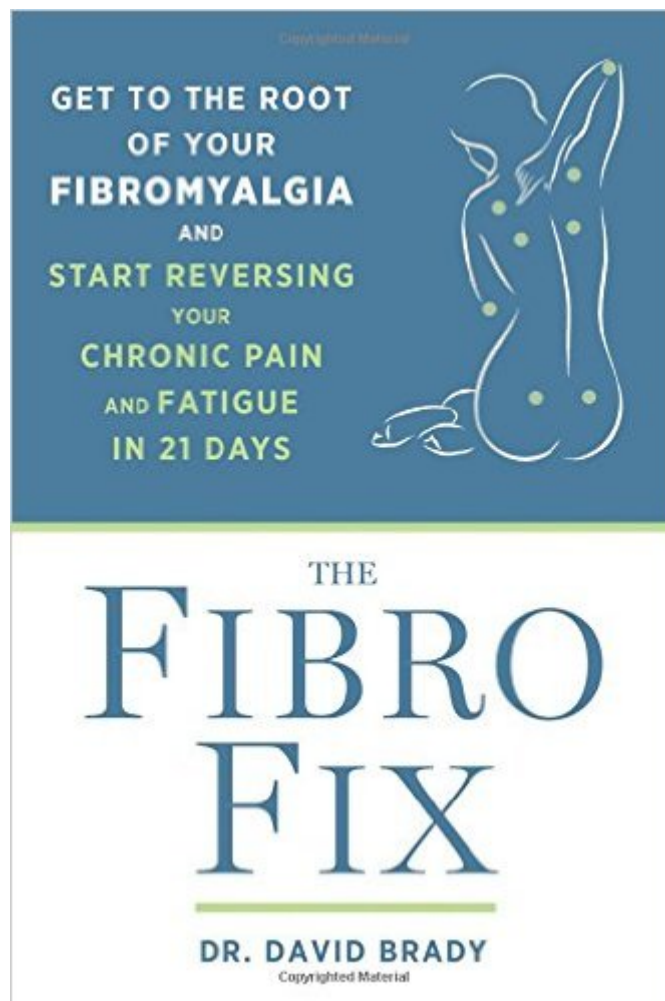


The book was found

The Fibro Fix: Get To The Root Of Your Fibromyalgia And Start Reversing Your Chronic Pain And Fatigue In 21 Days



Synopsis

Chronic pain affects nearly 100 million Americans. Ongoing fatigue affects even more. The combination of fatigue and body-wide chronic pain, often called *fibromyalgia*, remains mysterious and confusing, and an alarming 66 percent of sufferers are misdiagnosed. Now, leading naturopathic medical doctor and nutritionist David Brady is here with the answer in his comprehensive book *The Fibro Fix*. For more than 23 years, Dr. Brady has treated many thousands of patients seeking relief from fibromyalgia. In *The Fibro Fix*, he distills his life-changing prescription into an integrative 21-day program to help you determine if, in fact, you're suffering from fibromyalgia or from one of several severe symptoms misdiagnosed as fibromyalgia. The plan begins with three simple steps—detox, diet, and movement—to start relieving those symptoms for good and then offers deeper long-term solutions specific to the real cause in each person. *The Fibro Fix* is your groundbreaking guide to resolving fibromyalgia, and uncovering the mystery behind chronic pain and fatigue.

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Customer Reviews

In his new book, Dr. David Brady seamlessly and eloquently weaves together the urgently needed insights, clinical protocols, and invaluable resources that clinicians and patients have been seeking to address this complex syndrome of *interrelated illnesses* known as fibromyalgia. *The Fibro Fix* fully addresses the mind-bending questions of why fibromyalgia (FM) is so hard to treat and why diagnoses are so often inaccurate. This book uniquely unites a physician's

guidebook with a patient empowerment course. A thorough knowledge of the many factors involved in accurate diagnosis and how to differentiate between classic fibromyalgia and other medical problems commonly confused with classic FM are clearly outlined along with solution-based and scientifically-sound approaches for treatment. The Fibro Fix addresses the root causes and starts the patient on a path to wellness with a healthy foundation. It is truly the game-changer to fill the gap for a naturopathic and functional approach to fibromyalgia Finally!-Sarah LoBisco, ND, Certified Functional Medicine Practitioner

Dr. Brady's book, "The Fibro Fix" is a cutting edge, definitive guide for anyone who has fibromyalgia to better understand what is going on and to begin getting real relief from chronic pain and fatigue. In the beginning of "The Fibro Fix" Dr. Brady outlines the core principles of Functional Medicine, which is a science based, systems approach to get at the root cause(s) of chronic disease. In "The Fibro Fix" Dr. Brady articulates that the Functional Medicine approach to treating fibromyalgia requires a paradigm shift in how we think about health and disease. Dr. Brady who is an experienced leader in the field of Functional Medicine has created a program to help patients fix their fibromyalgia. Through a combination of dietary interventions, nutritional support for detoxification and oxidative stress, structural movements, combined with mind/body interventions, Dr. Brady outlines a scientifically based, step by step, practical solution to help patients get relief from the pain and fatigue which comes with Fibromyalgia. So what causes fibromyalgia? No one really knows, but we do know that in a large number of patients there is evidence of gastrointestinal abnormalities, which involve increased intestinal permeability, bacterial dysbiosis and translocation of bacteria and bacterial cell wall components, which Dr. Brady discusses this concept in detail in his book. Unfortunately, there is no conventional test for fibromyalgia, in fact one of the features is that pretty much all conventional tests will be normal and conventional doctors might think "it's all in your head" which paradoxically it is but not in the sense that you are crazy, but rather the latest scientific research shows that the central pain processing centers of the brain are hypersensitive from neuroinflammation. Dr. Brady explores how the root cause of fibromyalgia stems from aberrant pain processing in the brain. The latest studies show that the SPECT scans of patients with fibromyalgia have increased activity in the brain areas that process sensory input. Comparison between SPECT imaging of FMS patients and healthy subjects revealed elevated activity in the somatosensory cortex and reduced activity in the frontal, cingulate, medial temporal and cerebellar cortices. This knowledge alone will confirm for both fibromyalgia patients and their loved ones (who also suffer

silently) that fibromyalgia is not “all in your head.” The Fibro Fix offers a straightforward, clear and concise program to understand what fibromyalgia is, what kind of advanced testing can be helpful to workup fibromyalgia and what therapeutic options there are for treating fibromyalgia. The interventions discussed include structural manipulation, dietary changes, nutraceutical supplementation and if needed pharmaceutical prescription to bring about excellent results. The Fibro Fix can help guide you on the path to erasing pain and ending chronic fatigue. In the final chapter Dr. Brady explains how to continue with a healthy lifestyle once finished with his initial 21 day FibroFix foundational plan. His last chapter includes some delicious, nutritious, clean recipes ranging from soups, salads, entrees, snacks and desserts for the maintenance phase to start a new Fibro Free life.

I was grateful to receive an advanced copy of Fibro Fix. I read the book in depth to unravel the root cause of previous bouts of intermittent fatigue that I experienced in my early 20's. The book help me put the pieces of the puzzle together so I can avoid the triggers that caused symptoms of fatigue. I enjoyed how Dr. Brady covered a range of 'action items' from detailed dietary changes, sleep habits, structural fixes (at-home exercises) and key supplements to help minimize pain and boost energy. Overall, it's a 5-star in my eyes! Mike

Dr. David Brady, through his book The Fibro Fix, has brought great clarity and understanding to the Fibromyalgia condition, which in the medical community, is so often misunderstood. As a provider of Physical Therapy, I have encountered a countless number of patients whom were either diagnosed with Fibromyalgia and did not have the condition or had Fibromyalgia and was diagnosed as having something else. Dr. Brady breaks down these barriers of confusion and not only presents a very thorough method of properly evaluating Fibromyalgia but also lays out the road map for a research proven treatment plan. I highly recommend The Fibro Fix for anyone suffering from fibromyalgia, family and friends of those suffering from the condition, and healthcare providers alike. Edward McKiernan, P.T., DPT

That Fibromyalgia is misdiagnosed 66% of the time (2 out of 3 people are diagnosed with it and that's not their problem) is exactly why it is such a frustrating condition for so many who are suffering. Dr. Brady lays out for us how to tell what the trigger is for your 'fibromyalgia-like' symptoms. And then what to do with what the real trigger is to your symptoms. Thoughtfully laid out, comprehensive in the recommended game plans, this book will be one of those in your life where

you'll look back and say "thank God I read that book".

This book is incredibly well written. Most sufferers of chronic illness have hit a dead end and are skeptic (understandably so) and frustrated. If you suffer from symptoms of fibro, this book cannot pass you by. Dr. Brady is talented and equipped to guide you in the best possible direction. HIGHLY recommended.

I received a review copy of this wonderful book. It is a unique and much needed resource for both patients and their families as well as for clinicians. This book not only presents clear and detailed explanation but ALSO provides actionable advice, recipes, guidelines, what to ask your doctor so that you can have a long term solution. Dr. David Brady a seasoned, experienced and meticulous natural medicine doctor. This book is a demonstration of compassion, generosity and expertise. If you have been searching for answers to chronic pain and fatigue, buy this book!

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