

"The book is a must."

~Dr. Antonio Bulbena, MD, PhD

HYPERMOBILE AND HAPPY

FILLING A GAP IN CARE AND RESOURCES



Hypermobile and Happy is a comprehensive, holistic healing guide for people with hEDS or HSD. Grounded in published science and clinical insight, it offers clear explanations, relatable personal stories, and real-world strategies—from herbs and nutritional supplements to exercises and everyday life hacks. Alternative self-healing techniques are described in detail, as well as product recommendations and tools and information for obtaining the most appropriate professional help.

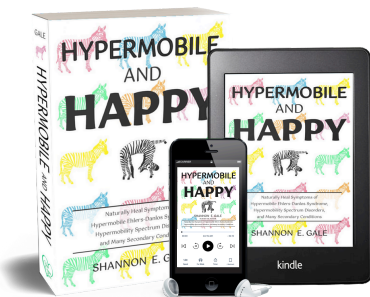
WHO IT'S FOR

People navigating hypermobility-related symptoms and conditions, whether newly exploring the topic, recently diagnosed, or having suffered for years.

If you work with hypermobile patients, consider recommending ***Hypermobile and Happy*** as a trusted resource.

ABOUT THE AUTHOR

SHANNON E. GALE is an award-winning author, holistic healer, and professional ballet dancer who, after years of chronic illness, discovered how her flexibility connected to systemic health issues like migraine, chronic pain, and chemical sensitivity. She is a **Top 20 Inspiring Woman** according to *NY Weekly Magazine*, and is in the 2025 *Marquis Who's Who*.. Her mission is to raise awareness about hypermobility treatments that actually work.



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