

foreword

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Looking back, it almost seems like a past-life regression to remember my days and nights in the emergency room. After finishing my residency in Detroit, I spent most of the next twenty years of my medical career as an ER physician at various locations around the country, including stints on the faculties of Harvard University School of Medicine, Brown University School of Medicine, and – where I currently find myself as assistant professor – University of Alabama at Birmingham School of Medicine.

So many times, in those emergency rooms, especially in the middle of the night, when I had a moment to escape from the chaos, it occurred to me that many of the sick and miserable people in their moments of crisis did not have to be there if they just had a good wellness doctor to take care of them and guide them down the path of wellness. Perhaps because of these very thoughts, my professional pendulum has swung to the far other end of the spectrum, and for the past six years, I have been completely dedicated to integrative medicine and the practice of wellness medicine.

One of my first and most lasting influences in this new phase of my career was my discovery of Dr. Rodger Murphree's excellent book *Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome*. In many ways, this book was transformative for me. Without a doubt, it changed the way I practice medicine. I still have my original copy, with many underlined, highlighted, and dog-eared pages. I keep this copy in my office right beside my chair where I see my patients, and I refer to it frequently as a resource to help my patients with fatigue and fibromyalgia understand their disease, and to show them the path of recovery.

Over the many years of my career, I have seen and heard the spectrum of opinions on fibromyalgia. Many providers don't understand it, and some medical professionals (doctors and nurses) don't think it exists. Others are quick to assume that anyone who claims that they have "fibro" is "drug seeking."

Even for those doctors who believe in it, it's the last thing that they want to see. Mainly because these patients take so much time to deal with, a commodity which doctors rarely have these days, and because they are frankly not properly trained to manage these patients. However, Dr. Murphree has taught me to embrace this disease, and he has given me the tools to deal with it. His book lays out a straightforward, step-by-step plan for doctors and patients alike to turn the ship around, get their energy back, and stop living a life of constant pain. After reading Dr. Murphree's book and applying his therapeutic approach to thousands of patients, I can testify that the vast majority of patients get much better with Dr. Murphree's approach, and for many, the results are miraculous.

I have learned in my practice of integrative medicine that millions of Americans suffer with fatigue and fibromyalgia. This disease drastically affects their lives, their jobs, and their families. They can't be the person they want to be, the parent they want to be, or the spouse they want to be. Sadly, these people often slip through the cracks of traditional medicine, which doesn't understand them, often can't help them, and sometimes doesn't believe them. I can testify from my practice that Dr. Rodger Murphree, through his book *Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome*, gives these people realistic hope of a brighter future.

If you or your loved one has fatigue or fibro, or if you are a medical provider who treats these people, then this book should be an indispensable part of your medical library. Get it, and read it!