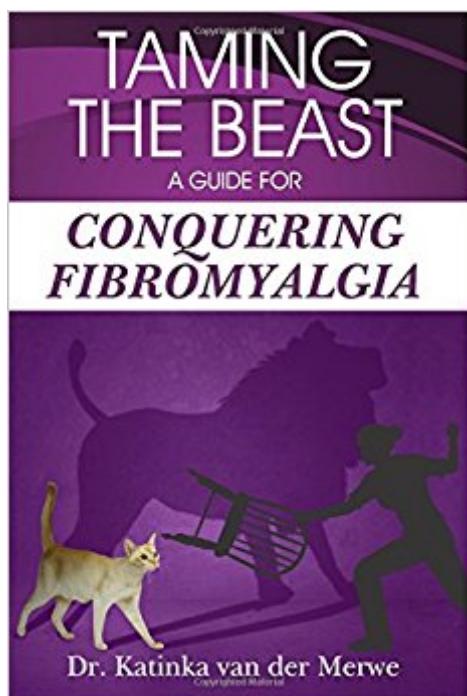


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Taming The Beast: A Guide To Conquering Fibromyalgia



Synopsis

Fibromyalgia is a complicated, vicious beast. It methodically steals your quality of life, it robs you of sleep, and submerses you in terrible daily pain and debilitating fatigue. The traditional medical approach to this condition is that the cause of fibromyalgia is a mystery, that it is incurable, and that the only way to manage it is to take lots of medications to cover up your pain and other symptoms. Now, for the first time, we provide a fresh look at this condition in a way that has never been done before. We address some of the most obscure symptoms that you may have not known are associated with fibromyalgia, as well as what might have caused your fibromyalgia in the first place, and how to differentiate between different kinds of fibromyalgia. We also discuss the critical role of the nervous system and how its malfunction causes fibromyalgia. Lastly, we discuss positive actions that you can start taking today to help measure and address the neurological, physical, emotional, and chemical symptoms associated with fibromyalgia. Along every step of the way, you will be able to objectively test your results. This book is meant as a guide to not only understand fibromyalgia better, but to help you design a plan to conquer it, starting today.

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Customer Reviews

Dr. Katinka van der Merwe grew up in South Africa. She received her Doctor of Chiropractic degree from Parker College of chiropractic in 1999. Upon graduation, she set out to study cutting edge post graduate techniques that would allow her to treat the chronically and acutely ill without any hope. She has expanded her treatment expertise with course work in functional medicine and neurology,

Quantum Neurology(TM) nerve rehabilitation, NRCT, Bio Energetic Synchronization Technique, Frequency Specific Microcurrent, Biologic Medicine (under Thomas Rau M.D, the author of The Swiss Secret to Optimal Health) as well as nutrition. Dr. Katinka lectures extensively to the public. She is a member of The Foundation for Wellness Professionals, a non- profit organization dedicated to informing the public about health alternatives. She also lectures to other health care physicians from across the country. Dr. Katinka is the author of "Taming the beast: A guide to conquering fibromyalgia" now available on and kindle and will also be featured in the upcoming book "Hographic Healers" by Dr. George Gonzalez. Dr. Katinka dedicated her career to informing and helping those who live with chronic daily pain, and those who have been told that hope is futile. She has received numerous awards for her ongoing work with RSD/CRPS patients as well as Fibromyalgia. Dr. Katinka sees patients from all over the US at her Fayetteville, Arkansas, USA clinic. She chose Northwest Arkansas for it's natural beauty and expanding growth (it is where Walmart's headquarters are located.) She is one of only six doctors in the world whom have trained in both the NRCT and Quantum Neurology (TM) techniques. Dr. Rob V. Demartino (co-author) is a chiropractor and Quantum neurologist. He treats patients from all over the world at his functional medicine/holistic clinic in Las Vegas, Nevada. Dr. DeMartino served as the medical director of the Lupus Association of Nevada, and currently serves on the Parkinson's board of Nevada. Dr. DeMartino extensively lectures and educates both members of the public and other healthcare professionals about chronic disease and natural solutions to these conditions. Dr. DeMartino is co-author of "Taming the beast: A guide to conquering fibromyalgia", and will also be featured in the upcoming book "Hographic Healers" by doctor George Gonzalez.

OMG, this book is so good, easy to read and follow. The best part is if you are in an area where you can go to Dr Katinka as a patient you will not regret it. I am 4 wks pain free after having suffered for at least 20yrs before being diagnosed with Fibro. My pain was 24/7. Headaches day and night, foggy, you that have Fibro know the drill. This book explains so many things that I wasn't aware of how what we eat, drink and otherwise put into our bodies affects our overall health and contributes to our pain. The treatment that she uses I cannot explain, I just know that it worked for me., I would even give my phone number to anyone in pain that wanted to know if I'm real. This isn't my first rodeo,, I've read many books, snubbed my nose at many, thought many were hog wash, etc., but I'm here to say that this book and Dr Katinka are the real deal.

I have Fibromyalgia and my best friend (which also has it) told me about Dr. Katinka van der Merwe

and that she treats Fibro. She then told me about this book so, I immediately purchased it. This Dr. is now treating my best friend in AR. Anyone that has Fibro, know someone with it or just want to understand it better. Who knows....a ways down the road WE ALL need to know about this. The book is very easy to read. She is herself in the book. It is amazing what she does & it actually really improves Fibro. I encourage EVERYONE TO PURCHASE THIS BOOK! YOU WILL NOT BE SORRY YOU DID!!

This book has confirmed the path that I've been walking down with my fibromyalgia "nightmare". This last year I have had to do a lot of what I call medical background writing on myself to figure out where this all began. It's a multiple list of things that have had me end up where I am currently with fibromyalgia. Before this year, the two years prior is when things had gotten seriously bad to where I would end up in bed for a week at a time due to the pain, the fog etc. What kicked in for me was the support my husband had shown me and him simply telling me, "Honey, I know you're overwhelmed but what you need to do, just for you, is 1 thing a day. Just one. Any of the things on your list, it doesn't matter, just do one." And I began pushing through. This also started me on a research endeavor to find out just WHAT I could do instead of chewing pain medicines, which I refused to do anything more than aspirin. I fought with my husband and dr's about that as well. I just did not see the need to throw bad on top of what was already bad. In my researching I was putting together things like eating whole foods, cutting out things. Last summer I cut out bread. I am a bread fiend and this took me 2 months in doing since I also love to bake it as well. Just doing that alone cut my inflammation flare ups in half! So I searched more on treatments instead of just physical therapy. My best friend from high school had told me of his wife's treatments with a very good chiropractor and this chiropractor's outlook. I was simply amazed. So I began checking into that and acupuncture along with various vitamins. However I did not have all of the information and trying to find a balanced intake can be disastrous on the internet. In this guide here you have it all. EVERY SINGLE THING! This guide are the steps I've been living and it completed my knowledge of the things that have been eluding me these last 6 months in my searching. Now I can fully go into this knowing that I've been walking down the right road for this. My symptoms have gotten a lot better just in this last year of my own research findings and this guide will help me to further walk down the road to entire healing. I'm 100% sure of it. Not only does it give you a guide in the things you need, it also goes over the thinking and how to deal with others. One thing that stuck out to me was when I've dealt with people in my life who have been negative about this towards me. I've been called lazy, fat and told that I needed to do this or that and those this or that's did not EVER work! Anyways, that part

really struck home as I've had to eliminate people I've known for a very long time out of my life. Since then things have actually gotten better in my mental attitude instead of having negativity thrown my way daily by these people and my thoughts are not lingering there, it's helped with overall outlook which, in turn, helps me to heal faster and also have better mental clarity.

I practice the NRCT methods that Dr. van der Merwe and Dr. DiMartino practice. I also combine acupuncture in my treatment of fibromyalgia. I have treated many fibro patients over the past 30 years. This book is a very well thought out and comprehensive overview with many helpful hints. I highly recommend this book.

Finally a book on Fibromyalgia that is complete. I have lived with this for over 20 years. I, like many others have "tried it all" to manage the pain and the fatigue. I read the book with skeptic logic because most things I have tried either have not helped at all or have worked to some degree, but not enough to be as active as I would like to be. All the issues with fibro fluctuate so much. I will say that changing my diet (Whole30) has helped with the energy as has the light box that my rheumatologist recommended. This book had researched many of the things I had read about, but with a little more information...ie...that there are several types of fibro..that made so much sense. It is very thorough which I liked. If you are new to fibo, this will help you a lot. If you have the money you have the option of setting up an appointment and getting tested and to find out which aspects of the body functions are being affected and by what. Then the help to set up a plan on treatment. The only thing I was disappointed in is that you can no longer get the at home tests which would help determine which aspect of the fibro you are most affected by. So, if you don't have the money it would cost to go see Dr. Katinka you are at a loss. I hope they can at some point change that.

This is a "must have" book for everyone with fibromyalgia, chronic fatigue, and many allergies. It gives ways to help yourself combat these miseries. Also this book helps members of your family understand the complicated way fibromyalgia works in your system. I am in the ninth week of Dr. Katinka's treatment plan and I feel 100% better than when I started. This is not a cure but a way of living and enjoying life.

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