From Cfs With Love

#CFS support #chronic fatigue care #patient well-being #compassionate health #fatigue management

Discover heartfelt CFS support and compassionate health initiatives designed to enhance patient well-being. Our commitment, 'From Cfs With Love,' ensures dedicated chronic fatigue care and effective fatigue management strategies, providing understanding and comprehensive assistance for those navigating chronic illness.

From Cfs with Love

From the black pit of despair and chronic illness, to searching for solutions through trial and error then finally healing her health challenges. In this ground breaking book, Karyl M. Sanchez, an allied health professional, presents her personal research. In this workbook youll discover: Four main techniques that have had a huge impact on the release of Karyls chronic fatigue syndrome symptoms, fibromyalgia and chemical sensitivities. The implementation of these techniques as well as how to manage acute symptoms and the occasional setbacks. How to create your own personal health plan, complete with exercises. The therapies, products, techniques, hints and ideas that have progressed Karyls journey to good health. I found myself putting this book together with the hope of making a difference in helping people like me heal. I did it. You can too!

Love and Fatigue in America

When an Englishman receives an invitation from an American university, he embraces it as a jubilant new beginning. Instead, on arrival, he is stricken with a persistent inability to stand up or think straight. Diagnosed with ME disease—also called chronic fatigue syndrome—he moves restlessly across his newly adopted country, searching for a love and a life suited to his new condition. Love and Fatigue in America briskly compresses an illness, a nation, and an era in a masterly blend of literary forms.

Chronic Fatigue Syndrome/ME

People with Chronic Fatigue Syndrome (CFS)/ME experience extreme tiredness and a range of other symptoms, including pain, headaches, impaired concentration and memory, anxiety, sleep problems, and palpitations. This book offers much-needed information and support to the friends, families, and carers of people with CFS/ME.

How Many Marbles Do YOU Have?

This is the book we’ve been waiting for—a story for children of parents with Fibromyalgia or Chronic Fatigue Syndrome. In fact, I plan to buy a copy for all my loved ones, so they’ll better understand what my life is like. It all depends on how many marbles are in my jar each day—the perfect metaphor for explaining the unpredictability and the ups and downs of Fibromyalgia and CFS. At the end of the book, Malott writes, “a heart full of love is better than a jar full of marbles any day.” Not only is this book informative and insightful, it’s a heart full of love in itself. —Toni Bernhard, author of How to Be Sick A mom uses a brilliant jar-and-marble analogy to teach her son about her limitations related to chronic fatigue syndrome (CFS) and fibromyalgia. The book uses marbles, a toy all children are familiar with, as a measure of the mother's limited energy. Using a jar and some marbles, the author conveys difficult concepts in terms that children can understand. These concepts include taking preemptive rests to have more energy later, finding alternate ways to perform tasks that use less energy, and postexertional malaise. The concepts in the book are relevant to someone with one or both illnesses, and it can be applied to other physically limiting conditions as well. The book reminds the reader that although illness may limit a mother's activities, it never diminishes a mother's love for her children. The book is fun and yet realistic and will capture your child's heart.

Chronic Fatigue Syndrome For Dummies

You've been repeatedly poked, prodded, tested and scanned, yet, despite how awful you feel, your doctor, like many of your friends, co-workers, and family members have begun dropping subtle (and some not-so-subtle) hints that they think it's "all in your head." Maybe you're one of the lucky few CFS sufferers who've received an accurate diagnosis but nothing your health care provider does seems to help. Well, you're not alone. According to recent estimates, of the approximately 800,000 Americans with CFS, more than 90% have been misdiagnosed, dismissed, or are not receiving proper treatment. Don't despair, help has arrived. Written by a national expert who has successfully treated scores of CFS patients in her own practice, Chronic Fatigue Syndrome for Dummies gives you the knowledge and tools you need to beat CFS and get back to living a normal life. In plain English Doctor Susan Lisman fills you in on: What CFS is, how you get it, and how it effects your body Its major symptoms and warning signs Getting an accurate diagnosis Avoiding situations that might be making you sicker Teaming up with the right doctor and crafting a treatment plan The most effective drugs, therapies and alternative approaches Coping with CFS in your personal and professional lives Packed with checklists, self-tests, questionnaires, and other powerful tools, and featuring many inspiring real-life stories of patients who've licked CFS, Chronic Fatigue Syndrome for Dummies puts you on the road to recovery.

Lighting Up a Hidden World

The onset can be fast and shocking or slow and insidious. It can happen to anyone at any age. A flu, a vaccination, or an infection can be the innocent beginnings to the potentially life-long and disabling illness called myalgic encephalomyelitis (ME), which is more commonly known as chronic fatigue syndrome (CFS) or ME/CFS in North America. In the mid 1980s, the U.S. Centers for Disease Control (CDC) was called in by concerned doctors who were witnessing an influx of patients with a mysterious illness. Eventually the CDC labeled the condition "chronic fatigue syndrome" which turned out to be very misleading. Decades later, in 2016, health agencies are finally beginning to agree with international experts that ME/CFS is a serious, chronic, multi-system illness. Through artwork, poetry, story-telling, and meticulous research, Lighting Up a Hidden World: CFS and ME takes readers into the fascinating, yet frightening, landscape of ME/CFS. Author Valerie Free shares her personal experiences and delivers illuminating first-hand perspectives from patients, caregivers, journalists, and medical professionals from within the global community in short easy-to-read segments. These stories reveal the disgrace, controversy, and tragedy of worldwide neglect by political and health care systems, leaving ME/CFS research underfunded and millions of people marginalized, sick, and socially unsupported. Lighting Up a Hidden World: CFS and ME advocates for those too ill to speak out, abounds with patient resources, and offers realistic hope for the future. People living with this illness, along with their family and friends, will find compassion and camaraderie in its pages. This book reaches beyond the ME/CFS community exposing the themes of human suffering, resilience, and the need for social change.

How to Conquer Chronic Fatigue Syndrome

It is a book which gives you a good basis in the knowledge of Chronic Fatigue Syndrome (CFS). Such a devastating condition, yet not much understood and not accepted by doctors, and health professionals. It is considered the hardest condition known to the human race (apart from cancer in the last two weeks of life). For everything in life there is a reason. So for CFS the reason is that you do not manage your energies. But there is more to it than that, and the author explains that in the second part of the book. The higher reason is the need to be more, to do more, to have more and to ultimately fulfil your potential by achieving your mission or your calling as it also known. The book is written with a good basis in personal development or as a self-help book. It is practical and will help families whose members suffer from CFS. At least for a while, you will not need to find other books in self-help. The author had been to support groups, was counselled and counsels himself, and this is in the area of addiction. By achieving your mission by controlling addictions and CFS, the ultimate goal is to make a contribution to the human race and spend your time well on this earth.

Finding the Strength Within

ME/CFS is a chronic, invisible, debilitating, complex, multi-system disease that is often misunderstood. Worldwide, close to 20 million individuals have been diagnosed with ME/CFS but the number of people living with it, is believed to be much higher. ME/CFS may therefore, touch the lives of individuals who we may know and love. ME/CFS can relentlessly challenge individuals on their physical, cognitive and spiritual levels of being and can leave much devastation in its wake - personally, socially and economically. ME/CFS can also leave once vibrant and energetic individuals so debilitated that they are unable to function and participate in their lives. In its more moderate to severe disease state, ME/CFS can totally consume the patient's life. Unfortunately, there are many misconceptions about this disease and the people who struggle with it. It is not uncommon for others to question for example, whether ME/CFS is real or whether it is all in the patient's head. This book seeks to reduce some of these misconceptions by providing a roadmap to understanding this disease. It walks the reader through what ME/CFS is, its numerous and varied symptoms, its risk factors and possible causes, how it differs amongst patients, its many challenges and debilitating effects and finally, its varied patient outcomes, prognoses and treatments. The author candidly shares her experiences with this extremely challenging and life changing disease and discusses how she was able to find the strength within and move forward with her "new" life. The book is insightful and offers comfort and hope to individuals living with ME/CFS and other chronic, invisible and debilitating diseases.

One Last Goodbye

Watching her child die is the hardest thing a mother can ever do. But for Kay Gilderdale, saying a final goodbye to her only daughter Lynn was exceptionally painful: she'd played a part in her death. Lynn was just 14 when she was struck down by the crippling disease ME, leaving her paralysed and in constant agony. Over the next 17 years, she became desperate to escape her miserable existence, even begging her mum to help her die. So, one night, when Kay found Lynn attempting suicide, she was forced to make an impossible decision. Continue watching her child suffer or help her end the pain? Eventually, fighting her every instinct, Kay helped her precious daughter take a fatal overdose. But while Lynn was finally free, her mother faced a fresh agony - a possible lifetime behind bars. The highly controversial trial that followed opened a fierce public debate on assisted suicide. Is it murder or mercy? Here, in her heartbreaking story, Kay reveals the harrowing truth behind the headlines and the desperate lengths a mother will go to for the love of a child.

Chronic Fatigue Syndrome Sucks Journal

Chronic Fatigue Syndrome Sucks Journal, A Blank Writing Journal From dark thoughts to the light of understanding, this journal cover touches on one of the many emotional transformations a person may experience while living with and trying to recover from Chronic Fatigue Syndrome. Inside, blank journal pages are your allies. They await your thoughts, feelings, dreams, wishes, anger, frustration, gratitude, doodles or scribbles. Whatever you've got going on, a journal can be there for you. Vent to your heart's content. Make gratitude lists. Keep track of doctor's appointments. Keep track of your ongoing research. Write down the beautiful moments of life so you can reread them during tough times. Inspire yourself by writing fantastic tales of the life you WILL experience upon healing. (Because you will heal, right?) Feel those tales. Live within them. Use them to help you heal. Write down every single little improvement so you can remember them all and hold them dear. Record everything you've learned about yourself on this journey. Whatever you do with this journal, I wish you healing and love. PLEASE BE ADVISED that this journal does not include interior writing prompts, however, the writing on the cover may serve as all the prompt to write that you need. Features: Large size book measures 8.5" x 11" Paperback, softcover design. Glossy. 100 White, wide rule blank journal pages 60# paper stock Made in the USA Created with love Part of a series

I AM ... from Fear to Freedom

“I AM” ... from Fear to Freedom invites the reader to enter the inner recesses of the life of a woman who struggled with the news that she had chronic fatigue syndrome. In her personal reflections, Marie Brunger shares her spiritual journey, unmasking and naming her fears, disappointments, losses, traumas, and her feelings of grief, guilt, and shame. In the end, though, she finds a path that leads her from the destructive realm of fear to a place of liberation and freedom. In the course of telling the author’s story, “I AM” ... from Fear to Freedom reveals, bit by bit, the major tenets of the ‘I AM’ philosophy. As the narrative progresses, step by step, the contours of this approach to life that promotes wellness and wholeness come into focus. “I AM” ... from Fear to Freedom holds up one woman’s account of a difficult, yet ultimately life-affirming transformation. This story may appeal to you because you face life with chronic fatigue syndrome. Perhaps you deal with some other personal challenges. Maybe you know someone who endures travail in his or her life. Regardless of your particular circumstances, “I AM” ... from Fear to Freedom passes on the insight that self-love can bring you health and feelings of well-being.

My Battle with Chronic Fatigue Syndrome

"As a former CFS sufferer and current healthcare practitioner, I feel Ms. Butcher provides an informative and interesting perspective on this disease and her road to recovery." Kyrie Kleinfelter, D.C., Upper Cervical Chiropractor. "As a fellow sufferer of CFS, I was truly able to relate to Ms. Butchers' experiences, thoughts and feelings. Her reference to the Word of God comforted my heart. Truly inspiring and honest." Darla Canney, CFS Patient. Ms. Butcher shares her intense and emotional journey of how the autoimmune disease chronic fatigue syndrome impacted her life from her first symptoms to the progress of her treatment and physical, spiritual and emotional recovery. By sharing with others, she hopes to inspire others to seek help so they may lead better lives as well. She wants them to know there is hope.

Living Lightly

A self-help guide and 'Eat, Pray, Love'-style autobiography exploring the path to recovery from Chronic Fatigue Syndrome.

My Teenage Son Had Chronic Fatigue Syndrome

"I feel tired Mum ... really tired. I have a headache and I feel sick to my stomach." These simple words were the beginning of our five years of hell. This book has been written for you: parents, siblings, grandparents, friends and carers of loved-ones with the debilitating condition, myalgic encephalomyelitis/chronic fatigue syndrome. It sets out, in a very detailed and personal way, everything David and his mother endured during the years of his illness: endless tests, doctors, therapists, medications, alternative treatments;significant school issues, the loss of friends and social-standing and (the most soul-destroying aspect of all) the pervading disbelief that he was genuinely ill. It is a story of a mother's determination to do what was right for her son. "When reading Darcy's review of David's illness, I am struck by the enormity of her effort. I am sure her clear and rational description, from a mother's perspective, will be a great comfort to many people." Dr. George Quittner MBBS (Syd)

Joyful Recovery from Chronic Fatigue Syndrome/Me

Drawing on cutting-edge science, this empowering book teaches solution-focused approaches to overcoming Chronic Fatigue Syndrome and Myalgic Encephalomyelitis through world-renowned Emotional Freedom Techniques.

I'm Not Crazy, I'm Just a Little Unwell

One day in January 1998, Leigh Hatcher lay down for a ten minute afternoon nap and woke two hours later feeling as if he'd been run over by a truck. Without warning, he'd plunged into a health crisis that was as devastating as it was mysterious. One of Australia's best-known television journalists vanished overnight from people's TV screens. He fell into a wilderness of pain, exhaustion and confustion that defied medical diagnosis. Finally, after a year, the verdict came in: chronc fatigue syndrome, or CFS. An illness that many said didn't really exist at all. In this passionate account, Leigh Hatcher describes the acute physical suffering and huge personal losses of his battle with chronic fatigue. He speaks frankly about the hurt and betrayal he felt when people questioned whether the illness was 'all in his mind'. He reveals the reserves of personal strength and faith that guided his way through the wilderness and taught him invaluable new lessons about life. And he details the thrilling discovery that unlocked his health once again. Leigh's story will bring comfort to all those suffering with CFS, and will show others how to accept, love, and support anyone who is wrestling with this 'multi-headed beast'.

Chronic Fatigue Syndrome for Adults at 40

Do you experience persistent fatigue and exhaustion that don't seem to go away, no matter how much rest you get? Do you find yourself struggling to balance work, family, and personal life due to the constant drain of your energy? If you're over 40 and experiencing these symptoms, you may be suffering from Chronic Fatigue Syndrome (CFS). But don't worry - help is at hand. In this book, you will discover simple and effective ways to treat CFS and regain control of your life. From understanding the causes and symptoms of CFS to learning practical tips and strategies for managing stress and fatigue, this book is your ultimate guide to living well with CFS. You'll learn about lifestyle changes that can help manage CFS and stress, relaxation techniques to soothe your body and mind, and alternative therapies that can offer relief. Additionally, the book explores the use of medications and supplements to alleviate symptoms and the importance of creating a support system to manage CFS and stress. Furthermore, the book includes practical tips for balancing work and personal life when dealing with CFS and stress. With this book, you'll learn how to manage your symptoms and take charge of your life, so you can enjoy the things you love without feeling exhausted and drained. If you're ready to say goodbye to chronic fatigue and embrace a healthier, more energized life, then this book is for you. Whether you're just starting to experience CFS symptoms or have been struggling with them for years, this book offers a wealth of information, support, and encouragement to help you take action and reclaim your vitality.

Fibromyalgia Won't Win

Fibromyalgia Won't Win is one woman's story about learning to love and live with chronic pain and fatigue.

Chronic Fatigue Syndrome

Strengthen Your Body to Combat Chronic Fatigue Syndrome! Chronic fatigue syndrome can lead to a continual cycle of symptoms including muscle and joint pain, headaches, low-grade fever, and lymph node swelling. If you or someone you love is struggling with chronic fatigue, turn the pages of this book to discover a thoughtful, complete approach that will help lead you to wellness. While traditional medicine treats each symptom separately, this book offers a “host-centered” approach that focuses on natural methods to effectively raise your energy level. Dr. Michael T. Murray, co-author of the bestseller Encyclopedia of Natural Medicine, clearly explains specific measures you can take to improve your stamina, mental energy, and physical abilities. He offers advice on topics such as: • The causes of chronic fatigue syndrome • Detoxification purifiers to enhance your immune system • Methods for stimulating lymphatic flow • Nutritional support for the immune system • Adrenal balance and stress management techniques Now you can take control of your healing process using this completely natural approach. Begin a new, healthful lifestyle today!

From Me to You, With Love

In the UK alone, there are hundreds of thousands of sufferers of ME. This collection of brave, honest, moving and inspirational letters are the voices of those who hold on to hope every single day that an effective treatment or cure will be found; sufferers of all ages and severities who are determined to be taken seriously by the world and make the very best of their restricted lives.All too often, their hardest fight is against the attitudes of so many who think that this neurological illness is 'just over-tiredness' or 'all in the mind'. These letters voice their wishes for better understanding and treatment of ME to friends, family, the professionals involved in their care and the general public.The profits from the sale of this book will go to Invest in ME, a UK charity raising awareness of ME and funds for biomedical research.

Fatigue

"This book helps to improve the care and management of people with M.E./CFS on a daily basis. It provides an insight for their families and health professionals so that they can understand what it is like to live with a debilitating illness. Sarah has compiled a very enjoyable book she explores the management strategies which have worked for her and others so as to ease the burden of ME on patients. Everyone should benefit from the tips and tricks provided in this uplifting publication. Self-Care knowledge is good for all of us." Declan Carroll (Irish M.E Trust) "This book will help so many. It should be essential reading for all sufferers who will learn from Sarah's excellent tips and advice. It should also be on the bookshelves and read by all health professionals involved in care. Understanding the paths others have travelled can be so informative." - Dr Michael Dooley (MMs FRCOG) "As a writer, I realise the enormous task involved in writing a book. In Sarah's case, writing a book and dealing with such a life limiting condition as M.E. is monumental. Selfless in sharing her successes in a fun, friendly way, Sarah Warde's book will make a great companion for anyone struggling with viral fatigue or indeed with day to day living. The tips on food, exercise, mental health and general wellbeing are practical and useful for all of us. I love her no pressure style, simply giving the information and allowing the reader to apply it where they feel they need it. I had great fun working with Sarah to tweak some of the writing and made a lifelong friend in the process. - Madge O'Callaghan

Living, Loving and Learning to Love More

Are you ready to love? Are you able to receive love? Living, Loving and Learning to Love More is a powerful, life-changing book which will enhance your understanding of life, love and soul purpose. Jasmine Truelove unexpectedly embarks on a thoughtful exploration of love and spirituality one evening after she fails to recognise her husband. Aided by synchronicity, her devoted husband Ted and her friends, Jasmine discovers that life is about far more than she previously considered. After missing out on life’s greatest joys by trying to do too much, Jasmine enters a whole new world of love as she and her husband set out together on a quest to understand themselves, coupledom, their soul purpose and the world around them. As she learns the importance of quality time, abundance-thinking, self-accountability and faith, Jasmine slowly begins transforming her criteria of what success means to her while conquering her constant fears and worries. Amazed by the many things she has never thought about, Jasmine finds the universe’s loving messages about being present in the moment and adhering to life’s purpose of loving more, opens up an illuminating pathway that will change her life forever.

When Force Meets Fate

"The gripping prose in this memoir describes a young man, whose life deteriorates from a healthy fitness trainer to the sudden depths of being sick and bedridden with a mysterious illness for years. Jamison’s dedication to life, however fragile, and advocacy, however impossible, have brought out this incredible story of survival." —Stephanie Land, New York Times bestselling author of Maid: Hard Work, Low Pay, and a Mother's Will to Survive At age twenty-two, Jamison Hill was a fitness instructor and competitive bodybuilder who could lift more than four hundred pounds. Five years later, after surviving a tragic car accident that killed the other driver, a rare disease left Jamison bedridden and too weak to hold a water glass. He spent every day lying motionless in bed, his body paralyzed by pain and weakness, his mind hijacked by flashes of crunched metal, broken windshields, and exploding gas tanks. After months of being too sick to express himself, Jamison’s health began to improve along with his ability to tell his story. When Force Meets Fate is an unflinching exploration of the human condition, notably how our limitations and strengths shape our identities and how unexpected events can inevitably alter those perceptions. It’s a story of perseverance—of sheer will and unrelenting fight—but also of overcoming life’s toughest challenges through the power of vulnerability, and how freeing it can be to surrender to the unpredictability of circumstances out of our control.

Verity Writes Again

The long awaited sequel to Verity Red's Diary (A Story of Surviving M.E.) continues with the wit and humour of Verity undiminished, as she takes each day at a time, in her wry and inimitable way. Beautifully illustrated by the author, Verity does indeed 'Write Again'. She still loves a chocolate treat, watching Coronation Street, collecting stray cats that appear on her doorstep, and Christmas gift catalogues that appear on her doormat. Her new love is sending text messages from her mobile phone, and she is going to learn to love jigsaw puzzles. Verity's diary begins on 1st September, because in previous months, all her precious energy has gone into writing a book (Love & Best Witches) and getting it published. The proof copy is about to arrive, but she's not sure it's such a good idea any more. Somebody might actually read it, after they've briefly flicked through, glancing at the illustrations. What will they think of it? Will anyone want to read a book about a witch who has M.E.? Christmas gift catalogues have started to arrive with the post, and she is looking forward to curling-up under a blanket of warm cats, while her fingers do the walking.

Recovery from CFS

Recovery from CFS - 50 Personal Stories is a simple collection of recovery stories from people who have recovered from CFS/ME. Men, women and children from six different countries who were all diagnosed with CFS/ME and who were ill for between 2 and 25 years, have written their own individual and very different accounts of their return to good health and a normal life. At the end of each account they have offered advice, suggested helpful books and websites, and many have even given contact details for readers needing support. The foreword is written by Dr Jacob Teitelbaum, Medical Director of the Fibromyalgia and Fatigue Centers, Inc. USA. Dr Teitelbaum had CFS himself as a medical student and is one of the world's foremost experts in CFS. Two of the stories are written by doctors, including that of Dr Clare Fleming who edited two reports from the UK National Task Force and who contributed to the Action for ME rehabilitation courses. There is also the miraculous story of canoeist Anna Hemmings who returned to win the world championship Gold medal nine months after recovering from CFS. 20% of the book proceeds go to CFS/ME research

It's All in Your Head

A neurologist explores the very real world of psychosomatic illness. Most of us accept the way our heart flutters when we set eyes on the one we secretly admire, or the sweat on our brow as we start the presentation we do not want to give. But few of us are fully aware of how dramatic our body's reactions to emotions can sometimes be. Take Pauline, who first became ill when she was fifteen. What seemed at first to be a urinary infection became joint pain, then food intolerances, then life-threatening appendicitis. And then one day, after a routine operation, Pauline lost all the strength in her legs. Shortly after that her convulsions started. But Pauline's tests are normal; her symptoms seem to have no physical cause whatsoever. Pauline may be an extreme case, but she is by no means alone. As many as a third of men and women visiting their GP have symptoms that are medically unexplained. In most, an emotional root is suspected and yet, when it comes to a diagnosis, this is the very last thing we want to hear, and the last thing doctors want to say. In It's All in Your Head consultant neurologist Dr Suzanne O'Sullivan takes us on a journey through the very real world of psychosomatic illness. She takes us from the extreme -- from paralysis, seizures and blindness -- to more everyday problems such as tiredness and pain. Meeting her patients, she encourages us to look deep inside the human condition. There we find the secrets we are all capable of keeping from ourselves, and our age-old failure to credit the intimate and extraordinary connection between mind and body.

Stricken

Develop a better understanding of what CFS/CFIDS sufferers are going through! In the 1980s, a strange emerging epidemic baffled doctors in Incline Village, Nevada. Dismissed by the media as “The Yuppie Flu,” Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) turned out to be neither a faddish disease of the wealthy nor a passing trend, but rather a growing worldwide epidemic of devastating proportions. In the voices of a South African journalist, a former marathon runner, a teenage girl, a public health activist living on the edge of race and gender, a cancer patient neglected by doctors because of disdain for her chronic illness, and a theologian relearning the art of spiritual empathy, the people who share their stories in Stricken: Voices from the Hidden Epidemic of Chronic Fatigue Syndrome defy cultural stereotypes and explore the complex social and political dynamics of this hidden epidemic. Through their distinct points of view, we feel the grief and hope of those stricken with CFIDS and learn of the complex nature of this misunderstood disorder. These are compelling stories about a quiet and baffling epidemic. The first American anthology to contain stories from a diverse range of people with CFIDS, Stricken offers an intimate look at the political and social issues surrounding CFIDS, as told by those who are living through this ordeal. Stricken addresses several issues, such as: why some doctors still do not believe CFIDS is real how the disease is mocked in the media myths about this illness the personal fight for medical or public recognition the skepticism and hope that is felt by the ever-growing number of CFIDS sufferers Stricken confronts fascinating CFIDS issues such as the Kevorkian suicides, accusations of Munchausen Syndrome By Proxy, Gulf War Syndrome, the role of storytelling in a memory-impaired patient movement, and the feasibility of mass activism in a disabled population. With contributions from Pulitzer-prize nominated writer Susan Griffin, renowned health writer and radio host Gary Null, well-known feminist activist Joan Nestle, and award-winning poet and essayist Floyd Skloot, Stricken is an eloquent testament to the heroism, defiance, and diversity of the CFIDS community.

Ill Feelings

In 1995, Alice's mother collapsed with pneumonia. She never fully recovered and was eventually diagnosed with ME, or Chronic Fatigue Syndrome. Then Alice got ill. Their symptoms mirrored their mother's and appeared to have no physical cause; they received the same diagnosis a few years later.

Ill Feelings blends memoir, medical history, biography, and literary nonfiction to uncover both of their case histories, and branches out into the records of ill health that women have written about in diaries and letters. Their cast of characters includes Virginia Woolf and Alice James, the poets Elizabeth Barrett Browning and Emily Dickinson, John Ruskin's lost love Rose la Touche, the artist Louise Bourgeois, and the nurse Florence Nightingale. Suffused with a generative, transcendent rage, Alice Hattrick's genre-bending debut is a moving and defiant exploration of life with a medically unexplained illness. 'Ill Feelings is a deeply personal and deeply political reckoning with the nature of illness, inheritance, time, silence, bodies and invisibility. Alice Hattrick offers both a radical redefinition of the dominant narratives surrounding health and pain, and the knowledge we need in order to name, understand and resist them. Hattrick has found a voice and form which open up new and exciting possibilities for writing the self and making sense of the collective past- I read this remarkable book with outrage, fascination, and immense admiration.' -Francesca Wade, author of Square Haunting 'I love the quality of attentiveness that Alice Hattrick brings to their poised and pointillistic exploration of the mysterious aetiologies and affects of chronic fatigue. They excel in listening out for echoes and whispers, their narrative of illness wriggling into uncomfortable places that medicine dismisses or ignores. Their book makes you pause to think - and rethink - page by page.' -Marina Benjamin, author of Insomnia 'Ill Feelings defies neat conclusions as well as easy categorisation of the book itself, so that attempting to describe it here seems like misdiagnosis, and to try and name the paradox at its heart seems like a betrayal of its rewards. But the thrill of Alice Hattrick's writing stems from its struggle to be free of its constraints, communicating with unspooling fury the mutability of lived experience rather than presuming to define it. In doing so, they remind us that the undefined - our own ill feelings - reveals not weakness so much as our inherent capacity for resistance.' -Olivia Sudjic, author of Exposure

First Love, Last Love

THE NEW YORK TIMES BESTSELLER SHORTLISTED FOR THE ROYAL SOCIETY SCIENCE BOOK PRIZE LONGLISTED FOR THE WELLCOME PRIZE ALL IN THE MIND? - Can meditation fend off dementia? - Can the smell of lavender affect the immune system? - Can your thoughts ease physical pain? In Cure, award-winning science writer Jo Marchant travels the world to meet the physicians, patients and researchers on the cutting edge of mind-body medicine. Asking how the brain can heal the body and how we can all make changes to keep ourselves healthier.

Cure

Revised and expanded, this compassionate guide offers the latest findings on chronic fatigue, fibromyalgia, and overlapping diseases such as Gulf War Syndrome. It includes new information on the interaction of the brain, emotions, and immune system, as well. Illustrations.

Chronic Fatigue Syndrome, Fibromyalgia, and Other Invisible Illnesses

A guide to coping with fibromyalgia, myofascial pain, and chronic fatigue syndrome • Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present • Offers techniques to dispel the side effects created by these illnesses Fibromyalgia, chronic myofascial pain, and chronic fatigue syndrome are often seen as interchangeable conditions, a belief held even by many health care providers. Nothing could be further from the truth--however, they do often coexist. Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others. Written by a registered nurse and a psychologist who has been treating these conditions since 1994, this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind-body connection to restore well-being. The authors provide a thorough guide to numerous treatment options--from diet, exercise, and herbs to mindfulness meditation, chi kung, and nonsteroidal anti-inflammatory drugs (NSAIDs). They also offer techniques to dispel the “brain fog” that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor. The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well-being.

Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain

"Original edition published in 2017 by Hammersmith Books, London, United Kingdom"--T.p. verso.

Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis

Combining a self-help manual, personal histories of chronic fatigue sufferers and a dictionary of symptoms and treatments, this comprehensive volume details every facet of the disease and thoroughly discusses every treatment currently available--from diagnosis to symptoms to traditional and alternative therapies to support groups.

Chronic Fatigue Syndrome Treatment

The purpose of this book is for David Mickel to share his findings in threating the conditions of chronic fatigue syndrome, ME and fibromyalgia. Includes testimonials from patients.

Chronic Fatigue Syndrome, Me and Fibromyalgia. the Long Awaited Cure.

This book combines new thinking, cutting edge neuroscience, humour and Phil Parker's upside-down perspective to life's problems and their solutions to help you become happy and fulfilled. Learn how to: • use the power of language to release 'stuckness' and create change • recognize and interrupt negative thought patterns to change the way your brain works • develop awareness of exactly what you need to do differently, so that you can become your own coach • choose a new future - and make sure that it happens! Based on two decades of research and Phil's world-changing Lightning Process®, Get the Life You Love, Now takes you step-by-step on an amazing journey of self-discovery unlike anything you've ever experienced before.

Get the Life You Love, Now

Live the best quality of life possible with this expert guide to chronic fatigue syndrome (CFS) CFS is not ìall in your head.î Written by a registered nurse and parent of a child with chronic fatigue, What Nurses Know: Chronic Fatigue Syndrome provides compassionate support and practical strategies for living well with this challenging and often unpredictable chronic illness. Using information drawn from research and reputable sources as well as insight from people dealing with CFS, Lorraine Steefel, RN, provides options for coping physically and emotionally so that you can move forward with your life. Youíll learn: What CFS is and how it effects your body How to find the right doctor and a supportive health care team The variety of available treatment options, from analgesics to complementary and alternative therapies Evidence-based advice on the best sleep, nutrition, and lifestyle practices to avoid flare-ups Tips for dealing with postexertional malaise (PEM), brain fog, and other symptoms How to cope when things get tough Packed with tips, tools, and resources, this user-friendly guide puts you on the road to recovery and is an essential resource for caregivers and loved ones. About the Series Nurses constantly straddle the line between the world of medicine and the patientís experience. This series offers down-to-earth, evidence-based advice from expert nurses who offer straightforward and practical guidance for dealing with all kinds of medical conditions.

What Nurses Know...Chronic Fatigue Syndrome

We've been sold a lie: The world tells us that pain is inevitable, that our bodies must break down as we age, and that there's nothing we can do about it. Researchers develop new drugs to manage our pain; surgeons dream up new techniques to repair worn-out joints. But we never truly feel better. Here's the shocking truth: The vast majority of the pain that plagues our aging bodies is self-inflicted. It's caused by the way we use our bodies every day: the way we sit, the way we stand, the way we walk and run, even the way you open a jar of pasta sauce. But with simple exercises, anybody can learn to heal their chronic musculoskeletal pain, and prevent future pain, injury, and joint problems from developing. The Pain Relief Secret explores the fascinating science of pain, and instructs readers in Clinical Somatics, a method of neuromuscular education that relieves chronic muscle tightness, restores natural posture and movement, and eliminates pain. Students of Clinical Somatics have healed from chronic back pain, joint and nerve pain, scoliosis, and many other common pain conditions. Best of all, Clinical Somatics puts the power in your hands. You don't need special training or expensive repeat visits to a physical therapist. Clinical Somatics exercises are practiced on your own and in your very own home. This is The Pain Relief Secret: your key to taking back your body from a lifetime of pain. This book is great for anyone who has tried surgery, drugs, chiropractic treatments, naturopathy, yoga, physiotherapy, or massage therapy and still experiences chronic pain.

The Pain Relief Secret

On July 22, 2009, a special meeting was held with twenty-four leading scientists at the National Institutes of Health to discuss early findings that a newly discovered retrovirus was linked to chronic fatigue syndrome (CFS), prostate cancer, lymphoma, and eventually neurodevelopmental disorders in children. When Dr. Judy Mikovits finished her presentation the room was silent for a moment, then one of the scientists said, “Oh my God!” The resulting investigation would be like no other in science. For Dr. Mikovits, a twenty-year veteran of the National Cancer Institute, this was the midpoint of a five-year journey that would start with the founding of the Whittemore-Peterson Institute for Neuro-Immune Disease at the University of Nevada, Reno, and end with her as a witness for the federal government against her former employer, Harvey Whittemore, for illegal campaign contributions to Senate Majority Leader Harry Reid. On this journey Dr. Mikovits would face the scientific prejudices against CFS, wander into the minefield that is autism, and through it all struggle to maintain her faith in God and the profession to which she had dedicated her life. This is a story for anybody interested in the peril and promise of science at the very highest levels in our country.

Plague

Join Dr. Hng on her tragic and eye-opening journey with Myalgic Encephalomyelitis. Her engaging account provides valuable insight into this misunderstood disease. She follows her story with important information on definitions and treatments, touching on the controversy that mars this field. With humanity, wit, and links to a variety of resources, this little book is the ideal launch pad for health care professionals learning about ME. "Heartbreaking... vivid imagery... Your story will enlighten many who question the existence of ME." Dr. S. Chauwan, Consultant Neurologist. "For the first time I feel like this is a serious illness." Dr Deepak Nama, Consultant Respiratory and Acute Medicine. "The fact that Dr. Hng had to suffer for so long before being diagnosed is a serious reflection on current medical education in the UK." Dr. Nigel Speight, Consultant Paediatrician and ME specialist.

Doctor with M.E.