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Fibromyalgia is a painful, chronic, but little understood condition. Craggs-Hinton has discovered that nutrition can play an important role in the management of this condition. It includes recipes which incorporate various recommended foods.

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Treatment for fibromyalgia has progressed in leaps and bounds over the past 10 years as recognition of the condition increases. FM is now the second or third most common diagnosis made by British rheumatologists, and was listed as one of the three most common diagnoses in a survey of Canadian rheumatologists.

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Fibromyalgia is a long-term condition characterized by pain in the muscles, tendons, ligaments and nerves. Other

symptoms include fatigue, sleep problems, allergies, irritable bowel syndrome, migraines, stiffness, anxiety, depression and problems with short-term memory and concentration.

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Fibromyalgia is a painful, chronic condition which can result in symptoms such as fatigue, pain, insomnia, IBS or depression. But, our bodies are powerful self-generating organisms, and the right foods stimulate healing of the body's systems at a fundamental level.

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As a fellow sufferer of Fibromyalgia Syndrome, I read Christine Craggs-Hinton's first and excellent book 'Living with Fibromyalgia' with great admiration, and eagerly awaited the arrival of its sequel / her second book 'The Fibromyalgia Healing Diet'.

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