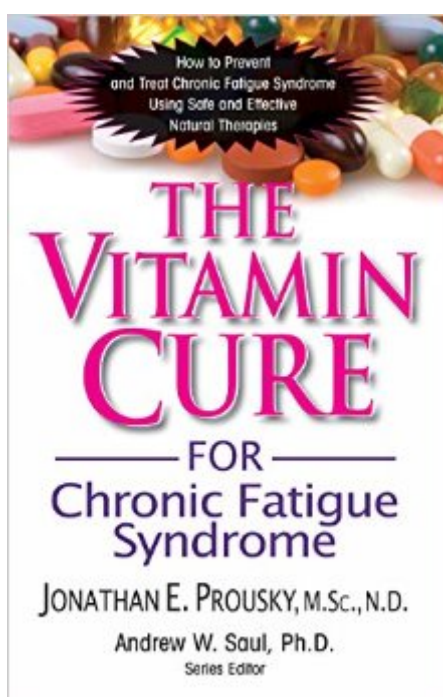


The book was found

The Vitamin Cure For Chronic Fatigue Syndrome: How To Prevent And Treat Chronic Fatigue Syndrome Using Safe And Effective Natural Therapies



Synopsis

CFS is an elusive, difficult to treat condition. Symptoms include fatigue, muscle and joint pain, feeling unwell after exercise, unrefreshing sleep, and memory/concentration problems. This groundbreaking book directly addresses the myriad causes of CFS and offers restorative vitamin and other treatments capable of safely reducing symptoms.

Book Information

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Customer Reviews

The connections between missing Vitamins and Minerals and the Chronic Fatigue Syndrome. Personally I prefer first looking inside a book before buying it, but as this one as series editor has Andrew W. Saul, Ph.D., by whom I already owe books, and is a Basic Health printing, then it ought to be good. So I ordered a copy, and after having finished reading the book I am highly satisfied by the new knowledge which I received. But to help concerning knowing more about what the book contains I here copied the books contents: Contents Acknowledgments, v Foreword by Jacob E. Teitelbaum, M.D., viii Introduction, 1 Chapter 1. What is Chronic Fatigue Syndrome?, 5 Chapter 2. Lifestyle Modifications, 23 Chapter 3. Treating Allergies, 29 Chapter 4. Optimizing Autonomic and Central Nervous System Function, 41 Chapter 5. A Detoxification Program for Chronic Fatigue, 53 Chapter 6. Restoring Balance to the Immune System, 63 Chapter 7. Treating Mental Health Problems, 77 Chapter 8. Alleviating Muscular Dysfunction, 93 Chapter 9. Treating Red Blood Cell Abnormalities and Oxidative Stress, 101 Conclusion: Create an Individualized Treatment

Plan, 113Resources, 117References, 121Index, 145About the Author, 150By the contents we get an idea about what the book contents, for example that the chronic fatigue syndrome, (CFS), can be connected to allergies, which looks understandably, but that red blood cell can be different for persons suffering CFS, was quite unexpected to me! In the chapter 1 we get the first information about the CFS, and shortly are looking on most of what follow in the rest of the chapters.

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