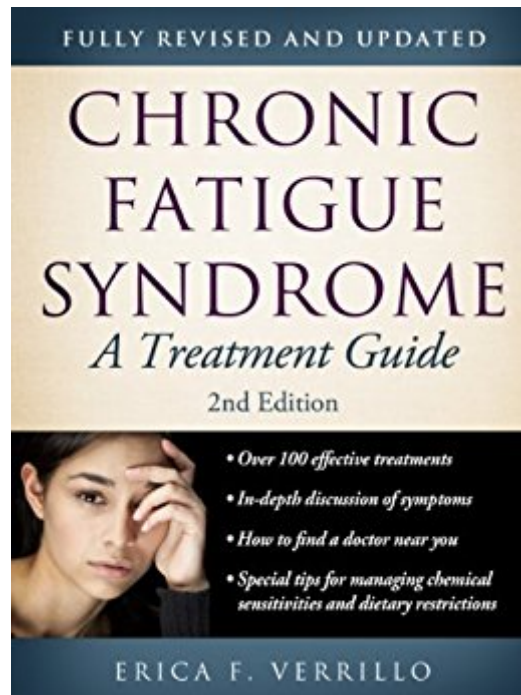


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Chronic Fatigue Syndrome: A Treatment Guide, 2nd Edition



Synopsis

This one-of-a-kind reference " now completely revised and updated " includes over 100 effective treatments, from antivirals to vitamins, as well as locations of specialists and clinics, Internet ordering information, and national, local, and international CFS/ME organizations. New and expanded sections include doctors' protocols and research on the causes and mechanisms of the illness, all written in concise, easy-to-understand language. Every aspect of the illness is thoroughly examined, from diagnosis to an in-depth discussion of symptoms, from traditional to alternative therapies to essential coping strategies. The new edition contains chapters for those coping with multiple chemical sensitivities and dietary restrictions, as well an expanded section on children and adolescents with CFS/ME. *Chronic Fatigue Syndrome: A Treatment Guide, Second Edition*, remains the most comprehensive reference guide on this disease.

Advance Praise for the Second Edition:

"Verrillo's book is an encyclopedia of current information about Chronic Fatigue Syndrome. She not only covers history and theoretical etiologies of CFS, but provides the very best source for current therapies, which is what people with CFS really want to know! This is a reference book that every patient should have. I encourage all my patients to use this as the go-to-reference about Chronic Fatigue Syndrome."

~Dr. Charles Lapp, M.D., Founder, Hunter-Hopkins Center, and medical advisor to the CFIDS Association of America and the National Fibromyalgia Association. "This book is extremely comprehensive and very well referenced, not only with regard to the full range of treatments that have been helpful, both alternative and pharmaceutical, but also including detailed descriptions of the history of this disorder, its definitions, diagnosis, symptoms, prognosis, mechanisms, and other aspects. All of this is done in a very readable style. I highly recommend this book."

~Richard Van Konynenburg, Ph.D., Independent CFS/ME researcher "Books such as this empower patients to take control of their own health education and management... I admire Ms. Verrillo's comprehensive and cross-disciplinary research and feel her new work will continue to provide important and useful information to everyone interested in the field."

~Lucinda Bateman MD, Director, Fatigue Consultation Clinic, and co-founder of OFFER (The Organization for Fatigue and Fibromyalgia Education and Research)

Author Bio: Erica F. Verrillo was completing her doctorate in Speech Communication before falling ill with CFS in 1992. She is the co-author, with Lauren Gellman, of *Chronic Fatigue Syndrome: A Treatment Guide*, 1st Edition (St. Martin's). She is also the author of three middle reader fantasies, *Elissa's Quest*, *Elissa's Odyssey*, and *World's End* (Random House). Ms. Verrillo currently resides in Western Massachusetts.

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Customer Reviews

I owe a debt of gratitude to the author. This book gave me the tools I needed to solve the puzzle that is (was!) my CFS/ME. The book discusses all available treatments, including diet, supplements, medications, and lifestyle. All of the material is supported by the best available data and the book is full of relevant citations. Anyone who has this condition knows it's a huge mystery. What causes it, how to live with it, and how to treat it. The author realizes that the condition isn't the same for each individual, and therefore, neither is the treatment. So she presents an incredibly comprehensive look at pretty much every legitimate treatment out there. That's the good news. The bad news is that each of us with this life-stealing syndrome will need to do the work to figure out which treatment protocol, or which combination of protocols, will work for her or him. Prior to this book, I discovered that a mostly raw, low-fat whole foods vegan diet free of gluten helped somewhat, but didn't completely eliminate my CFS. I am one of those who has a high oxidative burden and therefore needs a high level of antioxidants in my diet. I did numerous painstaking elimination diets with the hope that I could rid myself of a trigger food or two (or even ten) and be cured. What I was missing in my personal CFS puzzle was the supplements. As the author states, some people need a diet

like mine, and others need a lot of meat. We are all so different. But after adding a selection of supplements suggested in the book I experienced my first REAL 100% remission and became my old self that I missed so much. I worked hard, gardened and did hours and hours of yardwork a day, and felt GREAT.

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