

The Womans Fibromyalgia Toolkit tells readers what they need to know to take control of fibromyalgia symptoms. It includes step-by-step instructions for using effective non-drug treatments, including exercises, yoga, and relaxation techniques; a discussion of what to expect from prescription medications; and what nutritional supplements may be helpful. Effective fibromyalgia treatment usually requires the holistic, comprehensive approach presented in this book, one that addresses sleep patterns, exercise habits, and mood, in addition to drug therapies. Tailoring these treatments to fibromyalgia symptoms is essential. For example, while exercise is helpful for most women with fibromyalgia, its important to develop an exercise program that can be started and advanced without causing undue fibromyalgia flares. The Toolkit provides readers with a broad sample of tools to help them discover the most effective treatment strategy for their fibromyalgia symptoms. A chapter on planning for pregnancy will help women use safer and effective treatments while trying to get pregnant, during pregnancy, and after the babys born when you might be nursing. The Womans Fibromyalgia Toolkit provides clear, practical instructions to help women change their lives and take back control.

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