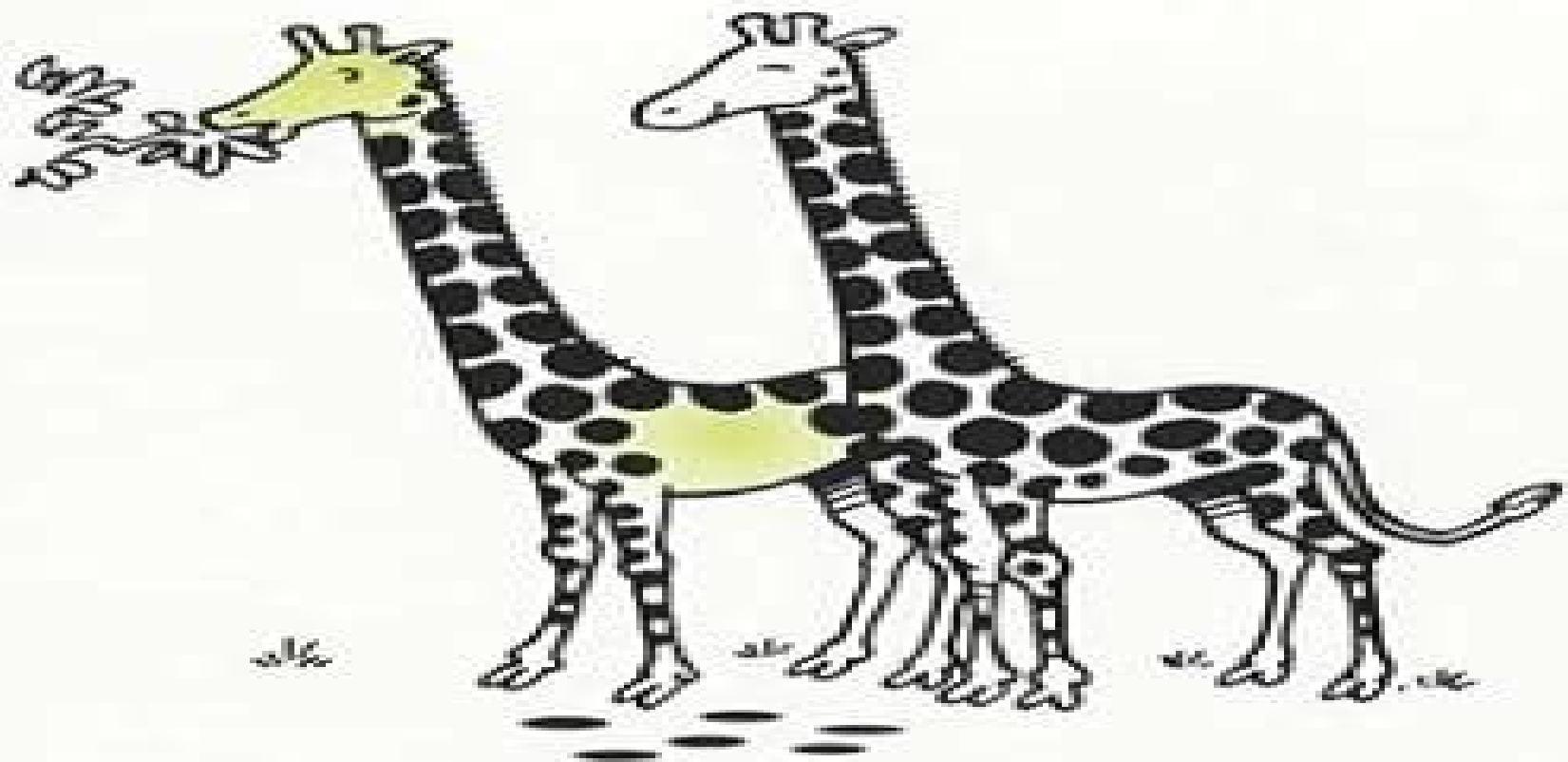


Coping Successfully with Your HILATUS HERNIA



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The Fibromyalgia Healing Diet Christine Craggs-Hinton, 2021-06-24 Fibromyalgia is a painful chronic condition which can result in symptoms such as fatigue pain insomnia IBS or depression However debilitating your symptoms eating the right foods can stimulate healing at a fundamental level The Fibromyalgia Healing Diet gives nutritional advice based on sound research on how to address dietary imbalances including information about osteoporosis the importance of vitamin D and the correct balance of carbohydrates protein and fat for people with fibromyalgia The author writes as someone with fibromyalgia and this book explains exactly what it means to have the condition as well as why diet is such an important aspect of treatment There is advice on essential nutrients and on substances to avoid as well as supplements to help There is a simple achievable detox programme and a wealth of delicious easy to cook recipes to help you treat the cause of the condition not just the symptoms and to reclaim your life

The Fibromyalgia Healing Diet NE Christine Craggs-Hinton, 2014-11-20 Treatment for fibromyalgia has progressed in leaps and bounds over the past 10 years as recognition of the condition increases FM is now the second or third most common diagnosis made by British rheumatologists and was listed as one of the three most common diagnoses in a survey of Canadian rheumatologists It is probably more common than these figures suggest It s now recognised that symptoms can be greatly improved by proper management This book is packed with information about the best medications and self help therapies available with a strong focus on improving symptoms including pain and aching muscles fatigue and poor sleep IBS joint stiffness headaches and migraine urinary frequency dizziness sensitivity and cognitive problems Other topics include neurological dysfunctions in fibromyalgia how to reduce stiffness and fatigue coping with other problems such as addressing anxiety depression and stress how exercise can help pacing and relaxation a healthy diet including intolerances allergies and supplements natural remedies

Living with Hearing Loss Don McFerran, 2014-10-16 An up to date comprehensive book on how to manage hearing loss by three experienced audiologists

Let's Stay Together Jane Butterworth, 2011-10-20 Most couples enter a committed relationship expecting it to last forever but the sad reality is that nearly half of all marriages end in divorce and many cohabiting couples are destined to split up There s no magic about having a solid long lasting relationship Love is important but it also takes a lot of work Let s Stay Together by acclaimed agony aunt Jane Butterworth looks at how to sort out problems when the going gets rough as it will at some time for all couples

Living with Fibromyalgia NE Christine Craggs-Hinton, 2014-11-20 Fibromyalgia is a long term condition characterized by pain in the muscles tendons ligaments and nerves Other symptoms include fatigue sleep problems allergies irritable bowel syndrome migraines stiffness anxiety depression and problems with short term memory and concentration Living with Fibromyalgia

offers tried and tested advice on how to reduce pain boost energy levels and live more comfortably In line with the latest thinking of fibromyalgia as a disorder of the CNS central nervous system this third edition looks at how an over sensitised system may amplify pain messages and trigger the symptoms of fibromyalgia It also looks at research into the link between poor sleep and the disorder Other topics include a physical cause the evidence for fine nerve damage in fibromyalgia sleep problems and management the benefits of yoga and music therapy updated recommendations on diet and supplements the importance of posture and exercise pain and stress management complementary therapies

Coping with a Hernia David Delvin,1998 Hernia surgery is one of the most common treatments done each year but many people who have them find it difficult to obtain all the information that would help them cope with the operation In this straightforward book Dr Delvin explains the causes and symptoms of hernias with advice to help you when you re talking to the doctor about the problems There have been enormous improvements in the treatments available and he explains the options and how you can get out of hospital and recover faster and more fully

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Natural Treatments for Arthritis Christine Craggs-Hinton,2011-03-17 More than nine million people in the UK have arthritis and there are over 200 kinds of rheumatic disease While it is not clear what causes arthritis or what might cure it plenty can be done to take control of symptoms and improve quality of life Natural Treatments for Arthritis looks at the range of options available It examines the range of supplements recommended for arthritis and how far they are really likely to help It also explores the controversial area of diet

Coping Successfully with Your Hiatus Hernia Tom Smith,1997-01-01 Surveys suggest that as many as one person in five who visits their doctor has a hiatus hernia Many people who take indigestion remedies on a regular basis don t realise that hiatus hernia could be their problem If you have a hiatus hernia this book offers all the information you need to reduce the symptoms and give your body the best possible chance to heal If you do need medication or surgery Dr Smith explains all the tests and treatment options to help you talk to your doctor and get the best help available

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Lifting Depression the Balanced Way Lindsay Corrie,2002 A holistic approach to treating depression which advises on a range of alternative and conventional treatments and therapies

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