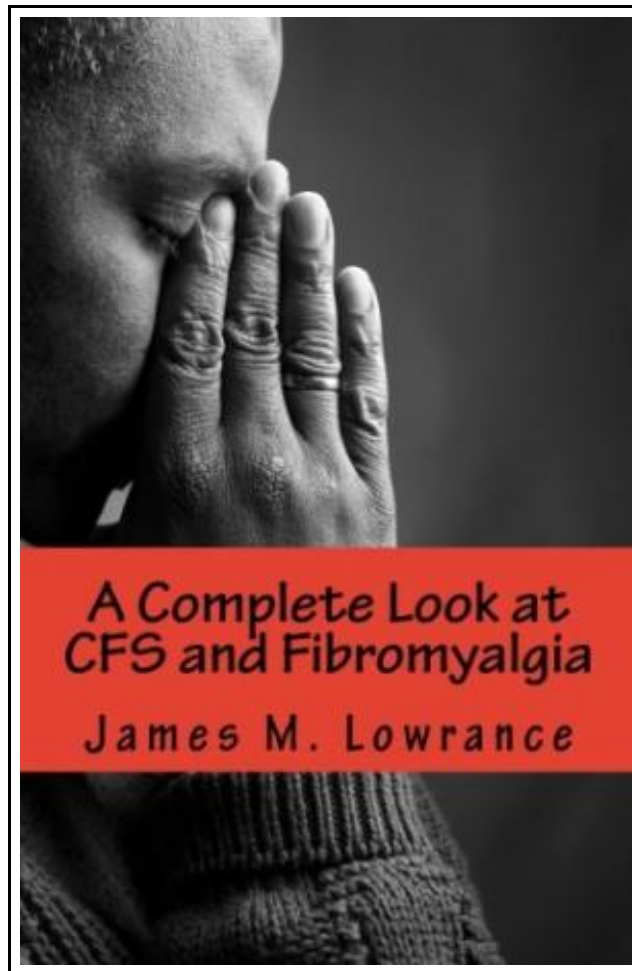


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Createspace, United States, 2010. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Chronic Fatigue Syndrome (also known as Myalgic Encephalitis) and Fibromyalgia affect millions of Americans and many millions more worldwide. The Debilitating fatigue and joint/muscle pain these syndromes cause can seriously reduce the quality-of-life for those who experience them. Aspects of these illnesses can include the following. * Viral, fungal and bacterial components * hormonal and nutritional deficiencies * adrenal fatigue (low cortisol and/or DHEA levels) Chronic Fatigue Syndrome and Fibromyalgia are real illnesses recognized by the U.S. National Institutes of Health and other World Health Organizations. While they are separately recognized illnesses, they have 75 crossover similarities. It is my hope that this book will provide an informative general educational resource for readers wishing to learn more about these very real, life-changing illnesses. This book is not intended to be an extensive manual but is intended to contain information most often sought by laypersons on the subject. CONTENTS CHAPTER ONE: The Symptoms of Chronic Fatigue Syndrome and Fibromyalgia CHAPTER TWO: Conditions That Cause Mild Adrenal Insufficiency CHAPTER THREE: The Role of Adrenal Fatigue in Illnesses CHAPTER FOUR: Cortisol DHEA Supplements for Adrenal Fatigue CHAPTER FIVE: Epstein-Barr Virus and Chronic Fatigue Syndrome CHAPTER SIX: My Own Diagnosis of Thyroid Disease, CFS and Adrenal Fatigue CHAPTER SEVEN: More about CFS, Fibromyalgia and Low Cortisol CHAPTER EIGHT: The Connection of Epstein-Barr Virus to CFS and Fibromyalgia CHAPTER NINE: More on Symptoms and Diagnosis of Fibromyalgia CHAPTER TEN: More on the Suspected Causes of CFS CHAPTER ELEVEN: Treatments for CFS and Fibromyalgia.

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