



Ending Fibromyalgia & Auto-Immune Disease: A Comprehensive Holistic Protocol

HN, Tony Xhudo MS

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This book offers you a huge body of anecdotal remedies for Fibromyalgia, Chronic Fatigue, and Auto-Immune disease backed by scientific research of therapies that work, with a unique perspective in many treatment options available. With explanations of the most up to date information of how and why many people fall prey to these dreaded diseases. Updated and revised information in its most simplistic presentation, allowing you to understand the cause and affect of these dreadful disease's in which over 10 million Americans suffer on a daily basis. With a comprehensive insight of a wealth of information on carefully selected non-drug healing therapies along with the current traditional therapies explaining how modern drugs increase the many un-needed symptoms of these dreaded diseases. Inside this book you will find much needed information on: The cause and relief of chronic pain and insufficient sleep problems An understanding imbalances of brain neurotransmitters - serotonin, dopamine; sex hormones, estrogen, testosterone; thyroid, and adrenal hormones of how it affects your illness. Sexual Dysfunction in FMS/CFS & treatments. A comprehensive explanation of stress induced-illness manifestation – hypoadrenia, hypothyroidism, fibromyalgia, chronic fatigue, and auto-immune disease A guide to simple home-based self diagnostic test procedures – hypo-adrenia, hypothyroidism, and hormonal imbalances Overview of malabsorption syndrome, leaky gut syndrome, the undetected causes. Whole body detoxification techniques & the healing process Stress management techniques and adaptogenic herbs Harnessing the incredible healing powers of nature The impact of an aggressive nutritional healing protocol on curing fibromyalgia, chronic fatigue, and auto-immune disease. And much more effective strategies and treatments The tools and means by which you can overcome this disorder have been carefully selected by the Author, Tony Xhudo, M.S./H.N., with over 30 years of experience in helping those battle a multitude of diseases ranging from simple skin disorders to cancer. Many that have followed the simple guidelines of remedies have seen their symptoms eliminated restoring a normal quality of life in reversing Fibromyalgia, Chronic Fatigue, Hypo-Adrenia, Hypothyroidism, and Auto-Immune Disease. Until recently, lack of information concerning treatment for FM and CFS, has only produced minimal results with so called effective treatments. In this book, Tony Xhudo provides an effective regiment of a sound nutritional protocol, through dietary modifications and the correct supplement use classifying them from effective to extremely effective. Tony leaves no stone unturned in his search for the proper therapy in dealing with this disease of a complicated origin.

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