

# NATURAL CHOICES *for*

## FIBROMYALGIA

Discover Your Personal  
Method for Pain Relief



Jane Oelke, N.D., Ph.D.

# Natural Choices For Fibromyalgia Discover Your Personal Method For Pain Relief

**David Baud**



## **Natural Choices For Fibromyalgia Discover Your Personal Method For Pain Relief:**

**Natural Choices for Fibromyalgia** Jane Oelke, 2003-04 Presenting practical suggestions for relief of pain based on the results of a research study of metabolism this book offers hope to fibromyalgia sufferers through suggestions of simple lifestyle changes Since the specific cause of chronic pain associated with fibromyalgia has not yet been explained this analysis looks at various metabolic imbalances that often produce pain methods used for diagnosing fibromyalgia other symptoms that are associated with chronic pain and the effects of environmental stress on metabolism Explanations of how daily nutritional choices affect metabolic health are included and nutritional supplements and natural health techniques such as homeopathy exercise and bodywork are provided **Books in Print Supplement**, 2002 *Natural Fibromyalgia Choices* Jane Oelke ND PhD, 2019-03-27 *Natural Fibromyalgia Choices* guides you with innovative quizzes and questions to help you understand the cause of your fibromyalgia pain Pain is a signal that the body is lacking energy in the muscles This book delivers hope to people with fibromyalgia showing effective ways to be free of this chronic hypersensitivity reaction Discover how to reduce nervous system stress that is making your muscles cry out in pain You will gain better health through awareness with these activities Recognize physical emotional and social stress triggers Complete fibromyalgia pain quizzes to discover your cause of pain Discover about how emotions beliefs and values affect pain intensity See how thyroid and adrenal imbalances affect pain Understand how toxins and microbes affect organ tissues Learn to measure your levels of acidity to balance your metabolism Find out how antioxidants and minerals help balance free radicals to reduce pain Realize how homeopathic remedies and energy medicine relieve pain Read many practical recommendations to improve energy and metabolism *Natural Fibromyalgia Choices* incorporates Lifestyle Prescriptions Health Coaching philosophy to understand the root cause of your symptoms and assists you with techniques to make positive progress to a better life Fibromyalgia can be healed that's the empowering message of this excellent book Understanding your body's healing intelligence finding the 6 root causes and healing one organ tissue symptom after the other makes Jane's approach so powerful Johannes R Fisslinger Foundation Lifestyle Prescriptions University **Resolving Complex Pain** Robert Glenn Schwartz, 2006 Dr Robert G Schwartz has specialized in Complex Chronic Pain Physical Medicine and Rehabilitation and Vascular Medicine for over 20 years His medical practice Piedmont Physical Medicine Rehabilitation P A in Greenville South Carolina is a Mecca for those with chronic pain who are frustrated with ineffective surgical and pharmaceutical treatments Patient testimonials are plentiful One patient reports He found out more about me and what was wrong in one visit than 6 doctors had in the last 17 months *Resolving Complex Pain* is a patient oriented resource for those with chronic pain The book includes descriptions of the many illnesses treated by Dr Schwartz as well as diagnostic options and pioneering treatments In addition the innovative Challenge Choice program a tool designed to enhance insight awareness and responsible choice in medical decision making is presented Anyone who has the desire can follow the program's home tutorial format B W also available **Books In**

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Delve into the emotional tapestry woven by Emotional Journey with in **Natural Choices For Fibromyalgia Discover Your Personal Method For Pain Relief** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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