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FOR IMMEDIATE RELEASE

New Book Offers Scientifically-Backed Method to Self-Diagnose and Reverse Fibromyalgia in 21 Days

December 15, 2016 – Most doctors are inadequately trained to diagnose and treat fibromyalgia, leaving tens of millions of Americans suffering unnecessarily. *The Fibro Fix* distills 25 years of clinical and academic experience in successfully reversing fibromyalgia, empowering patients to take back their health.

Fairfield, CT – Of the 100 million Americans with chronic pain, over 30 million have fibromyalgia. Many with fibromyalgia are misdiagnosed as having another pain-related condition, and vice versa, because doctors across the board have been poorly educated on the topic. An improper diagnosis, of course, leads to improper and ineffective treatments. Meanwhile, even with an accurate fibromyalgia diagnosis, doctors remain ill-equipped to offer solutions, given the lack of proper medical training and the limited benefit of currently available medication to treat fibromyalgia. All told, tens of millions of Americans suffer unnecessarily from debilitating chronic pain and fatigue, with no relief in sight.

Early on in his career, Dr. David Brady recognized the training gap and its devastating impact on patients. Having witnessed his mother suffer at the hands of doctors, while churning through the wringer of the medical system, Dr. Brady empathized personally and deeply with fibromyalgia patients, who frequently were told the disease was “all in their heads,” simply because doctors could not figure out what was wrong or how to fix it. Dr. Brady subsequently devoted his life to researching the existing body of medical literature about chronic pain in general and fibromyalgia in particular. He then applied this knowledge to successfully reversing fibromyalgia in thousands of his patients.

With doctoral degrees in naturopathic medicine and chiropractic, board certifications in clinical nutrition, and advanced training in integrative and functional medicine, Dr. Brady is uniquely qualified to parcel out what is in fact fibromyalgia and what is another condition that presents with similar symptoms. In addition, he is well-versed in the tools for reversing each condition – including biochemical interventions with both pharmaceutical and natural medicines, metabolic detoxification, stress relief, dietary modifications, movement, and other lifestyle modifications that empower patients to be in the driver’s seat of their own health.

In *The Fibro Fix*, Dr. Brady brings this wealth of knowledge directly to patients, guiding readers on identifying, treating, and eliminating the root cause of their pain and fatigue, in as little as 21 days. The book is both informative and interactive, featuring questionnaires, activity charts, healthy recipes, safe movement and exercise instructions, stress management techniques, and more. In addition, because it is divided into four “buckets” of chronic pain causes and solutions (1 fibro, 3 non-fibro), the book is easy to follow and understand, as it helps readers regain their strength, energy, and hope for a pain-free future.

Book Endorsements:

The Fibro Fix distills Dr. Brady's decades of experience treating fibromyalgia into an easy-to-follow plan that gets results. Finally, readers will have an answer for their chronic pain and debilitating exhaustion, and a proven way to start feeling better quickly. – Amy Myers, MD, *New York Times* bestselling author of *The Autoimmune Solution*

The Fibro Fix offers the first effective and integrative approach for dealing with fibromyalgia, an incredibly pervasive and often debilitating disorder. This powerful book wonderfully supplants the inadequacies of a drug-centered, symptom-focused approach, by providing a comprehensive program that addresses fibromyalgia's underlying causes. – David Perlmutter, MD, Author, #1 *New York Times* bestselling author of *Grain Brain* and *Brain Maker*

Dr. David Brady approaches the topic of fibromyalgia care with knowledge that is both broad and deep; careful consideration of evidence; a fierce commitment to helping patients; a bounty of compassion; and a holistic perspective. His approach is as full of empowerment and hope as it is well-informed by science. Guidance in this challenging area doesn't come any better than this. – David L. Katz, MD, MPH, Director, Yale University's Prevention Research Center, bestselling author of *Disease Proof* and *The Flavor Point Diet*.

About Dr. David Brady

Dr. David Brady, a foremost authority on properly diagnosing and treating fibromyalgia, has been featured in top popular media including *ELLE* and NPR; has published in leading peer-reviewed medical journals including *Open Journal of Rheumatology and Autoimmune Disease* and *Integrative Medicine: A Clinician's Journal*; has published chapters on fibromyalgia in definitive medical textbooks including *Advancing Medicine with Food and Nutrients* and *Integrative Gastroenterology*; and has presented at prestigious medical conferences including the Annual Symposium of Functional Medicine and the Integrative Healthcare Symposium. In private practice at Whole Body Medicine in Fairfield, CT, Dr. Brady additionally is the VP of Health Sciences and the Director of the Human Nutrition Institute at the University of Bridgeport, as well as the Chief Medical Officer of Designs for Health, Inc. and of Diagnostic Solutions Laboratory, LLC. Having witnessed his own mother suffer through the wringer of the medical system, Dr. Brady is uniquely passionate not only as a doctor but also as a patient advocate, ensuring that patients receive compassionate care and meaningful results. For more information, visit FibroFix.com and DrDavidBrady.com, or contact Loolwa Khazzoom at 916-546-8238.

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