

# Fibromyalgia & Chronic Myofascial Pain

## Contents

	Acknowledgments	iv
	Foreword	xi
	Introduction	1
Chapter 1	Fibromyalgia 101: A disturbance in the Force	5
Chapter 2	Myofascia 101: What it Is, What it Does, And What You Need to Know	17
Chapter 3	One Little, Two Little, Three Little Trigger Points	23
Chapter 4	Fibromyalgia and Chronic Myofascial Pain: The Double Whammy	31
Chapter 5	The Lymph System and the Immune Connection	37
Chapter 6	Coexisting Conditions: Not Diagnoses of Exclusion	41
Chapter 7	Initiating, Aggravating, and Perpetuating Factors	51
Chapter 8	Signs and Symptoms	71
Chapter 9	Chronic Pain	111
Chapter 10	Sleep and Fatigue	119
Chapter 11	Gender Issues	120
Chapter 12	Age-Related Issues: Infants to Seniors	143
Chapter 13	Life Crises: Preparation, Prevention, and Management	153
Chapter 14	Taking Control: Dancing with Dragons	159
Chapter 15	New Research	167
Chapter 16	Wellness Recovery Action Planning	183
Chapter 17	Fibrofog and Other Cognitive Deficits	199
Chapter 18	Positive Change	209
Chapter 19	Bodywork: Regaining Function	217
Chapter 20	Mindwork	241
Chapter 21	Medications	257
Chapter 22	Complementary Medicine	277
Chapter 23	Nutrition: You Are What You Eat – Don't Be a Twinkie	293
Chapter 24	Your Healing Team	307
Chapter 25	Support Structures	321

Chapter 26	At Work and at Home: Making Your Life Easier	335
Chapter 27	Ability and Disability	343
Chapter 28	Opening Doors	365
Appendix A	Resources	375
Appendix B	Reading List	379
Appendix C	Medical Care Providers' Reading List	381
	Index	385