



Supplements for Fibromyalgia: Natural Aids for Overcoming Fibromyalgia and Other Related Disorders (Woodland Health)

Joe M. Elrod PhD

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Fibromyalgia affects millions of people worldwide. Though its symptoms-including musculoskeletal pain, stiffness, sleeping difficulty, lethargy, and depression-can be detected, the disorder has been difficult to treat. Until now. In this booklet, Dr. Elrod outlines the various herbs, vitamin/mineral combinations, and other natural supplements proven to prevent and provide relief from this debilitating syndrome.

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