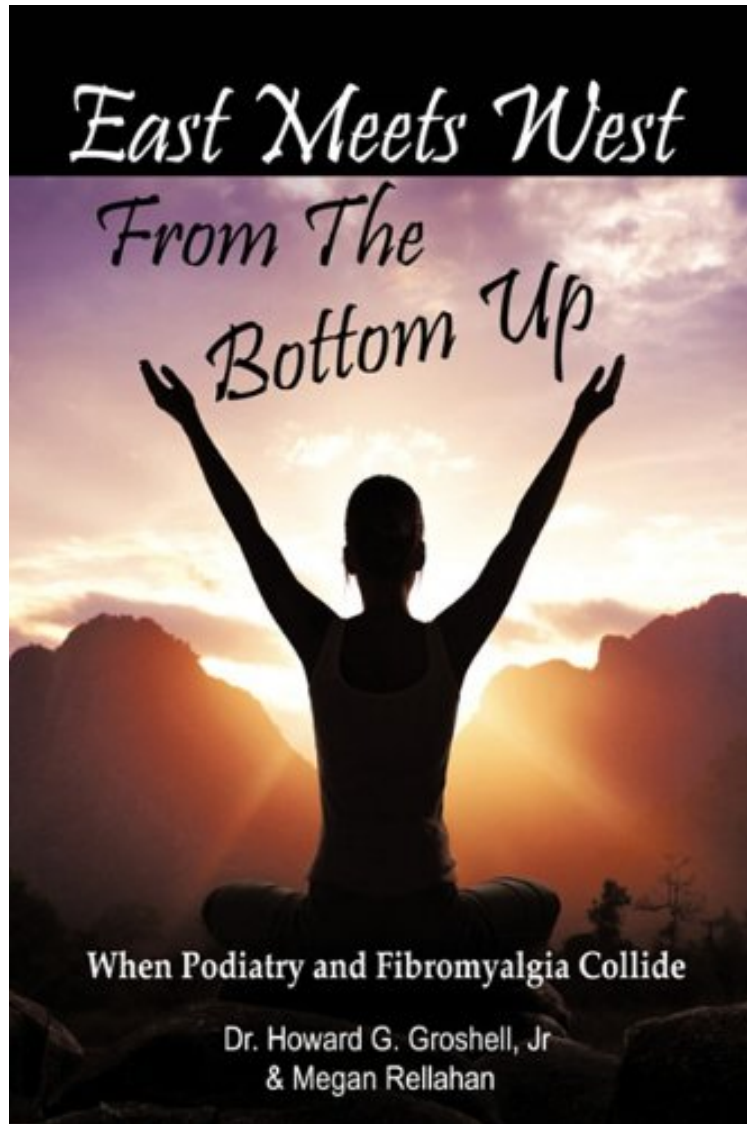


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## East Meets West From The Bottom Up: When Podiatry and Fibromyalgia Collide

*Dr. Howard G. Groshell Jr., Megan Rellahan*  
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**Dr. Howard G. Groshell Jr., Megan Rellahan : East Meets West From The Bottom Up: When Podiatry and Fibromyalgia Collide** before purchasing it in order to gage whether or not it would be worth my time, and all praised East Meets West From The Bottom Up: When Podiatry and Fibromyalgia Collide:

8 of 9 people found the following review helpful. What a phony! Don't waste your money!By MaryAnnI purchased this book because I was recently diagnosed with Fibromyalgia and suffer a lot of foot pain. I was so excited to finally

find a book that addresses the feet. Well, I got the book, read it from cover to cover, and it was such a sham! I don't even want to give it any stars, but the rating system requires at least one. Here is what I found wrong with this book: 1. It was very difficult to read and follow what he was trying to say. I even took it to my PT and she in all her years of knowledge and wisdom could not decipher what he was saying. 2. The charts were very poor quality - tiny print, blurry, confusing. 3. He poorly describes some of his "methods" and if you want a more comprehensive description you need spend MORE money to BUY the online video (which I suspect is just as confusing as the book). 4. Yet another medical "professional" trying to make a buck off of unsuspecting and suffering people. My advice if you have Fibromyalgia: 1. Find a good team of medical providers such as a PT who is skilled at soft tissue manipulation/massage and biofeedback, and a good neurologist, rheumatologist, therapist, PCP, and a podiatrist that are all knowledgeable in the area of Fibromyalgia. 2. Go on an elimination diet to see what might be triggering inflammation (my case it is dairy and gluten) and stay off of those offending foods. 3. Read up on supplements and what basic supplements might be helpful for Fibromyalgia. 4. Work on proper body alignment with your PT and podiatrist. 5. Get in the pool - take a class which incorporates range of motion exercises and stretches. 6. Have your PT give you stretching exercises that you can do at home. 7. I have heard yoga helps too, I just haven't tried that yet. 8. Make sure you do not have any sleep disturbance issues. Go to a sleep medicine doctor and have a sleep study done if necessary. 9. Don't be afraid to take medication for your pain and for your depression. 10. Fire any doctor that suggests that it is all in your head or that tells you, "There is nothing more I can do for you". I did, twice! Younger doctors seem to be more aware of Fibromyalgia and the realness of it. You really can feel better! I had all but given up until I found a doctor who would listen and believed me. I am implementing these things and feel 80% better!!! 1 of 1 people found the following review helpful. Dr. Groshell is a miracle worker! By edroseh I am 65 years old and suffered from "over 10" pain for quite a few years. No one could diagnose it, other than to call it "fibromyalgia". Going to other doctors meant that another prescription drug was my only option to control the pain. I tried pain patches and other medications but the pain kept coming back... Dr. Groshell practices Podiatry near my home so I decided to go to him for an evaluation... He greatly diminished my fibromyalgia pain with custom shoe inserts and taught me how to micro-manipulate my own feet to relieve pain without medications! God bless you, Dr. Groshell! I cannot recommend his book enough! For those of us he can help, his book will teach you how to live a pain-free life! 1 of 1 people found the following review helpful. A Blessing for those with Fibromyalgia By Elisabeth Peterson I have read this book cover to cover and have been performing the foot manipulations for a little over one week. I have been receiving tremendous relief. I would recommend this book to anyone suffering from fibromyalgia. Thank you Dr. Groshell for sharing this knowledge.

The must-have book on fibromyalgia with a new and never before released correlation between podiatry and fibromyalgia syndrome. In East Meets West From the Bottom Up, a podiatrist takes us on his wild ride that led to medical findings which change the course of Western medicine. Most importantly, he gives fibromyalgia sufferers another solution that lasts...