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



## THE FIBRO FIX

DR. DAVID BRADY



## 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 the conditions commonly misdiagnosed as the 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.

## Book Information

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## Customer Reviews

Excellent book by an up to date author and doctor. Excellent read & one that really helps to get to the bottom of your problem if you think you are beleaguered by fibromyalgia.

Comprehensive, sympathetic, with a plan for dealing with chronic pain. A must have for anyone with Fibromyalgia or chronic pain.

Very informative

This is a great book to read for anyone who has fibromyalgia. I have it and I learned so much from it. It is written by a top doctor in the field who specializes in fibro. He goes through everything from diagnosing fibro to exercise and nutrition. You can definitely learn something from this book. Dr Brady is very holistic and tries to stay away from the usual drugs that most doctors give also.

Haven't had time to read it yet but it looks really good and what I hoped it would be from seeing the author interviewed on line. Thankyou

I haven't finished reading this book yet. So fareally it is very informative and I can't wait to actually try the 21 day plan. I want to read it once all the way through so I can get the most from it. I will review again once I have completed that portion.

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.

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

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Inside Out Curing Chronic Fatigue Syndrome and Fibromyalgia with Paleo (Recipes Included): A  
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Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in  
Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2)  
Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to  
help you get well again! Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight  
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Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain  
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