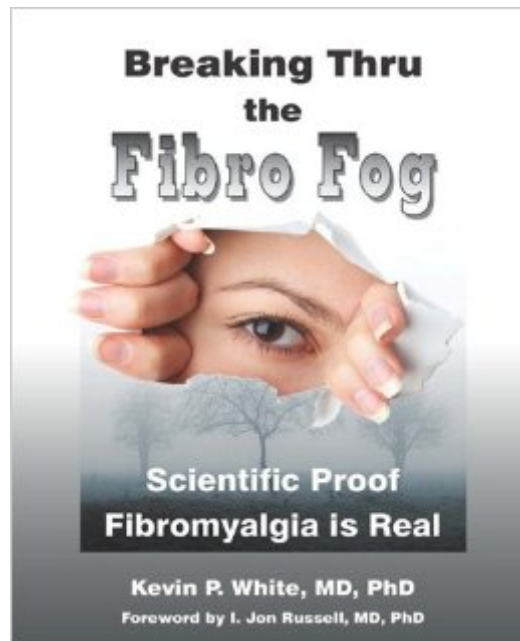


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# Breaking Thru The Fibro Fog: Scientific Proof Fibromyalgia Is Real



## Synopsis

Fibromyalgia (FM) is a common condition that is associated with oftentimes debilitating chronic widespread pain, severe fatigue, poor sleep, mental foginess (often called fibro fog) and several other symptoms. It can come on at any age, even during childhood. It affects up to one in ten women and one in sixty men over the course of their lifetime. An estimated 6 million Americans and 600,000 Canadians suffer from this disease, and perhaps 100 million worldwide. However, roughly one in four family doctors and one in eight pain specialists believe that FM patients are faking their symptoms, and that FM doesn't even exist. Critics have called fibromyalgia "the disease with no clothes," "the syndrome of feeling out of sorts," and "a fabrication of the North American court system." *Breaking Thru the Fibro Fog* is the first and only book of its kind. It examines all the arguments against fibromyalgia, and reviews the published scientific evidence refuting each and every one of them.

## Book Information

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## Customer Reviews

I would just have to quote Kristin Thorson, president of AFSA who says "If you have been belittled and ridiculed by family, friends, physicians, employers, or attorneys who do not believe your fibromyalgia symptoms are real, this book is for you. Kevin P. White, M.D., Ph.D. restores the credibility and image of fibromyalgia by using scientific logic and examples of other well-known medical conditions to prove that you have a serious, life-impacting disease. White draws on his experience as a researcher in the field and treating physician to give you the ammunition you need

to defend yourself against hurtful comments. Everything he states is backed by research. He offers tactful ways to get others to understand your symptoms and respect your physical limitations."And I add, God bless you Dr. WhiteJ Asher

Kevin White has studied fibromyalgia for decades. He has put his wisdom in a book that is understandable to all and informative. He disproves the myths surrounding fibromyalgia, and those who would "debunk" it. It is to be hoped that fibromyalgia patients will use this information to help educate their care providers and companions.

It is surprising how few doctors know anything about Fibrofog, fibromyalgia, polymyalgia, Lupus, etc... all these immune system diseases. This spells out the facts that this is "real". Now perhaps we can manage the pain a little easier...

This book comes from an experienced physician, as a result of tremendous amount of research. Dr. White is deeply involved in FM problem; he passionately shares his research findings and solutions. The information is presented in detail, and the explanations are simple, which makes the book easy to read. Dr. White reveals a convincing case that FM is a real disease, not just a fake pain. People who are suffering should be heard. Unfortunately, it doesn't always happen in the real world. In addition to physical suffering, patients experience emotional stress caused by other people's ignorance and misunderstanding, which hurts even more. I highly recommend Dr. White's book not only to FM patients, but also to their friends and families. Dr. Irina Koles, author of Taste of Thoughts: Improve Your Health and Whole Life

Dr. Kevin White does a magnificent job providing scientific fact that fibromyalgia is a very real and disabling disorder. He speaks to two audiences the patient and the healthcare community. Though he is a clinician and researcher you wouldn't believe he didn't have fibromyalgia himself. To have such insight as a practitioner is a gift to those for whom he advocates. He has an innate ability to make the reader anxious to hear more about science, which is usually pretty boring reading. No difficulty keeping me tuned in, other than my own disparity of the side effects of having fibromyalgia. The amount of research into the demographics and prevalence of fibromyalgia abounds on every page. The importance of proper diagnosis and sound diagnostic criteria is something I feel has been lacking in previous study participants, and Dr. White understands this most important piece. You will learn more about who is affected by fibromyalgia than you ever knew,

and your doctor will too. You and your doctor will see that there are objective criteria to document the parodies of fibromyalgia. Dr. White breaks down every falsehood regarding fibromyalgia chip by chip. As an educator and medical writer, I look for key objectives in the words to follow with a review at the end. Not only is this book full of facts and information that is helpful in legitimizing and recognizing fibromyalgia, it is constructed so the reader knows what is coming next. This is extremely important to the FM patient because of associated cognitive deficit, known to us as "fibrofog." Because my own comprehension is impaired, I can speak to you and tell you, this is a book you will want to keep reading, over and over if need be.

Piece by piece I am better able to understand what is happening to me. And finally, there is a physician dedicated to scientific proof that Fibromyalgia is REAL. Every Physician that downplays the existence of Fibromyalgia needs to be given a copy of this book.

Anyone who is living with Fibromyalgia should read this book. Dr. White dispels many myths surrounding this painful and debilitating illness that has been misunderstood for many years. Thank you Dr White for writing this book for the many fibromyalgia patients who are living with fibromyalgia on a daily basis.

If you have or know someone who has fibro, and you or they ever feel that people don't believe you, this is a MUST have book for you. It is truly the only book of its kind. It dispels all the myths about fibro and shows how it is a real, PHYSICAL disease: it's NOT all in your head. A REALLY GREAT BOOK!

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