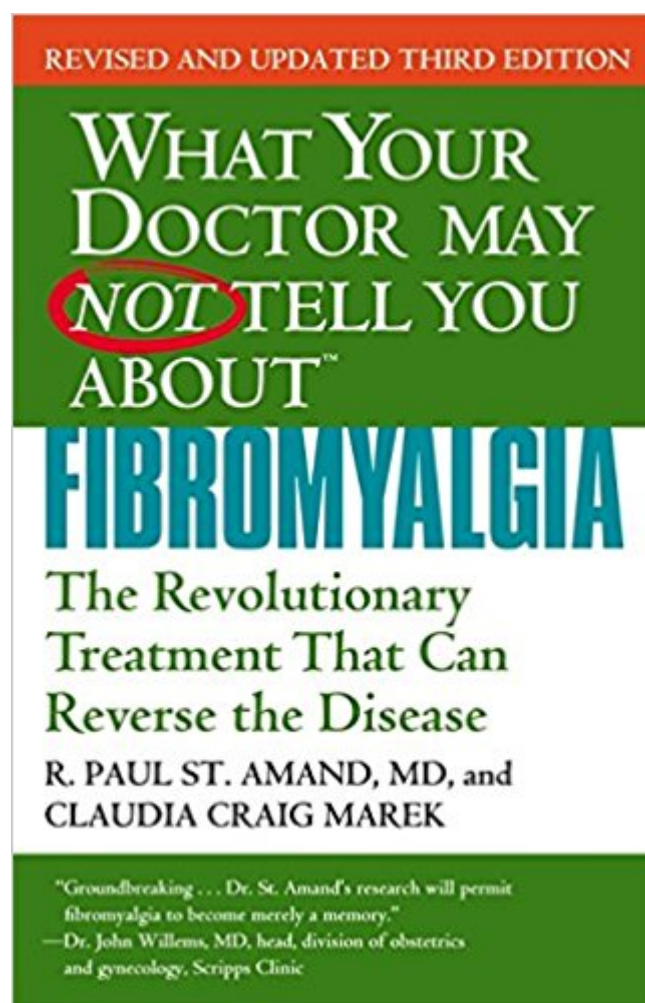




The book was found

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



Synopsis

Over a decade ago, Dr. R. Paul St. Amand, an experienced endocrinologist and UCLA assistant clinical professor, published his protocol for reversing fibromyalgia based on nearly half a century of research. This book offers Dr. St. Amand's latest research on guaifenesin, an inexpensive, safe, an increasingly available medication that can help reverse the disease. The authors have seen symptoms eliminated and normal quality of life restored in an astonishing 90 percent of patients they treated with guaifenesin. Updated and revised with more patient anecdotes and a deeper understanding of symptoms, treatments, and results, readers will find: --more information about the current treatment of fibromyalgia and what causes it--new results from Dr. St. Amand's studies about the efficacy of guaifenesin treatment--changes in disease protocol--discussion of pharmaceuticals in treatment--and much more

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Customer Reviews

"I have seen the magic of guaifenesin and the program in What Your Doctor May Not Tell You About Fibromyalgia work." -Devin Starlanyl, author of The Fibromyalgia Advocate"Groundbreaking... Dr. St. Amand's research will permit fibromyalgia to become merely a memory." -Dr. John Willems, MD, head, division of obstetrics and gynecology, Scripps Clinic

Dr. St. Amand discovered guaifenesin's use as a treatment for fibromyalgia, and his work is often cited. He is an Assistant Clinical Professor of Medicine and is on the teaching staff at UCLA Harbor

General Hospital. He has been in practice for over 50 years. Claudia Craig Marek was tutored, trained, and taught by Dr. St. Amand and has worked with him to discover more about the disease for many years.

May I respectfully submit that the other reviewer that calls Dr. St. Amand a quack and claims that studies have proven that it doesn't work, does not know of what she speaks. Download the sample and read the preface. It explains why initial studies failed and how the treatment has been refined and DOES WORK. I know of what I speak, because this book changed my life for the better... much much better! About 10 years or so ago I was finally diagnosed with Chronic Fatigue Syndrome/Fibromyalgia after many years of trying to figure out why I always felt like I had the flu (achy and sore throat) and why I was so chronically tired, not just tired, exhausted. Finally getting a diagnosis made me feel a little better (no, it wasn't all in my head and I wasn't just lazy), but treatments offered helped minimally. After several years, I felt like I had it under control. I had gotten to know two women fairly well on a home school forum. Both of these women also suffered from fibromyalgia. One of them had been to the point of having to use a wheelchair when she went to the store. Both were now doing really well and following Dr. St. Amand's treatment, one of them is actually a patient of Dr. Amand. Both highly recommended this to me, but I thought I was managing it okay. Then I had a huge crash and felt horrible for most of the month of August. To make a long story short, I was desperate, asked about their treatment and got the book. I printed out the copy of the study report and "letter to your doctor", from the website and took them to my doctor and told her I wanted to try it. She supported me in it, though she was sceptical at first. That was five years ago. On my last check up my doctor wanted information for the website and book again because she was amazed at how far I had come and how well I was doing. The protocol does use guaifenesine, the main ingredient in Mucinex. I use Mucinex. I take it every day. The hard part of this program is that, for whatever reason, salicylates block the guaifenesine from working, so I can't use any products with plant oils, gels or extracts in them on my skin or hair. But I tell you as one who went from missing many get togethers with family and friends and constantly felt like I had the flu and spent a LOT of time in bed to someone who now lives a "normal" busy life that it is well worth the effort to find products that don't block. I've also experienced times when all of a sudden I started feeling like I did when the fibro was bad, only to discover after going through my products that I was using something that blocked the treatment. Soon after I stopped using the product I started feeling better again. If you have fibromyalgia, at least get the sample and read the forward/prologue and first chapter. I think you will be intrigued. What I did was to get the book from the library at first. Once I

decided I was doing the program I bought the book. I am now purchasing the Kindle edition so I can loan out my book. You can also check Dr. St. Amand's website [...]. If you decide to try the protocol they have a tremendous email support group.

I'd suffered with major chronic fatigue since age 23 -- and developed worsening symptoms of anxiety/depression, IBS, skin issues, hormone imbalance, etc. At 38, after eight miscarriages, I was finally referred to Dr. St. Amand. This is the first and ONLY working treatment for me. I'd tried special diets, anti-depressants, acupuncture, massage/meditation, ayurvedic treatment, prescription antacids, lots of exercise (triathlon), moderate or no exercise, yoga, herbal and enzymatic remedies, energy healing, hypoxic therapy, hyperbaric therapy, various "detox" therapies, hypnosis, cognitive-behavior therapy, you-name-it. The simple (Guaifenesin) treatment described in this book WORKS for me. Guaifenesin is an over-the-counter, very innocuous medication. I'm hyper-sensitive to medications, and I feel no side effects. I'm 80% recovered after one year of treatment. And, I'm 17 weeks pregnant for the first time (after 8 miscarriages)! Blood, hormone and cholesterol tests are normal for the first time in my life. There are lots of theories re: fibromyalgia, and lots of books on how to "manage and live with pain" - you don't have to do that. This is not a management approach; this is a real SYMPTOM REVERSAL process. Dr. St. Amand's theory is the only thing that has actually worked for me (and many others). I suffered needlessly for years...please give yourself the gift of checking out this book. It could very well change your life.

I have been on this protocol for over 3 years and I have gone from using a walker and dreading having to get to my feet and move...unable to reach high enough to wash my hair or stand long enough in the shower to bathe...struggling to get a foot in my car or turn the steering wheel...unable to sleep more than 1 or two hours a night to almost well my symptoms have either gone completely or are 80% or better improved. Dr. St Amand is the only one that has figured it out and if you follow this protocol you will get better. I bought a new book to give to a cousin and one to replace my outdated book.

seems to be hard for many folks, including supposed smart/educated health professionals to understand that our healthiest way of living involves the natural plants that are given to us for food and medicine. we learned long ago that information shared by folks who benefit from knowledge to regain their health is the best "supported scientific study" containing the truth. This Guaifenesin Protocol by Dr. St Amand does work and will reverse FMS and make you well. He tells you there is

no "cure" but by following this protocol and using the harmless guaifenesin for life you can live a happy/healthy life. also some sceptics talk about "money". All proceeds from the books, etc. go to the laboratory of the Good Hope Hospital for research purposes. Dr. St Amand only earns his money from seeing patients in person as all other Doctors and he is 88 yrs. old. Thanks Dr. St Amand and Claudia Merek

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