



# The Periodic Paralysis Guide and Workbook : Be the Best You Can Be Naturally

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This book will provide readers with information and methods to better manage the often over-whelming and disabling symptoms of all forms of Periodic Paralysis. The Periodic Paralysis Guide And Workbook: Be The Best You Can Be Naturally, is the second book written specifically about Periodic Paralysis, a very rare, usually inherited and often debilitating mineral metabolic disorder. It contains comprehensive information about the various forms of the condition written in an easy to understand format. It is a user-friendly guide, a set of plans, instructions and ideas for aiding individuals with all forms of Periodic Paralysis, to better manage their symptoms in natural and common sense methods. It is a workbook with a set of tools such as charts, forms and even a medical journal, with clear instructions for completing and using them. Each is designed to be individualized and may be utilized for the various plans or sections of the book. The charts and forms may be scanned and used separately or the pages may simply be completed in the book itself for keeping all medical information in one place. Easily transportable, this book is also a handbook and can accompany each visit to doctor appointments, the ER or the hospital. This guide may stand-alone or may be used in conjunction with the first book about Periodic Paralysis, living with Periodic Paralysis: The Mystery Unraveled. This guide, workbook and handbook is designed to assist individuals with all forms of Periodic Paralysis to be the best they can be naturally.

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