



# A Look at Fibromyalgia Fog

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## Tricks to Clear Fibromyalgia Fog and Feel More Alert

Fibromyalgia, which includes among its symptoms fatigue, memory loss, trouble focusing and general cognitive impairment, can at times feel like an insurmountable obstacle. Medication and other treatment can help, as well as a healthy diet and exercise.

While there is as yet no sure treatment for this condition, there are certain techniques that may help alleviate its pains. This infographic explains more about brain fog.

