



The Fibromyalgia Cookbook: More than 140 Easy and Delicious Recipes to Fight Chronic Fatigue

Shelley Ann Smith

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Find Relief the Healthy, Natural, and Easy Way from Fibromyalgia and Chronic Fatigue Syndrome/Myalgic Encephalomyelitis

If you or someone in your life suffers from fibromyalgia, this is an essential resource. While drugs and pain suppressants are available for relief, *The Fibromyalgia Cookbook* offers a healthy, natural method of subduing the pain and exhaustion through easy recipes and cooking tips.

- No red meat
- No green peppers
- No eggplant
- Avoid heavy, starchy foods
- No white flour
- Low sodium
- Low fat
- No processed sugars.

Following these simple rules, author Shelley Ann Smith has created more than 140 delicious recipes.

Enjoy:

- Cream of Chicken Soup
- Blueberry Muffins
- Sole with Garlic Lemon Butter
- Pasta with Pesto Sauce
- Chicken Waldorf Salad
- Overnight Salsa

Just by indulging in these satisfying dishes, fibromyalgia patients will have energy and motivation they never thought possible.

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