

FIBROMYALGIA COOKBOOK

A Daily Guide to Become Healthy Again



Revised Edition

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Recovered Fibromyalgia and Chronic Fatigue Sufferer



Did you know there has never been a better time for you to regain your health?

With the current cost of medical care rising, and the lack of insurance coverage, an opportunity has been created like never before in history. Times are scary right now for the average person, but for someone who knows how to capitalize on this current situation, natural health care is like a dream come true. I think anyone with the devastating symptoms brought on by these health related issues can agree that improved health creates freedom, confidence and peace of mind, something we all desire. We all want to be able to enjoy life to its fullest, and there is no easier way to begin that step than by taking the responsibility of our health into our own hands.

Regain Lost Energy and Vitality

No confusing programs, no long shot approach, no stress. The majority of books out there today are difficult to read and understand, and simply do not provide a comprehensive roadmap to succeed. The Fibromyalgia Cookbook is different. Mary Moeller is a recovered fibromyalgia and chronic fatigue sufferer of 27 years, now with over 16 years of living pain and symptom free. The past 16 years has given her the understanding of what it takes to recover and live life to its fullest, pain and symptom free. Mary began her recovery process almost 20 years ago during a time when recovery was unheard of. The combination of real life experience and strategies provide a road map to action for a healthier, more vibrant body.

Improved sleep and symptoms in 30-60 days

You are probably wondering what the catch is. Mary has helped thousands of people live healthier, happier lives. With her program, she lays out a blueprint of how to make healthy changes without adding to an already stretched budget.

Frequently Asked Questions

Q. What makes Mary Moeller's Fibromyalgia Cookbook different from other Fibromyalgia books or programs?

A. Mary's book and program stands out for four reasons:

1. Strategies designed specifically for today's fibromyalgia sufferers – No confusing medical

Terminology, no fluff.

2. **Comprehensive** – A program that covers three aspects for improving health, all in one book that anyone can follow.

3. **Does not take a lot of time** – Mary’s program is designed for someone who is in the depths of symptoms and she has laid out a plan of action which requires little time and effort to follow.

4. **Risk Free** – This program has been touted as a perfect guide for improving health

Q. Do I need medical experience, education or more money?

A. The only thing you need is an open mind and the willingness to **Take Action**. Taking **action** is the key for any goal or desire to be achieved.

Q. How long will it take me to read the book, and how soon will I see results?

A. This book is different from most in that it is an **action** book. Although you may choose to read through it before beginning the daily guide, you can purchase the book and begin the program today! It has been written with the fibromyalgia sufferer in mind, easy to follow, providing a step by step action plan for making healthy lifestyle changes. Although this is a 90 day plan, people who follow the action plans in this book typically will begin to see results in the first 30 days.

Q. What can I expect from this program?

A. The possibilities are endless. Imagine feeling well enough to get out of bed in the morning feeling alive and ready to take on the day! What would your day look like if the fatigue, brain fog, pain were gone? How would it feel to work in your yard, clean your house, enjoy your children or grandchildren by playing a game of ball or golf? These are just a few of the changes others just like you are noticing. All of us who are feeling well again have chosen to take **ACTION** to achieve our goals!

Listen to what others who have followed this program have had to say:

Within six weeks, Richard was about 65% better. He began smiling more and found he had more energy after work to take walks with his wife. Within three months, he was almost completely free of pain, had no depression, was sleeping soundly and feeling rested when he woke in the mornings. Richard was feeling so well, he began building furniture in his garage in the evenings after taking a walk with his wife. Richards return to health was such an inspiration to his wife she decided to make the lifestyle and dietary changes Richard made so she could keep up with him!

Jean took action after purchasing the Fibromyalgia Cookbook by first purchasing a balanced nutritional program and began following the Fibromyalgia Cookbook. Through the 3 month guidance of his book she changed her diet, eating only whole foods that were closest to their natural state, while staying away from processed and sugar filled foods. Over a period of time, her symptoms began to subside, until finally, she was once again able to walk, eventually regaining her health, becoming completely free of symptoms.

Darlene, a former biker found herself unable to work or care for her house as her fibromyalgia progressed, eventually consuming her life. After purchasing the Fibromyalgia cookbook and beginning the program, Darlene's symptoms began to improve. By summer, a mere 5 months after beginning her healing journey, her body had healed and she was no longer having any symptoms. That was almost three years ago. Darlene continues to maintain her health and has had no problems with her fibromyalgia and chronic fatigue syndrome. She also continues to eat those foods and nutritional supplements she knows will help her body to remain healthy and strong.

I am 39 years old and was diagnosed with fibromyalgia in 1987. Since then it has been a struggle to carry on with life. As of today, I feel like a different person! No more headaches or sinus problems! Muscle weakness and the muscles in my back are the main things that still bother me, but I know they will improve over time. I feel that I am finally on the road to being a "normal" happy person without all of this constant pain dragging me down daily. Mary, thank you again for all of the helpful information you gave to many others and me that day. It has really changed my life in such a short time. Take Care.

I'm writing to say thank you. I have changed my diet completely and have been eating primarily fresh fruits and vegetables, whole grains and fish. I was willing to make any changes to feel well again, but no one seemed to have answers. I'm sleeping better and have been alert with NO fatigue for a week. I pray that it continues and have passed on your methods to others I know. Most importantly, I'm regaining my self-confidence. I now feel that I am finally on the road to total recovery and I simply can't thank you enough. With Gratitude, Jeanine

I want to let you know about my progress. Since following this new lifestyle of no white flour, sugar, caffeine, pop, drugs etc. for 1 ½ years, I have my life back. Although, I barely remember living without pain of some kind my entire life. As a teacher, I have more energy and patience than I can ever remember. As parent I've been able to help my adult children move into different homes without being totally exhausted. And, as a wife, I've found my sense of humor along with the energy to feel like doing things. When we go somewhere my first thought isn't how tired I'll be because of what we're doing. Once again I need to thank you for all you have done. I still get emotional when I think about how I used to live and what my life is like now. Thanks to you I have a life. Thanks again, Muriel

My wife and I attended your meeting and had some real eye openers for me as her husband. I was amazed at all who attended, and when you would call out the symptoms of fibromyalgia, I was again overwhelmed at the response. The same with the candida. My wife was a classic case, I thought you read her doctors charts. So many of the things that these precious women and few men have been experiencing really touched my heart. For so long, I thought my wife was lazy and just wanted us to do everything for her. I found out how wrong I was. After our 18 years of marriage and not knowing the things I now know, I was at a giving up point. I found I had so much to work through in my own selfish attitude. I wanted to let you know that your seminar really helped me, and helped put my wife and I back on the same web page in our marriage. I know that the Lord is using you to do this, and it is Him who is doing the healing along with the great advice. My wife is doing extremely well, we are (that is my two sons and I) are so very proud of her. We thought at one point we were going to lose her, she dropped from a size 16 to a now 8. But she looks great! Please do me a favor, emphasize to the other men who may be struggling in their marriage over this quality robbing condition, there is hope. Thank you to you and your husband, and the countless who help you in this very vital mission. Sincerely, Robert M

I am getting stronger all the time and some of my symptoms are completely gone. I have no problems falling asleep and generally sleep all night or wakes up once and then go back to sleep. When I was at my worst, I didn't sleep at all. I took sleeping pills for over a year. My brain is also working again. What a relief! Now, I still struggle with pain and fatigue, but the fatigue is improving significantly also. I want to help others and I think it will help me as well. Thanks again. Jeane