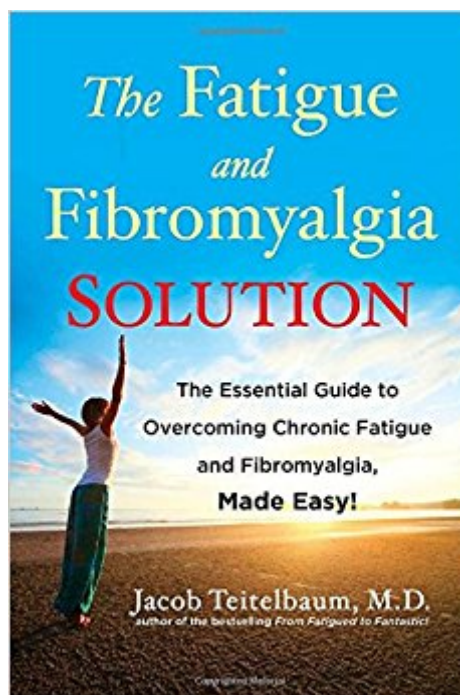




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The Fatigue And Fibromyalgia Solution: The Essential Guide To Overcoming Chronic Fatigue And Fibromyalgia, Made Easy!



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

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Customer Reviews

Jacob Teitelbaum, M.D., is a board certified internist and nationally known expert in the fields of chronic fatigue syndrome, fibromyalgia, sleep and pain. He has written five books including the bestselling *From Fatigued to Fantastic!* (Avery, 2007). He lives in Kona, Hawaii, where he does both in person and phone consultations with people worldwide.

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 probio boost 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.

This book has helped me to not feel crazy, accept my disease, and most importantly help me to get better through natural therapy and supplements. Great read by a Dr who states his own struggle with fibromyalgia and his journey to find solutions that really work to manage pain.

Great book on getting the answers you need when it comes to chronic fatigue. Very practical, a bit humorous, and very helpful when it comes to questions such as "do I have CFS, or is it my thyroid or depression?" "What causes it?" "Why can't I sleep very well?" "Where did this extra 25 lbs come from?" "Why does exercise make me feel worse instead of better?" "How can I get my old energy back?", and so on. It is a lot easier read than his much longer book, 'From Fatigued to Fantastic!', sticking more to practical advice and less on the technical details of medical studies, but it covers all the same stuff. Dr. Teitelbaum also has a few YouTube videos that are hard to find (one was under Douglas Lab's channel), but worth watching if you want a cliff notes version of his books. Since all this info on CFS is 10+ years old, and a good percentage of American middle-aged people have it (& 90+% carry the viruses), my own question is why is it no one at Kaiser (my huge HMO) knows anything about treating CFS?...or any other similar smoldering Epstein-Barr (or related) virus infection? Their EBV Lab test is either positive or negative, with no 'inbetween' result or actual viral count noted, so all these tired & sick people end up untreated, or misdiagnosed as depressed or something else. It just is not right, especially after paying \$500+/mo for 'Health Care'. Dr. Montoya's group at the top-rated Stanford Hospital in Palo Alto is one of the few MDs who are on top of it. NDs are more knowledgeable on CFS than most MDs, but blame too much on hormones (a 1950's medical fad) and not the EB virus. (Yes, 'menopause symptoms' like fatigue, hot flashes, just started

showing up in medical literature in the 1950's, and are from a variation of the EBV, which can stay dormant in the body for 40+ years, just like its cousin, the Shingles virus). This book tells you how to reverse them all, in about 3-12 months (18 for severe cases), since it seems staying healthy & energetic is all up to you. This book greatly helps. And yes, CFS is not all in your head, or depression. It IS viral-based, and very real. Yes, it is Epigenetics based, too, in that viral DNA combines with your own DNA. 'Heredity' causes are mostly from mothers kissing their babies & feeding the same sort of foods (which may have mineral imbalances or shortages), so the diseases do run in families. They say it will take around 20 years for the Health Care system to catch up with treating the various viruses. Can you wait that long? If you do find a supportive doctor to help you, it usually means they have already read Dr. Teitelbaum's books. :-)

This book is an absolute must for fibro sufferers. Teitelbaum addresses each issue with sympathy and intelligence. I have read it twice and I consider myself armed with knowledge. The bad news: No sugar. The good news? Enjoy a little salt (gasp!) once in a while. The best news: There's hope!

First off, I'd like to say, for so long, doctors have kind of blown this off for years as something in our heads as they have other issues such as female heart attack symptoms. This is just another example of a person knowing what they physically feel is going on in their body and not being taken seriously by the medical field. When enough of us holler about it, they begin to listen, hence the drug "Lyrica". This book was fantastic. There is way too much to get into about it, but I will say this.....you truly understand why and what to do about this pain in the ass issue. I feel so much more like myself now after so long thinking that only another pill was my cure. Remember, your mind really controls it all. If you can get behind that, everything else falls into place.

Great book! Easy to read. It explains the workings of chronic fatigue and fibromyalgia in laymen's terms. I love how you can check off your specific symptoms, which are referenced to specific supplements. You can create your own customized treatment plan within minutes! I was already well on my way to wellness when I came across this book, but implementing some of Dr. Teitelbaum's suggestions has increased my energy. I feel great!

By a leading expert on these debilitating conditions, well explained, identifies the range of symptoms experienced and contributing causes with well researched recommendations for natural remedies. Has helped me understand and treat fatigue, and I highly recommend for anyone suffering from, or

with loved ones suffering from these diseases.

I would recommend anyone with CFS or FM read this book to try to find answers. We are always searching for answers and help as this is frustrating problem. The fact that he developed problem in med school and has now devoted his life to helping people with these conditions shows you he is more than just an author. I have skipped around in reading it but continue to find new things that I have asked my doctor about trying. Would recommend and do.

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Skeletal Pain, Vol 3, No 2) Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome A Meditation to Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD) Parting the Fog: The Personal Side of Fibromyalgia/Chronic Fatigue Syndrome Adrenal Fatigue Cure Guide (Beat Chronic fatigue): Restoring your Hormones and Controlling Thyroidism

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