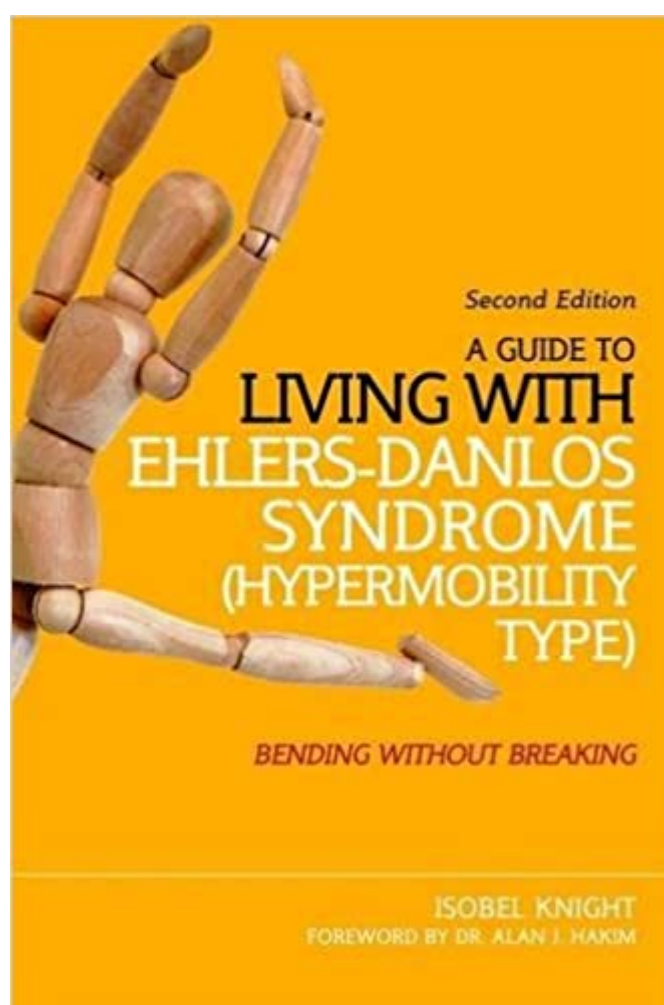


The book was found

# A Guide To Living With Ehlers-Danlos Syndrome (Hypermobility Type): Bending Without Breaking (2nd Edition)



## Synopsis

Covering everything from recognising symptoms and obtaining initial diagnosis to living with the condition on a daily basis, this complete guide to living with and managing Ehlers-Danlos Syndrome (Hypermobility Type - formerly known as Type III) has been revised and fully-updated in this accessible new edition. The author, who has the condition, looks at how it affects children and adolescents and explores pain management, pregnancy, physical and psychological aspects, and how it widely affects dancers and other performance artists. New material includes: changes in terminology information on how osteopathy and nutrition can help psychological approaches beyond CBT how to deal with professionals what to expect from support groups and rehabilitation programmes This new edition will be a must for anybody who suffers, or suspects they might be suffering from, Ehlers-Danlos Syndrome (Hypermobility Type) and provides everything needed to enjoy a fulfilling life with this complex condition. It will also be of interest to their families and friends, and professionals working with Hypermobility Type EDS.

## Book Information

Paperback: 312 pages

Publisher: Singing Dragon; 2 edition (December 21, 2014)

Language: English

ISBN-10: 1848192312

ISBN-13: 978-1848192317

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #595,326 in Books (See Top 100 in Books) #106 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Rheumatology](#) #163 in [Books > Medical Books > Medicine > Internal Medicine > Rheumatology](#) #231 in [Books > Textbooks > Medicine & Health Sciences > Administration & Policy > Hospital Administration & Care](#)

## Customer Reviews

Without having to worry about medical jargon, this is a book for anyone (layperson or professional) who wants to understand the personal impact of, and wants to be up to date with the clinical presentation and management of Ehlers-Danlos Syndrome - Hypermobility Type. --from the foreword by Dr Alan J. Hakim MA FRCP, Consultant Rheumatologist and Acute Physician, Barts Health NHS Trust and Board Non-executive, CWHHE Clinical Commissioning Collaborative, North

West London

Without having to worry about medical jargon, this is a book for anyone (layperson or professional) who wants to understand the personal impact of, and wants to be up to date with the clinical presentation and management of Ehlers-Danlos Syndrome - Hypermobility Type. (from the foreword by Dr Alan J. Hakim MA FRCP, Consultant Rheumatologist and Acute Physician, Barts Health NHS Trust and Board Non-executive, CWHHE Clinical Commissioning Collaborative, North West London)

Newly diagnosed and this book is giving me insight to facing this challenge.

very informative, really helps to navigate this rare illness

Excellent info

PLEASE FIND A BOOK BY A MEDICAL AUTHORITY TO LEARN ABOUT EDS! This has to be one of the dumbest books that I have ever had the displeasure of reading. NOT A GUIDE TO LIVING WITH EDS!!!! It's a story from some woman who thinks that she is an expert on EDS. This whole book seems to be devoted to the author's poetry and person stories. If you don't know anything about EDS, then maybe up to chapter 8 would be useful, but again IF YOU HAD NO KNOWLEDGE OF EDS. Most of us have a lot of knowledge, before we start looking for books to read. This book is not the most accurate, so please FIND SOMETHING ELSE. The author chooses instead of giving information about associated conditions, to talk about her experiences with the conditions. This is not a GUIDE!! DO NOT LISTEN TO THIS WOMAN ABOUT STRETCHING!!!!!! If you speak with your (educated) rheumatologist, they will tell yoga (and most will also include pilates) should be avoided. This woman advocates pilates for EDS people. She also talks about circuit training----running stairs?! EDS people should not be doing any exercises that put strain on your joints. Exercises for EDS people need to be for strengthening muscles, without putting strain (or as little strain as possible more accurately). These exercises may include swimming (avoid over the head work especially if you had difficulties with your shoulders), walking, and perhaps light cardio, such as using ellipticals. Speak with a doctor, not this quack who has obviously not done any real research. LIGHT weight training is also recommended. Ballet is TERRIBLE for EDS. For correcting posture and learning sense of your body, yes, BUT NOT AS PUTTING STRAIN ON JOINTS!!! You

go to a physical therapist, not a ballet instructor to fix these issues. Her desire to blame everything on EDS is out of control. Trying to blame EDS for cognitive problems, without recognizing that depression and fatigue can cause the cognitive problems . . . she really has no idea what she is talking about.

Having recently been diagnosed with EDS I found great comfort and help in this book by someone who herself has the syndrome. It was encouraging and full of great information and advice. There may be other more helpful books out there but I ended up buying this after first reading it through an interlibrary loan. The only point worth making is that the author is British and terminology and treatment approaches are somewhat different there. However, that does not diminish the content of the book concerning EDS and I actually appreciated learning what England has to offer those afflicted with this. My son shows signs of EDS and I am planning on passing this on to him once my husband reads it and I reread it.

This book, while having a lot of good information, and even including facts about the relationship between hormones and EDS that I wasn't aware of, still doesn't quite present a full, organized picture of EDS, and its treatment. While there are a lot of suggestions for potential therapies that might help with pain, fatigue, or mental health, most of the recommendations seem to be based in either the author's personal experience or in anecdotal recommendations by people she knows. While presenting case studies and true life experiences with the elements being reviewed in the book is interesting, and usually helpful, I feel that this book is too slanted to the author's personal experience, rather than an objective review of the syndrome and proven therapies and treatments. Most people with EDS are not dancers, and this book has dancing liberally sprinkled throughout - almost like Dancing with EDS was the book the author really wanted to write. Also, much of what she says regarding healthcare and support systems only applies in the UK, which isn't very helpful for readers in the United States.

More autobiographical than informative. Wish I had gotten a different book.

This is a great book for anyone both newly diagnosed and those who have had a diagnosis a while.. The book is written with knowledge of the problems we suffer from. Myself and my 19 year old daughter have Ehlers Danlos Syndrome Hypermobility Type so I know how useful this book is first hand, it should be read by all Doctors, Gps, Nurses, Physiotherapists etc. This book is informative,

factual, written in terms that a "normal" "non medical" person can easily understand. It answers the questions that a person with this syndrome asks, but may not receive forthcoming answers from the medical profession around them..

[Download to continue reading...](#)

Joint Hypermobility Handbook- A Guide for the Issues & Management of Ehlers-Danlos Syndrome  
Hypermobility Type and the Hypermobility Syndrome A Guide to Living with Ehlers-Danlos  
Syndrome (Hypermobility Type): Bending without Breaking (2nd edition) BLOOD TYPE DIET : Eat  
recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type  
cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Joint  
Hypermobility Syndrome (Ehlers-Danlos): What Causes The Pain? Living Life to the Fullest with  
Ehlers-Danlos Syndrome: Guide to Living a Better Quality of Life While Having EDS Type 2  
Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist  
Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes  
Magazine] Zebras of Hope: A Guide to Living with Ehlers-Danlos Syndrome Ehlers-Danlos  
Syndrome - A Reference Guide (BONUS DOWNLOADS) (The Hill Resource and Reference Guide  
Book 165) The Driscoll Theory™ Newly Revised: The Cause of POTS in Ehlers-Danlos  
Syndrome and How to Reverse the Process Ehlers-Danlos Syndrome: Your Eyes and EDS Journey  
to Health: A Holistic Approach to Ehlers Danlos Syndrome TYPE 2 DIABETES DESTROYER: The  
Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days  
(Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) My Invisible  
Cosmic Zebra Has Ehlers-Danlos Syndrome – Now What? Diabetes: Fight It with the Blood  
Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and  
Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Chronic Fatigue Syndrome And Your  
Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For  
Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Hypermobility  
Syndrome: Diagnosis and Management for Physiotherapists, 1e Crazy Is My Superpower: How I  
Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules BLOOD TYPE DIET FOR  
BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight  
Fast, Look Healthy With Your Blood Type O, A, B And AB Eat Right For Your Blood Type: A Guide  
to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Eat Right 4 Your  
Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)