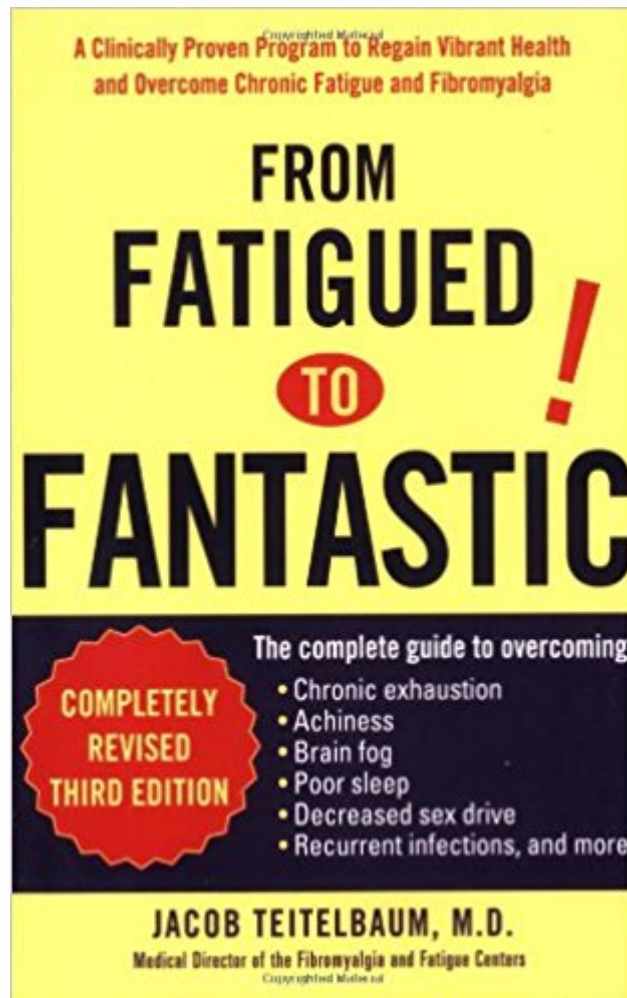




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# From Fatigued To Fantastic



## Synopsis

The original, bestselling guide to treating chronic fatigue and fibromyalgia-now completely revised and updated. For the more than twenty-five million Americans who suffer from chronic fatigue, fibromyalgia, and other fatigue-related illnesses, there is only one bestselling guide-From Fatigued to Fantastic. This new, completely updated third edition incorporates the latest advances in science and technology to help alleviate the baffling, often dismissed symptoms associated with severe, almost unrelenting fatigue. Dr. Teitelbaum's integrated treatment program is based on the clinically proven results of his landmark study and on his more than thirty years of experience in working with patients to overcome their illnesses. Using the most current information, Dr. Teitelbaum helps his readers evaluate their symptoms and develop an individualized program to eliminate them. Specific guidelines for diagnosis and care are clearly and concisely presented, along with supporting scientific studies and treatment recommendations that include the latest and best strategies for using prescription and over-the-counter medications, nutritional supplements, alternative therapies, and/or dietary and lifestyle modifications. In addition to providing cutting-edge research, up-to-date scientific information, and practical advice, Dr. Teitelbaum offers the compassionate understanding of one who has himself battled and overcome these disorders.

## Book Information

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## Customer Reviews

Jacob Teitelbaum, M.D., is a board-certified internist and leading researcher in the field of chronic fatigue and fibromyalgia. He has a specialized practice for CFIDS/fibromyalgia patients in

Annapolis, Maryland.

already changing my life!!! ribose and tyrosine are helping a freaking ton!!!! if you have cfs, please look into this book!cannot recommend the content/author enough!!!!

If you or someone you know dealing with CFS, Fibromyalgia, lupus or any other medical problem that involves Fatigue - THIS BOOK IS FOR YOU.I've been dealing with Fibro, CFS, as well as a handful other medical issues in one form or another for 10-years & this book has helped me find away to help ease some of the fatigue issues when my family MD doctor told me there was nothing more he could do for me except treat the symptoms. This book contains alternative options for dealing with the fatigue at different levels so you can build a plan to fit your specific needs to help you overcome or at least put a big dent in the fatigue department.The severe pain I'd begun to feel above and beyond the 'normal' everyday pain I've dealt with over the last 10 years. Find an MD that also provides holistic alternative medical options and implement some of the natural options available to help you deal with the fatigue and pain issues. I now get an alternative treatment every month or two that takes 20 minutes and literally took away the severe pain I dealt with every day from the time I opened my eyes in the morning was gone within 24 hours of the first treatment. GET THE BOOK, READ IT COVER TO COVER, check out the alternatives and find an MD that integrates holistic treatment. EDUCATE YOURSELF...learn what alternative options are available, and get a better understanding on how YOU can take charge of your medical situation.BELIEVE ME... this book is well worth the money and the time to read it. It will open your eyes to a world of new alternative medical treatments.

For me it seemed like they were tallying to get you to spend several hundred dollars on the recommended supplements. I've studied health a lot and there was a lot I didn't agree with.

Very thorough and although comprehensive in all necessary areas of information and written by a doctor, it is a clear read for those not familiar with medical information. Although I am well read when it comes to health content and my doctor said it may have lots of medical words and sometimes more challenging to read, I thought it was an easy read. I was concerned that I was only purchasing an e-book as I knew I would refer to it a lot, I found that the search use in kindle has served me very well in finding content.

I have been physically sick and overweight for years - Ever since I reached my late 30s. And now I am feeling so much better. Just from reading this amazing book. I am forever grateful. For me, it didn't matter how many supplements or diets I tried. I just felt horrible and sick all over. And with a stressful fast paced job, I can't afford to be struggling to keep it together every day. I needed to get to the root of my illness. By a chance miracle I read a newspaper article that mentioned the website for the book - [...]. And from there my life has changed for the better. I'm not through with the treatment program, but I plan to continue it...for life. For me I got fast results: less pain, less fatigue, a clearer mind and thankfully those dang sugar cravings are under control. A bonus is I no longer feel depressed and that it be easier just to give up on life. I hope to lose weight if I continue to eat a more "clean" diet as the author prescribes. For me it didn't take long to see results. For others it may take longer. However it is worth it if it means getting your life back and feeling 10 times healthier. As for the treatments prescribed in the book, I had no problem finding the supplements, anti-fungals, etc described in the book. I was able to heal myself. However I have an amazing doctor that has kept my alive long enough to discover this book so I have made an appointment to share what I discovered so we can track my progress.

Excellent book on fibromyalgia and CFS. Even though there still isn't a blood test or solution to these ailments, Dr. Teitelbaum does a great job helping the reader understand these conditions and gives some great advice. This should definitely be in your arsenal to take to your doctor that tells you the pain and fatigue is in your head.

Dr Teitelbaum writes in an easy to understand manner and shares a good deal of information to help those of us who suffer with Fibromyalgia. His approach is straight forward and to the point. The greatest thing I learned from the book is about the medical food called D-Ribose. It is still conversial whether it actually helps everyone with fibromyalgia and often the things he mentions are trial and error. It seems we are all quite different and what works for one does not work for another. The sad thing about the treatments and suggestions that Dr Teitelbaum and other doctors make is that they often work in the beginning but after awhile they stop being effective. This alone is very disapoointing and the search often goes on for the next treatment. All the suggestions in this book are quite healthy and useful regardless of the outcome. It does tend to get quite expensive buying everything these doctors suggest in order to achieve results that may or may not occur. Essentially, it is a good book full of valuable information to quicken your understanding into the way the body works and prosesses certain things.

This book has helped some but use caution with the d-ribose if you also have POTs or orthostatic hypotension where you are susceptible to tachycardia. The d-ribose will speed up your heart more.

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