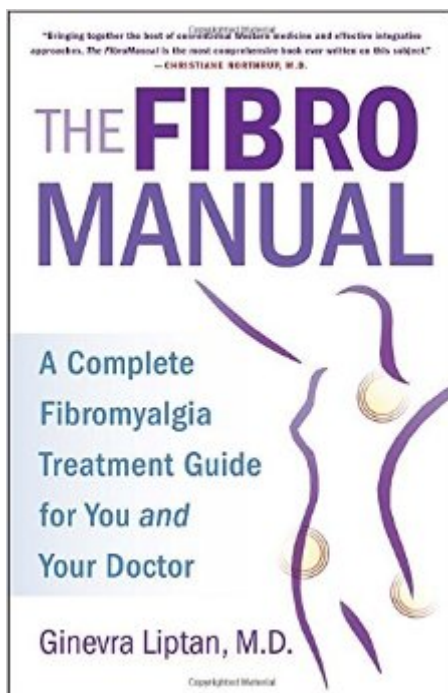


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# The FibroManual: A Complete Fibromyalgia Treatment Guide For You And Your Doctor



## Synopsis

The most up-to-date, comprehensive treatment guide to fibromyalgia, by a renowned physician who herself has the condition. If you suffer from fibromyalgia and are struggling to get help from your doctor, you're far from alone. Ten million Americans experience the widespread muscle pain, profound fatigue, and fuzzy brain (often called "fibro fog") that have long frustrated both patients and doctors. In this unique resource, Ginevra Liptan, M.D., shares a cutting-edge new approach that goes far beyond mainstream medical knowledge to produce dramatic symptom improvement. Dr. Liptan's program incorporates clinically proven therapies from both alternative and conventional medicine, along with the latest research on experimental options like medical marijuana. Since many health care providers have limited fibromyalgia expertise, The FibroManual includes a thoroughly sourced health care provider guide that enables readers to help their doctors help them. Alleviate fibromyalgia symptoms in four simple steps (Rest, Repair, Rebalance, and Reduce) and you will restore deep, restful sleep, achieve long-lasting pain relief, optimize hormone and energy balance, and reduce fatigue. This accessible and empowering resource provides essential information about understanding and treating fibromyalgia from a physician who, as both patient and provider, understands the illness from the inside.

## Book Information

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## Customer Reviews

I bought Dr. Ginevra Liptan's new book after reading her first book and benefitting greatly from the information it contained. Her new book is accessible, well-organized, concise, and really

covers fibromyalgia treatment, using the overview of Rest, Repair, Rebalance, and Reduce, and breaking it down to the fine details that really make a difference. I am a nurse case manager and have been working in the healthcare field for many years, so I can really appreciate the comments she makes about the healthcare system and the need to be your own best advocate. Her advice regarding how to help your health care providers by organizing and carrying your own records and labs, and providing symptom tracker logs/data summaries among other ideas, is priceless. Many healthcare providers are not very knowledgeable about working with fibromyalgia patients and tend to rely on the very few FDA approved medications as treatment. They do so without an understanding of the importance of effectively addressing sleep and other issues in fibro in a step-wise fashion. The references contained in the book, and the abridged Healthcare Provider Guide to Fibromyalgia Management in the Appendix, provide an evidence basis for the proposed treatments, which will be much appreciated by providers seeking a grounding in evidence-based practice. The book also contains practical references for patients in terms of their own education and self-care that are very useful, as well as resources. Any fibromyalgia patient working with a willing provider should be able to make substantial progress with symptoms using the information in this book. Dr. Liptan has fibromyalgia herself, so her suggestions and information come from years of heartfelt search for solutions. An absolutely essential guide to fibromyalgia for patients and providers that goes straight to practical treatment strategies. The book is also a useful adjunct for any patient or provider working with chronic pain issues of any sort.

While in medical school, Dr. Ginerva Liptan discovered that she was suffering Fibromyalgia. Of that time, she says: "I finally accepted that I had fibromyalgia. I felt hopeless and helpless. I told myself that it wasn't fatal - it wasn't 'cancer' - but it still felt like a death sentence." This may sound strange, but I was thrilled when I read the above quote. My first thought was that I couldn't believe that a medical doctor had ever felt the way I seem to feel every day. My second thought was one of hope. "Okay" I said to myself, "Maybe I've finally found the perfect book. Maybe this book will contain less theory and more practical advice for living with this horribly debilitating disease." I love the fact that when the author was diagnosed, her initial response was the same as mine; to read every relevant book she could find and to try each and every treatment option available. Ginerva Liptan states that her problems (and her frustration) were compounded by her extreme fatigue and lack of energy. I know EXACTLY what she means since I am currently in the same situation. Dr. Genevra Liptan does an amazing job of describing fibromyalgia in terms that anyone can understand. She also addresses the fact that some people and even some doctors do not believe in the existence of fibromyalgia.

She also points out that the disbelief is rapidly diminishing due to the overwhelming amount of evidence and extensive scientific testing that has taken place in the past few years that conclusively proves that fibromyalgia is all too real. She points out that: "Even at rest, fibromyalgia muscles show a level of lactic acid you would expect in someone who has run a 5K race." As well as the fact fibromyalgia sufferers experience constant tension in their muscles and that: "Nonstop muscle tension is equivalent to nonstop exercise. No wonder we're tired and our muscles hurt." Once Dr. Ginerva Liptan explains exactly what fibromyalgia is and how it affects the lives of those suffering with it, she then dedicates the rest of the book to helping readers create a personalized plan to alleviate and/or control their symptoms. The plans are exceptionally detailed and yet easily understandable. Why would anyone suffering with fibromyalgia not try her ideas? The fact that Dr. Liptan is also a fibromyalgia sufferer gives her a unique perspective that most doctors cannot and do not have. Also, it gives readers of the book confidence in her advice because she truly understands how it feels to have fibromyalgia. She has also created worksheets to fill out as well as information sheets that readers can give to the doctor that they are currently using. To take it an extra step further, she has also created a companion website and has included (in the book) links to many different web resources that readers may find helpful. As far as I am concerned, this book is now my new bible. I will be following her plans and as soon as the book is available to buy, I will be purchasing a copy of it to give to my family doctor. This book deserves 10 stars, but since the highest rating I can give is 5 stars, I rate THE FIBROMANUAL as an enthusiastic 5 out of 5 stars. For anyone who has been diagnosed with fibromyalgia, for anyone who deals with patients who have fibromyalgia or for anyone whose loved one has been diagnosed with fibromyalgia or even for anyone who just wants to expand their knowledge about this disease; this is a MUST BUY, MUST READ book. ~ I received a free copy of this book from Netgalley in exchange for an honest review. Check out more of my reviews on my blog at AmiesBookReviews dot Wordpress dot com

This is the most comprehensive book I've read dealing with fibromyalgia. Considering the doctor/author had fibromyalgia, and became her own guinea pig, she seems to understand really well that everyone responds differently to medications. This is critical because doctors have a tendency to pigeonhole patients who don't respond to textbook treatments, and this is frustrating and dehumanizing. At long last we have a tool to present to our doctors . . . If we find the more empathetic and rational ones. Doctors who are willing to treat us as partners, and realize that no one knows us better than we do. We can read this book, knowing what we've tried that's worked,

and what we've tried that hasn't, and we can either seek a consultation with Dr Liptan, or see if our own pcps will help us with Liptan's protocol.

Most comprehensive book on fibromyalgia I have read to date. I was diagnosed sort of in 1969 with fibromyositis, not much was known and it wasn't classified as a disease until several years later. I was given vitamin B-12 injections and I calcium which helped with pain and energy for awhile, but it took many years of trial and error treatments and supplements, and pain meds , not to mention different doctors. In 1973 received diagnosis of fibromyalgia and was to get more specific care. I was fortunate to have Dr Liptan as my doctor ,but she left to start her work in her own clinic. This is all to say that after 45 yes of searching for answers They are all in this book. Thank you for listening.

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