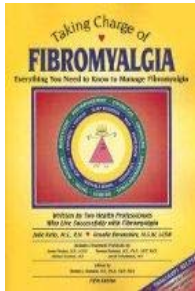
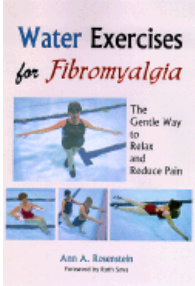


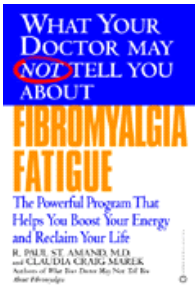
**Sit and be fit. Fibromyalgia workout**  
[videorecording (DVD)]  
with Mary Ann Wilson  
616.74 DSIT  
FMS patients will benefit from the gentle exercise program designed by Mary Ann Wilson, RN to improve posture, breathing and range of motion. Both seated and standing versions of exercises are demonstrated.



**Taking Charge of Fibromyalgia:** Everything You Need to Know to Manage Fibromyalgia  
Julie W. Kelly, Rosalie Devonshire  
616.74 K295T  
This informative book for anyone newly diagnosed with fibromyalgia does not use a lot of medical jargon. Instead, it is easy to understand and offers a wide range of potential treatments.



**Water Exercises for Fibromyalgia:** the gentle way to relax and reduce pain  
by Ann A. Rosenstein  
616.74 R727W  
Includes warm-ups, exercises for flexibility and range of motion, stretches, aerobic exercises, strength training exercises, cool downs and full-body routines.



**What your doctor may not tell you about fibromyalgia fatigue :** the powerful program that helps you boost your energy and reclaim your life  
by R. Paul St. Amand  
616.74 SA24WF  
Chronic fatigue is the common denominator among America's twenty million sufferers of fibromyalgia. The good news is that you can do something to reverse this debilitating exhaustion and feel better sooner than you ever thought .

## WEB SITES

[www.afsafund.org](http://www.afsafund.org)

The American Fibromyalgia Syndrome Association provides links to information on research, education, and patient advocacy.

[www.nlm.nih.gov/medlineplus/fibromyalgia.html](http://www.nlm.nih.gov/medlineplus/fibromyalgia.html)

Sponsored by the National Library of Medicine, this site includes the latest research on fibromyalgia, as well as information about symptoms, diagnosis, and treatment.

[www.ncfsfa.org](http://www.ncfsfa.org)

Definitions, treatment, related diseases, and links to other resources are provided on this site of the National Chronic Fatigue Syndrome and Fibromyalgia Association.

RPL 5/09

Information about

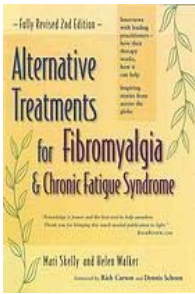
# Fibromyalgia

These sources of information about fibromyalgia are available at the Racine Public Library.

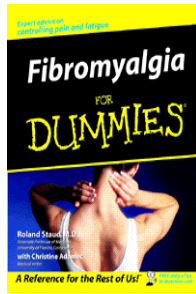


75 Seventh Street  
Racine, WI 53403  
[racinelibrary.info](http://racinelibrary.info)

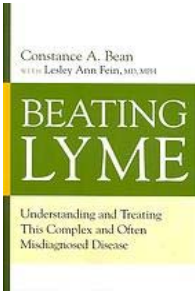
Adult Services Department	262-636-9217
Youth Services Department	262-636-9245
Circulation Department	262-636-9241
Interlibrary Loan	262-636-9299



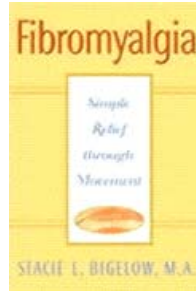
**Alternative treatments for fibromyalgia and chronic fatigue syndrome**  
 Mari Skelly and Helen Walker  
 616.74 SK262A2  
 Dozens of experts in fields ranging from naturopathy, ayurveda, and reflexology, to guided imagery, hypnosis, and guaifenesin therapy, share their knowledge.



**From Fatigued to Fantastic!**  
 by Jacob Teitelbaum  
 616.047 T235FR  
 A leading expert on CFIDS and fibromyalgia offers compelling evidence that these disorders can be treated effectively, and provides the latest scientific research and cutting-edge discoveries as well as sound, compassionate advice on dealing with them.



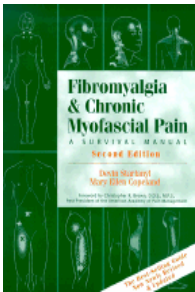
**Beating Lyme** : understanding and treating this complex and often misdiagnosed disease  
 Constance A. Bean with Lesley Ann Fein  
 616.92 B373B  
 Lyme disease remains one of our most elusive and misunderstood illnesses. Frequently misdiagnosed, it may share many symptoms with fibromyalgia.



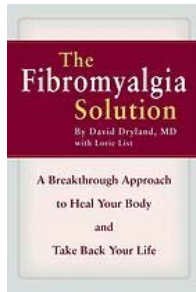
**Fibromyalgia**: simple relief through movement  
 by Stacie L. Bigelow  
 616.74 B481F  
 A motivational health counselor and FMS sufferer herself, Bigelow provides hope to fibromyalgia patients with a simple program designed to help you benefit from the one thing that is known to help—movement.



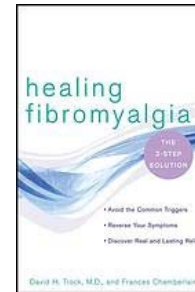
**Good living with Fibromyalgia**  
 by the Arthritis Foundation  
 616.74 G591  
 Contains the latest information on new drugs, alternative treatments, exercise, sleep techniques and more.



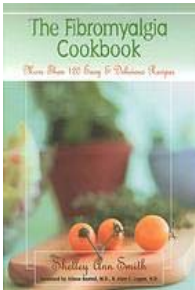
**Fibromyalgia & Chronic Myofascial Pain**: a survival manual  
 by Devin Starlanyl  
 616.74 St28F2  
 Offers proven strategies and self-help techniques, including the latest information on safe, noninvasive and inexpensive new treatments.



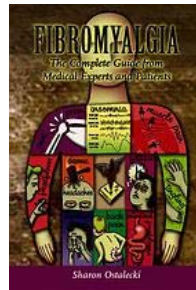
**The Fibromyalgia solution** : a breakthrough approach to heal your body and take back your life  
 David Dryland, with Lorie List  
 616.74 D849F  
 A new treatment by a leading rheumatologist, featuring the little-known off-label use of a widely available medication.



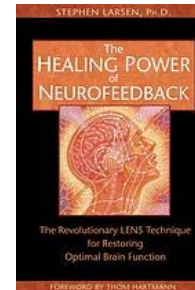
**Healing fibromyalgia** : the three-step solution  
 David H. Trock, Frances Chamberlain  
 616.74 T741  
 Fibromyalgia sufferers have different triggers, different combinations of symptoms, and different routes to successful treatment and healing. This guide helps you find your personal path toward real and lasting relief.



**The Fibromyalgia cookbook**: more than 120 easy and delicious recipes  
 Shelley Ann Smith  
 641.5631 SM511F  
 Healthy food alternatives, including herbs and other natural foods, can help in combating the pain and exhaustion associated with the syndrome.



**Fibromyalgia**: the complete guide from medical experts and patients  
 Sharon Ostalecki  
 616.74 OS72F  
 Practical advice and answers to common questions about this condition to help patients and families achieve a greater understanding of all aspects of dealing with fibromyalgia.



**The healing power of neurofeedback** : the revolutionary LENS technique for restoring optimal brain function  
 Stephen Larsen  
 615.851 L329H  
 Fibromyalgia is one of many conditions which may be aided by neurofeedback.