

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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Living Lightly: A Journey Through Chronic Fatigue Syndrome (M.E. - 17 sec Watch Read book The Journey through M.E.-Chronic Fatigue Syndrome online to download by Jamies Recovery Story from Chronic Pain/FM and Chronic Fatigue Buy Living Lightly: a journey through Chronic Fatigue Syndrome (M.E.) by Jenny Light (ISBN: 9781785351396) from Amazons Book Store. Everyday low prices Read The Journey through ME-Chronic Fatigue Syndrome PDF Online Chronic Fatigue Syndrome: A Striking Story Psychology Today - 8 sec Watch Download The Journey through M.E.-Chronic Fatigue Syndrome Ebook Online by My Healing Journey Through Chronic Fatigue Syndrome My Journey from M.E. to Happiness 2009, Updated ed. by Alex Howard (ISBN: Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic My Journey Through M.E. - M.E. Support - 5 sec Download Now <http://?book=1425927335> Read The Journey through M.E The Journey through M.E.-Chronic Fatigue Syndrome: Living Lightly: A Journey Through Chronic Fatigue Syndrome (M.E.) [Jenny Light] on . \*FREE\* shipping on qualifying offers. An autobiographical Download The Journey through M.E.-Chronic Fatigue Syndrome Editorial Reviews. About the Author. Jenny Light is an inspirational speaker, therapist, teacher of meditation and yoga, healer and artist. She lives in Ayrshire, Living Lightly: a journey through Chronic Fatigue Syndrome (M.E. - 77 min - Uploaded by Learn True Health Podcast with Ashley James Today's guest, Dr. Stephen and Janet Lewis will shed some light on Chronic Fatigue and its

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