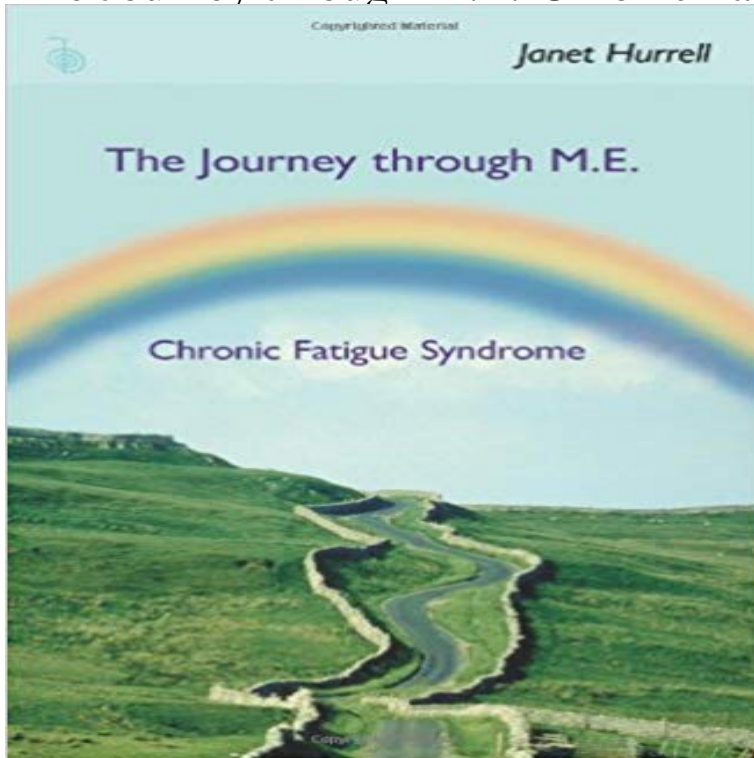


# The Journey through M.E.-Chronic Fatigue Syndrome



I have always seen M.E. as a kind of jig-saw puzzle of a 1000 pieces. I feel we need to tackle this puzzling illness piece by piece, being able to recognize if it fits or needs discarding for the moment. Studying and recognizing the worth of each piece would be a gargantuan task for an M.E. sufferer, so I am taking some of the weight off your shoulders. It is now 18 years since I was first ill and I have spent much of that time reading, researching and guinea-pigging in order to get better, and then pass my findings on to others: it would be wasteful just to file it! The end result is an easy-to-read A-Z: it is simple, low-Tech, practical and comprehensive, and covers the much broader field of M.E. topics which we all find ourselves wading through, whether we like it or not. You will have to do a fair bit of work yourself too, of course. We are all individual and do not react in exactly the same way to stress, food, medicine, therapies, etc. Its always horses for courses. However, we do all have an enormous amount in common and our jigsaw pictures will all bear a great resemblance to one another, although the fine detail differs. I suggest you read the book through first to see exactly what is available, then dib into the sections which seem appropriate for you now. While we are naturally all desperate to just get through the day somehow, and use temporary measures and survival tactics, I feel it is important long-term to get to the root of our problems and treat our bodies in a safe, holistic way. Zapping our systems with drugs usually leads to more symptoms that need zapping. M.E. people are generally very sensitive to drugs, and their livers can do without the extra toxic load. However, I acknowledge there will be occasional exceptions where choices are difficult. My long-term dream for sick M.E. sufferers is far more care, both at home and in residential homes. Whilst this is in the pipe-line, delivery will realistically

take a long time. The opening of m

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