

REVISED AND UPDATED THIRD EDITION

# WHAT YOUR DOCTOR MAY **NOT** TELL YOU ABOUT™

## FIBROMYALGIA

The Revolutionary  
Treatment That Can  
Reverse the Disease

R. PAUL ST. AMAND, MD, and  
CLAUDIA CRAIG MAREK

*"Groundbreaking . . . Dr. St. Amand's research will permit  
fibromyalgia to become merely a memory."*

—Dr. John Williams, MD, head, division of obstetrics  
and gynecology, Scripps Clinic

R. Paul St. Amand

## What Your Doctor May Not Tell You About Fibromyalgia: The Revolutionary Treatment That Can Reverse the Disease



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Over a decade ago, Dr. Up to date and revised with an increase of patient anecdotes and a deeper knowledge of symptoms, treatments, and results, visitors will see: --more information regarding the existing treatment of fibromyalgia and what causes it--new results from Dr. Amand's latest research on guaifenesin, an inexpensive, safe, an increasingly available medication which will help reverse the disease. Amand, an experienced endocrinologist and UCLA assistant scientific professor, published his process for reversing fibromyalgia predicated on nearly half a century of analysis. This book gives Dr. St. Paul St. The authors have observed symptoms eliminated and normal quality of life restored in an astonishing 90 percent of pateints they treated with guaifenesin. R. Amand's studies about the efficacy of guafenesin treatment--adjustments in disease protocol--discussion of pharmaceuticals in treatment--and a lot more St.



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In the event that you truly love existence and need to get well, end procrastinating and commit fully to this process. This treatment literally saved my life. 26 weeks ago at age 51 I was nearing the finish of my capability to tolerate any longer pain. After years of worsening, no doctors may find out why I was becoming riddled with swelling, lumps, spurs and nerve problems. I had huge pads of hardened region all over me, and actually my breasts had been like rocks no one could explain this... I QUICKLY had an enormous crash and experienced horrible for most of the month of August. About 3 weeks from opioids, I had a couple of days in a row with significantly decreased pain. I wish I had these details 24 months ago. That was five years ago. Even a breeze on my encounter was intolerable and my bowels were a wreck. Many do not cut back on sugars, which is essential for some to achieve success, and many are just sloppy with their salicylate exposure, and then later blame the process if they inevitably fail.. I'd not really submit to my remaining "life" being among opiates and even more surgeries to remove calcifications after so many already.. I spent the first yr of this treatment fairly incapacitated as all my deposits flared together, but I also got great hope as I knew something was occurring. After many years, I experienced like I acquired it under control. Web-site described in the book is excellent, as well. I am hopeful that I will be very clear and well by the finish of 2018. I right now consider NO prescription meds and just the daily, life time OTC guaifenesin necessary for this treatment. For those who claim this does not work, I state they didn't follow the rules properly or just want to throw negativity since it conflicts with what these were taught somewhere else, or want to prove otherwise. Period to open your brain! Why do some fail??? This is a response to a prayer, after 2 . I was spending my times figuring out the ultimate way to end my suffering, sadly. It works I've gone pain clear of following this book....almost impossible without making a bio dome and locking participants set for a longer time. For those waiting for studies, you are losing your time and effort, and valuable time it is. The sooner you can try this out, the sooner and faster you can start getting well. I am constantly perplexed by those who try to shoot this treatment down without ever attempting it (properly). There is indeed little to lose by giving it a go and a world of joy to get. I see therefore many who regard this as a threat for some reason (I guess since it is a ocean change to most medical "wisdom") when it's, in fact, an enormous opportunity. For anyone out there who actually truly wants to get well, and is fed up with getting worse, this is quite literally the only way out. Nothing else is present that reverses this disease and if you believe you found something that is helping you, wait a while before flare ups come again and you may see that you had been merely in an interval between flares and that you will be not improving after all. Both of these women also suffered from fibromyalgia. I'm still finding myself exhausted all the time. I could feel the deposits getting extracted daily...there is no doubt. I encourage all to read this book, visit the info and 17 years of individual archives at the author's fibromyalgiatreatment.com site and put faith in oneself. This disease is not your fault, but ignoring the just viable method to wellness can be in your control just.. It is your daily life and you have a chance to save it at this time. You can even save the lives of your kids and also require inherited this from you. This treatment may not be quick, but it is cheap and incredibly safe. Thankfully, I'd been on the protocol about 7 months. We are true medical pioneers and heroes of faith and self-love and we are searching for more to become listed on us on the path to a new life. The hard part of this system is that, for whatever reason, salicylates block the guaifenesine from functioning, therefore i can't use any items with plant oils, gels or extracts in them on my epidermis or hair. Should you have fortitude and daily diligence, you can also overcome this insidious illness. Changing my life!. I was involved with a very minor traffic incident 28 yrs ago (@ age 26) which triggered full-blown symptoms, severe back pain, awful

fatigue, etc.. I am following for just a little over a yr & it functions. I am improving. Nothing at all else helped me and/or gave me more/worse symptoms! Get this reserve (3rd edition gets the most current details), read it, find an online support group that follows this protocol to allow them to help with any questions you might have, start changing your life by following the process outlined in the reserve. There are people all over the world getting better, also obtaining their lives back! I am so very thankful & Both highly recommended this if you ask me, but I believed I was handling it okay. Forget about opioids!. I had no choice. Withdrawals are awful!!! Narcotics are durable drugs with their own side effects. Blessings to all who emerged before me and will follow. Pain in my face was excruciating and I possibly could no more wear my glasses because of trigeminal nerve pressure and pain and burning eyes kept me from viewing well. That's usually how it begins. You get some good good hours, then times, then you're on your way. Many folks begin this treatment misinformed about how exactly critical the avoidance of salicylates is normally to success.. Very informative therefore far-still reading! This is a response to a prayer, after 2 yrs on this protocol.. You can also check Dr. Still readable but this is a present for a member of family therefore i wish it wasn't broken..I rarely have discomfort, less stiffness and my brain is back again thinking clearly. I take advantage of Mucinex.. CAN I respectfully submit that the various other reviewer that calls Dr.brillant The book changed my life.. St. Amand a quack and promises that studies have established that it doesn't work, does not understand of what she speaks. Download the sample and read the preface. It explains why preliminary studies failed and how the treatment has been refined and WORKS.. Has anyone found a way to counter action the exhaustion? In case you are also a sufferer please please provide this a serious try it may just give you your daily life back. much much better!About 10 years or so ago I was finally diagnosed with Chronic Fatigue Syndrome/Fibromyalgia after a long time of trying to figure out why I usually felt like I had the flu (achy and sore throat) and why I was so chronically tired, no not only tired, exhausted. I printed out the duplicate of the study report and "letter to your doctor", from the web site and took them to my doctor and informed her I needed to try it. Around this composing, my facial pain is certainly 90% resolved with just a little pressure remaining when we possess storms, my arms and legs have shed loads of "weight", which was certainly deposited phosphates, and the solid pad on the back of my throat that had kept me from turning my head for years is fully gone and I now have full neck mobility. I had reached know two women pretty well on a house school forum. Just this process addresses the actual fact that all cells in your body have potentially been infested, and it just makes sense it would take a long, tough road to extract such an disease that had permeated therefore a lot of the body. One of these had been to the point of having to use a wheelchair when she visited the store. I've cleaned out all the "no-no" items from my daily routine-including makeup; St. Amand's treatment, one of these is actually a individual of Dr.The protocol does use guaifenesine, the primary ingredient in Mucinex. now I'm looking forward to the near future - not only existing.. To produce a long story short, I was desperate, asked about their treatment and got the reserve. Finally obtaining a diagnoses produced me feel a little better (no, it wasn't all in my own mind and I wasn't simply lazy), but treatments offered helped minimally. She backed me in it, though she was sceptical initially. I could not sleep well and most of life's pleasures were today gone for me. On my last check up my doctor wanted information for the website and book once again because she was surprised at what lengths I had come and how well I was carrying out. Amand.. I consider it every day. I encourage all to at least see for themselves. But I let you know as one who went from lacking many get togethers with family and friends and continuously felt like I got the flu and spent considerable time in bed to someone who right now lives a "normal" occupied

life that it's well worth your time and effort to find products that don't prevent. I've also experienced occasions when suddenly I began feeling like I did so when the fibro was bad, and then discover after going right through my items that I was using a thing that blocked the treatment. Immediately after I halted using the product I started feeling better again. But my current obstacle is beating the exhaustion part. St. What I did was to obtain the publication from the library at first. Once I made a decision I was doing this program I bought the reserve. I am right now purchasing the Kindle edition so I can loan out my publication.. I think you'll be intrigued. Amand's website [. My husband knew I was not going to last a lot longer and all medical avenues have been exhausted. I've had to endure some fibromyalgia symptoms all my life, 54 right now.]. If you opt to try the protocol they have a tremendous email support group. Best read for Fibromyalgia Great book. Very educated. Gift for a member of family Quick delivery but book came broken.Dr St Amand highlights step by step. Interesting information regarding fibromyalgia!. Another theory for Fibromyalgia, tried it. Doc moved, nobody really wants to prescribe now. I tried the method the author of the book suggests, it is quite a weird theory regarding this disease which my own condition wasn't affected.didn't function.. With chronic pain you try a lot of ways, a lot of people claiming it did help, so giving a try won't hurt. I just found out about the protocol in this book last year..my a little in the pocket. There can be no trials because of this treatment as it takes years for some to be successful, and the individuals would need to have their diets and salicylate exposures in some way monitored and contained.For those who have fibromyalgia, at least get the sample and read the forward/prologue and first chapter. For me personally, this was a genuine miracle as wouldn't normally be right here today without it.. FIBRO RELIEF Very beneficial book for people with Fibromyalgia. I possibly could barely chew because of TMJ and my ft and hips hurt a great deal to walk around. Both had been now doing really well and pursuing Dr.! for me personally at least it. There exists a lot of information that validates people with Fibromyalgia and many encouraging stories. My stamina is extraordinary now, in comparison to prior protocol, and I am certain that I am on a way to wellness at last. After slowly sinking into the horrible symptoms of FMS and CFS i became nearly disabled If you suffer from FMS, CFS or MPS please give this a real try. I've suffered chronic debilitating pain for 12years now, ahead of this i was suit, strong and active. After slowly sinking in to the horrible symptoms of FMS and CFS i became nearly disabled, i couldnt even continue with my work, my Dr explained that i would end up on Disability, it destroyed me emotionally i didnt know what to do apart from take effective painkillers. After scanning this book i thought "this cant possibly work" but. I know of what I speak, because this reserve changed my life for the better.. They have a good selection of colors and less expensive.I can tell you this treatment is not for the faint of heart since it does require actually getting worse for a while as the body finally extracts from all the cells the deposits that were forming for life. Just the diligent and self-loving should apply, but you'll by no means be sorry you did.it is working! It isn't my imagination!...it is giving me mine back!! but I did so find suitable makeup created by Elf at Target. Five Stars good



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