

## BOOK REVIEWS

### Fibromyalgia Basics: A Begnner's Guide

by Pati Chandler

**Judith Hizer**

**South Bend Tribune, IN Michiana, May 2011**

In her book, "Fibromyalgia Basics," author Pati Chandler offers a simple-to-understand primer from a layperson's perspective. As one of about 12 million Americans with this arthritis-related condition, Chandler shares numerous years of knowledge and research.

Chandler begins her book with firsthand experience of the odd amalgamation of symptoms that make up this syndrome and the difficulty of diagnosis that fibromyalgia sufferers know all too well. But far from being a pity party, the book offers a light at the end of the tunnel.

For the newly diagnosed, the over-medicated, or those who've just not kept up-to-date on the research, "Fibromyalgia Basics" shares immense insights that can help those with fibromyalgia regain control of their lives. Chandler explains fibro triggers and tells about alternative and complementary therapies and herbal and nutritional supplements that can ease suffering, often drug-free. Suggested lifestyle changes such as pacing oneself, exercise, and sleep and dietary habits further assist the reader in limiting fibromyalgia triggers.

Chandler packs a lot of information and hope for fibromyalgia patients in just 141 pages. The 15 pages of endnotes direct readers to additional information and support.

"Fibromyalgia Basics" is available in print or e-book at [www.Tatepublishing.com/bookstore](http://www.Tatepublishing.com/bookstore) and at her website. There is a *free* downloadable audio book inside this book. For more information contact Pati through her website at [www.ManagingFibromyalgia.com](http://www.ManagingFibromyalgia.com) or e-mail her at [PatiChandler@Yahoo.com](mailto:PatiChandler@Yahoo.com).

### ***Reviewed By Joy H. for Readers Favorite.com***

This book is a Beginner's Guide to Fibromyalgia and will help those who have just been diagnosed with the disease or those who think they might have the disease. It is estimated that there are twelve million sufferers of this disease, but if you're not one of these, chances are you will know someone who is affected by it.

Fibromyalgia is not a disease that can be diagnosed easily as some diseases, nor is there any one treatment that will work on all people suffering with it. Symptoms may vary with each person, as well as the treatments. And the cause of fibromyalgia is unknown. Pati Chandler has written this little guide book to let you know what Fibromyalgia is, to help the symptoms, how to get medical help, what to tell your doctor, and the medicine given. She also describes the aggravators, and what to do to help calm them down. She gives you a lot of resources to research Fibromyalgia to find out what will work for you. And then she tells the story of having Fibromyalgia.

This is a great book for those just diagnosed with Fibromyalgia. I chose this book to review because I have Fibromyalgia, and wanted to learn more about it. The book is chunked full of helpful information. With each chapter she breaks it down into the dos and don'ts, treatments and medications, and things to try and see what works for you.

There are several things I really like about the book. One is the author's research, enabling us to have a wealth of information and resources at our fingertips. I like the Bountiful Resources chapter near the end. She breaks down research categories and gives websites for each, explains what you'll find in each, and

the doctors and people associated with the website. She also has a list of books and videos that are helpful.

And another thing that helped me was the chapter on her journey with Fibromyalgia. It made me realize that I am not alone in my journey, and the things I feel are real, not something I imagine, like so many people think.

The last thing I like is the chapter on End Notes. In this chapter she takes each chapter in the book and gives websites for everything she talks about in each chapter.

In this small book, she has made it possible for people like me with Fibromyalgia to find anything I need, all from this one little book. I just can't say enough about it! "

**Reviews for Managing Fibromyalgia – Getting to know your Aggravators, by Pati Chandler**

***The Midwest Book Reviews***

***James A. Cox, Editor-in-Chief***

Fibromyalgia is reaching epidemic proportions in America, leaving many folks in pain. "Managing Fibromyalgia: Getting to Know Your Aggravators" is guide for sufferers in combating their disorder and minimizing its effect on their everyday lives. Talking straight and avoiding the complicated medical language that baffles so many, "Managing Fibromyalgia" is a must for anyone who is a sufferer or as a gift for one.

Available in both hardback and soft cover.

**—Jane Oelke, ND, PhD.,**

Author of "Natural Choices for Fibromyalgia"

"Managing Fibromyalgia" provides very practical techniques for people with fibromyalgia to take charge of their health. By listing the common aggravators that cause pain to increase, and nutritional suggestions that make pain lessen, those who help others with fibromyalgia can provide real support. I really appreciate the energy Pati Chandler put into her book for everyone to read.

**---Artie Estridge**

Educator, Department Chair

Pati Chandler's book *Managing Fibromyalgia- Getting to know your aggravators* offers jargon-free insight into an often baffling autoimmune disease. Her in-depth research and personal connections afford sufferers alternatives for treating this elusive disease from an empathetic perspective only a fellow sufferer could provide. I have suffered from Rheumatoid Arthritis for years. I had not realized that RA sufferers along with sufferers of other autoimmune diseases had a greater chance of developing fibromyalgia until I read the research provided by Ms. Chandler. In fact, I already suffer from some of the same symptoms. This small but mighty book will be my guide should I develop fibromyalgia, and it is crucial reading for those who currently suffer from the disease.

**--Marian Whitten**

Niles, Michigan

My doctor gave this book to me. He gave all his fibromyalgia patients a free copy of this book. He said every fibromyalgia patient should read this book. I agree. I found wonderful life style suggestions that have already made a difference. The book deals with the body, mind and spirit as well as the latest medical treatments available. Both can be compatible depending on each patient.

**--Vickie Bayer**

Elkhart, Indiana

Finally a book that I can understand!!

Thank you Pati for writing a book that is easy to understand! As I was reading your book I felt as though we were sitting across from each other having a live conversation. I appreciate the time you spent in

researching the condition in order to help others. Your book is very helpful as I try to manage my own Fibromyalgia daily. *Managing Fibromyalgia- Getting to know your Aggravators* by Pati Chandler

**---Su Martin**

Indiana

Thank-you, Thank-you Pati Chandler!!!!,

Thank-you for this well researched, fact-filled book. You have answered many of my questions and have helped me become a better advocate for my own condition. I am armed with information to present to my doctors now. Very well written and easy to understand.

**--Kate**

Pueblo, Colorado

Dear Ms. Chandler,

I wanted to let you know of my appreciation for your writing "Managing Fibromyalgia." The book gave one of the best descriptions of how it feels to have fibro that I have seen. Some of my family members are going to read it so they can get a better understanding. Your book was easy to read, contained good management ideas, included helpful resources and was real. No medical jargon to stumble over, and not authored by someone who is only familiar with fibro from a clinical standpoint.

I don't know how you were able to write a book while dealing with fibro, but I'm glad you did.

I was diagnosed in Oct. '07 and have been learning and re-learning how to take care of myself.

Sometimes I forget some of the self-nurturing techniques- but then my body reminds me. Thanks again and best wishes for good health!

**--A. Estridge**

Bristol, IN

Managing Fibromyalgia- for those who are looking for options of treating this baffling disease! My sister-in-law suffered terribly for years with intense pain and loss of energy. She discovered she had Fibromyalgia. This was the first time I had heard of this disease. Ms. Chandler's coverage of treatment options is comprehensive yet precise...and most of these options are simple! Her discussion of the research on the benefits of Omega 3 is helpful. I learned a great deal about Fibromyalgia and its treatment, and I can't wait to share this with my sister-in-law! I recommend this book to all who are looking for a book that is reasonably priced and of manageable length...and one that avoids complicated language! Managing Fibromyalgia...Ms. Chandler, thank you. October 15, 2008.

Thank you for providing a realistic guide for those who suffer from Fibromyalgia. Your years of research are a benefit to those who would like to be informed about this devastating disease. I have recommended this book to all I've met who are looking for options in dealing with the disease and who do not want to wade through obtrusive medical terminology in order to gain knowledge of treatment options. I know options for treatment are expanding, and I look forward to a second edition...I know you will seek out the most recent updates. Thank you, again! *Managing Fibromyalgia- Getting to know your Aggravators* by Pati Chandler 3

## **Mishawaka Press Book Review**

Erin E. Schmidt, staff reporter, November 2008

I have known at least one person with fibromyalgia, and I've seen the chaos it can wreak on the lives of the sufferer and those around him or her. Until I read ***Managing Fibromyalgia- Getting to Know Your Aggravators*** by Pati Chandler of Mishawaka (Treble Heart Books, 2008), I didn't really understand what fibromyalgia was, or how difficult it is to diagnose.

These facts are presented in Part I of ***Managing Fibromyalgia***. Parts II and III list the many, many factors that are known or suspected to aggravate fibromyalgia, and offer practical suggestions on what the sufferer can do to feel better. Although the book is slim and can be read in a few sittings, the sheer amount of research that went into this volume makes it indispensable for anyone who has been diagnosed with fibromyalgia. Friends and family of those with fibromyalgia will also find the book tremendously informative.

Besides all the research she has done on the topic, Pati Chandler knows of which she writes from personal experience. She was diagnosed with fibromyalgia ten years ago. She shares the techniques that have worked in her life in the appendix to this book. Her experience will be extremely helpful if you are dealing with this medical condition in your own life.

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