



# **Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery**

*Deirdre Rawlings*

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If you are one of the 6 million people suffering from fibromyalgia, what you put on your plate can make or break your health. Featuring the most up-to-date nutritional research currently available, *Foods that Fight Fibromyalgia* provides you with nutritional guidelines and 100 recipes that will put you on the road to recovery. This updated edition of *Food That Helps Win the Battle Against Fibromyalgia* includes new information on the link between food allergies and fibromyalgia, how to use nutrition to balance neurotransmitters for less pain and depression, and food combining for optimal nutrition. In addition, *Foods that Fight Fibromyalgia* includes new and updated recipes that have been precisely developed to include the specific nutrients needed to bolster immunity and fight fatigue, depression, pain, and “brain fog.”

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