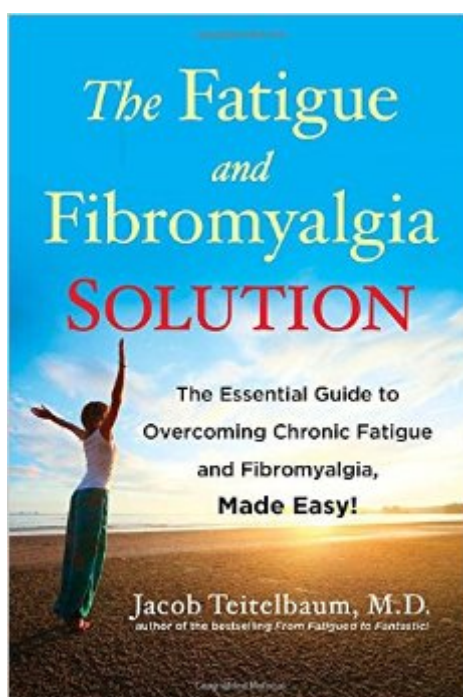


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# The Fatigue And Fibromyalgia Solution: The Essential Guide To Overcoming Chronic Fatigue And Fibromyalgia, Made Easy!



## Synopsis

The nation's leading expert on chronic fatigue and fibromyalgia offers a practical and concise guide to restoring health and energy. Millions of Americans have turned to Dr. Jacob Teitelbaum's landmark *From Fatigued to Fantastic*, the all-time best-selling book on combating disabling fatigue and fibromyalgia. Now, *The Fatigue and Fibromyalgia Solution* provides the most cutting-edge research and scientific information, offering the latest advances in treating chronic fatigue syndrome, fibromyalgia, and the baffling, often dismissed symptoms associated with these debilitating conditions. From the best strategies for using medications and nutritional supplements to the most recent alternative therapies and recommendations for lifestyle modifications, *The Fatigue and Fibromyalgia Solution* delivers extensive wisdom in a condensed volume, making it truly accessible. Dr. Teitelbaum also presents the simple-to-apply SHINE Protocol, addressing Sleep, Hormonal support, Infections, Nutritional support and Exercise. Helping all readers develop an individualized program, Dr. Teitelbaum has created a new lifeline for anyone seeking compassionate, proven approaches for restoring wellness and regaining optimal energy and vitality.

## Book Information

Paperback: 320 pages

Publisher: Avery; 1 edition (August 6, 2013)

Language: English

ISBN-10: 1583335145

ISBN-13: 978-1583335147

Product Dimensions: 5.4 x 0.8 x 8.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (134 customer reviews)

Best Sellers Rank: #19,009 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #131 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

I read his other longer book years ago and found it overwhelming. This is the perfect length and easy to understand. It is a more concise summary of the larger book, I would recommend this for people over the larger book. I would look at the appendix for his top 10 favorite supplements. If you tried every supplement in the book you would be spending around \$500 a month or so. So the top 10 is useful. The probost though is ridiculously expensive. Instead I am using a mushroom based

immune booster. And instead of the form of ribose he recommends I am using a form of bioenergy ribose sold on (Dr's Best, or Swanson's uses this form). It is made in the US but more reasonably priced. Seems to work great just stay clear of the cheap Chinese garbage. If you are in a tight budget a good multiple, good B complex, d-ribose and a sleep supplement are likely the most important if you can't afford everything he recommends.

I bought this book with marked skepticism, thinking it would be mainly a promotion of alternative medicine and naturopathic remedies. I found however that the theories and treatments are well thought out and do provide rational approaches to the chronic fatigue and fibromyalgia syndromes. Dr. Teitelbaum explains the causes and care of many of the symptoms associated with the condition, and suggests treatments, some of which may lack validity, but are quite interesting. as a retired physician, I found myself wishing I had had access to this when I was in practice, although I realize that mainstream medicine would look askance at some of the conclusions especially regarding thyroid testing and treatment. I recommend this book to anyone who has an interest and can read it with an open mind

My husband purchased this for me because he's seen in the 17 years we've been together how tired I always am. I don't have the energy to do the things I want to and don't spend as much time with him or our son as I would like because I'm just so tired all the time! I also have struggled with weight issues since childhood and I am colder than everyone I've ever met. These are classic symptoms of underactive thyroid but I have seen countless doctors for this and they've all told me "nope, you're hormones are in the 'normal range', there's nothing wrong with you". This book explained why the "normal range" doesn't mean you're normal and also talked about many other reasons for my symptoms. I am going to have a consultation with Dr. Teitelbaum this week and hopefully get started on his protocol for treating fatigue, and for the first time I feel like a doctor might actually be able to help me!!!

I already had Dr. Teitelbaum's other book "Fatigued to Fantastic" so I knew his protocol. I've met Dr. Teitelbaum in person and I know he cares. This book simplifies his protocol making it easier and faster to get answers. I was reminded of the steps he recommends so helped me get my priorities back in order. Being reminded of my weakest link, "sleep" I began finding ways to get the sleep I need. This book is much easier read than the first one.

I have had CFS/Fibromyalgia for over 25 years. This is one of the first books that truly seems to get it! It is so easy to read and hits so many of the problems a patient faces with some good sound advice and resources for help. So glad I found it!

This is the second book I have read by Dr. Jacob Teitelbaum. I like this one because it's an easy read. It is put in layman's terms- making it easy to read. I have FM, CFS and Hashimoto's and it has given me great insight, answers to why, and solutions to my illness. Am I cured of this illness-No. But it gives me a piece of mind knowing that one day I might be. It gives me Hope!

I had the earlier version of From Fatigued to Fantastic years ago. Wasn't ready to do any of the suggestions, I guess I wasn't sick enough. Then was talking with a friend who had major health problems and got much better. She didn't get better by seeing docs and getting on prescriptions but got better in part using the suggestions written by Dr Teitelbaum. One day when I was looking for books on how to combat fatigue I came across his books and so thought I'd give one of them another try. I read about Dr Teitelbaum's protocol for helping fight fatigue and saw it was written about in this book so went with it. I can honestly say that the heavy fatigue and brain fog I've been experiencing is now more under control. (not healed but helped) Fatigue and brain fog have been my worst enemies so this is no light thing. I started using the D-Ribose by Shine and the CoQ10 first. I am not taking the B vitamins regularly as yet. I also found an electrolyte drink that is helping immensely...the NUNN ENERGY tablets that you add to your water bottle. (I also add Xylitol to make it taste even better) The other day gave a bottle of this to my husband and he asked later, "What was that in the bottle you gave me!!!!" He said it helped him get through working outside on a hot day. The book has ideas of things you can do to help plus lots of informational tidbits on things that cause fatigue and what have you. I recommend this book.

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