

The FMAH Store

All information is presented for informational purposes only and reflects the views of the authors.

Books

The Art of Body Maintenance: Winners' Guide to Pain Relief by Hal Blatman, MD and Berad Ekvall, BFA. Use this guide to better understand your body and manage your pain.

The FM Help Book, Jenny Fransen, R.N., and I. Jon Russell, M.D., Ph.D. Provides many practical ways to cope with FM, including how to improve sleep, develop an exercise program, and manage flare-ups. Excellent resource for patients and professionals.

The Complete Idiot's Guide to Fibromyalgia by Lynne Matallana with Laurence Bradley, Ph.D., Stuart Silverman, M.D., and Muhammad Yunus, M.D. This book will show you how to create a plan to combat symptoms, work with health care professionals and garner support from family and friends. The author is a featured speaker at our Sept. 30, 2006 conference.

Videos

Strength Through Movement – Get moving with FMAH's latest movement video featuring real Fibromyalgia patients. This DVD focuses on increasing flexibility and relaxation while reducing stress. Narrated by fitness professional Leslee A. Cross, M.S., this video will get you moving!

"Piecing Together A World with Hope" FMAH Conference September 30, 2006 – Missed the conference? Well, this two-DVD set is just what you need. Sorry, not available in VHS.

Weird Celiac Disease – It Could Be You, Janet Rinehart, Chairman of the Houston Celiac Support Group, January 2006. Many FM patients have irritable bowel syndrome, but could it really be celiac sprue disease?

Loving and Caring for Yourself, Mary Jo Rapini, LPC, Living with a chronic illness affects your sexuality, relationships and how you view yourself. Mary Jo's frankness and sense of humor will keep you laughing as you learn new ways of thinking about yourself.

Advances in TMJ Treatment, Charles Hoopingarner, D.D.S. Many FM patients also have jaw pain. Find out how it can be treated with the latest technologies.

Fibro-What? A Hypnosis Approach, Michael Schuman, C.Ht. Schuman has a special interest in medical hypnotherapy. Learn how hypnosis works and how it can help relieve your pain.

Changes in Social Security Disability, Robert Hardy, Attorney, June, 2006. Mr. Hardy is an expert in Social Security Disability law. He explains the current procedure for applying for disability and also discusses upcoming changes.

Miscellaneous

Lapel Pin. NEW! Our logo is now a lapel pin. In full color, it reads "Piecing Together a World With Hope" and shows the puzzle pieces of research, education, support, and vision. It's a great way to spread the word about FMAH and Fibromyalgia.

Free Kroger Card. Do you shop at Kroger? Each time you check out, hand your Kroger Share Card to the cashier and we'll receive a donation of 1% of your purchase. Send us an SASE, and we'll be happy to send you as many as you need.

The Fibromyalgia Connection. Newsletter published by The Fibromyalgia Association of Houston. Free to Texas residents; others may view it free of charge on our Web site or send \$10/year for three issues.

FMAH Store Order Form

	Quantity	Price	Total
Books:			
<i>The Art of Body Maintenance: Winners' Guide to Pain Relief</i>	_____	\$32.00	\$_____
<i>The FM Help Book</i>	_____	\$22.00	\$_____
<i>The Complete Idiot's Guide to Fibromyalgia</i>	_____	\$21.00	\$_____
Videos:			
"Piecing Together A World with Hope" FMAH Conference September 30, 2006	_____	\$25.00	\$_____
Strength Through Movement	_____	\$17.00	\$_____
<i>Weird Celiac Disease-It Could Be You</i>	_____	\$10.00	\$_____
<i>Loving and Caring for Yourself</i>	_____	\$10.00	\$_____
<i>Laboratory Marker for FMS</i>	_____	\$10.00	\$_____
<i>Advances in TMJ Treatment</i>	_____	\$10.00	\$_____
<i>Fibro-What? A Hypnosis Approach</i>	_____	\$10.00	\$_____
<i>Changes in Social Security Disability</i>	_____	\$10.00	\$_____

Miscellaneous:

Lapel Pin _____ \$5.75 \$_____



Kroger Card _____ FREE + SASE \$_____

The Fibromyalgia Connection \$10.00 \$_____

Free to Texas residents. Out-of-state subscriptions: \$10/three issues.

FMAH T-Shirts

Help raise FM awareness! The front of the T-shirt tells who we are, and the back shows the main symptoms of FM. A picture is worth a thousand words, and this T-shirt can help explain FM for you.



(circle size): S, M, L, XL, 2XL, 3XL

_____ \$18.00 \$_____

Donation: \$_____

Total: \$_____

Prices include shipping.

Method of Payment (please check one): MasterCard () Visa () Check or Money Order (). Make payable to: FMAH, P.O. Box 2174, Bellaire, TX 77402. For questions, e-mail FMAHouston@yahoo.com or call the Information Line at 713-664-0180.

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