

# **[PDF] From Fatigued To Fantastic!: A Proven Program To Regain Vibrant Health, Based On A New Scientific Study Showing Effective Treatment For Chronic Fatigue And Fibromyalgia**

**Jacob Teitelbaum - pdf download free book**

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**Books Details:**

Title: From Fatigued to Fantastic!:

Author: Jacob Teitelbaum

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**Description:**

**From Publishers Weekly** An unusually compassionate internist whose own medical education was

interrupted by a bout of chronic fatigue syndrome and fibromyalgia, Teitelbaum has made these disorders his specialty. He offers straight talk about severe chronic fatigue states (SCFS). Sufferers who have been unable to locate physicians knowledgeable about diagnosing and treating these disorders will find this a gold mine, as may many doctors who have been baffled by such patients. Teitelbaum argues that a mixture of causes (including bowel disorder, hormonal imbalance and allergies) usually underlie SCFS, each of which can trigger additional problems. His approach is to break the vicious cycle of overwhelming fatigue, infections, "brain fog," achiness, poor sleep, allergies, anxiety and depression by treating them all simultaneously. His recommendations encompass prescription and over-the-counter drugs, dietary modifications, vitamin and mineral supplements, acupuncture, massage, chiropractic, herbs, simple home remedies and psychotherapy. While the breadth of his approach may cause some raised eyebrows among more conservative practitioners, extensive notes and bibliography, among other appendices, will answer many of their questions.

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**From Library Journal** Written in easy-to-understand language, this resource guide describes the disorders listed in the subtitle, their symptoms, how they originate, and how to eliminate them. Teitelbaum, a leading clinician and researcher on treatments for Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) and fibromyalgia, lost a year of medical school to these illnesses. His list of possible causes includes nutritional problems, adrenal insufficiency, hypothyroidism, hormonal imbalances, yeast overgrowths, sleep disorders, and parasitic infections. Appendixes comprise half the book and probably provide the most valuable information. An extensive treatment protocol, a list of patient support groups, a list of Chronic Fatigue Syndrome specialists, and mail order sources for medications, supplements, and herbal remedies make this book an invaluable resource. Of the several recent books on this topic (Harris McIlwain and Debra Fulghum Bruce's *The Fibromyalgia Handbook*, LJ 11/1/96; Devin Starlaynyl and Mary Ellen Copeland's *Fibromyalgia & Chronic Myofascial Pain Syndrome* and Miryam Williamson's *Fibromyalgia*, both LJ 9/15/96), this gets the nod if you can purchase only one. Janet Coggan, Univ. of Florida Libs., Gainesville  
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