internet. Short cut to 2 years later and I have my life back! Dr. Murphree is a life saver and his book is solid gold!

I have had Fibromyalgia for about 20 years.. This is a great book for anyone with Fibromyalgia and Chronic Fatigue Syndrome that want to feel good again.. To get healthy and be able to enjoy life again..This is the first Dr I felt truly understands what we suffer from on a daily bases.. His book has given me the most information about the causes of this illness.. This Dr has spent years studying and treating patients with Fibromyalgia and Chronic Fatigue Syndrome.. This book has taught me about the different parts of my body and what it takes to keeps it working.. And when the different parts are not working, what type of symptoms they can cause.. This book goes on to teach you what your body needs to begin getting better and healthier..

A lot of useful information. Some you can try for yourself using products from anywhere, I got most of the ones I am trying from right here on . I had almost given up hope of finding someone who held out any hope for getting better and having some life worth living. I have hope again and that is worth a great deal in this battle against an illness so little understood and for which it is so hard to find a doctor willing to do the research and make the effort to help those of us with this miserable syndrome of Fibro, and CFS, and even a great deal on Hashimotos worth knowing. It was worth every penny in my opinion.

Short version, if your interested in a natural or nutritional approach, buy this book.I was concerned at all the rave reviews that didn't really share anything about the book. If you can wade through the overabundance of testimonials, you'll find a lot (almost an encyclopedia) of usable nutrition information helpful for many more conditions than just fibro. And because he understands fibro fog, he summarizes the basics in his "jump start."This chiropractor seems to really understand patients

who suffer from chronic conditions and gives us an alternative to a string of meds, that have been little help to me. I plan to continue referring to & studying this book.

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