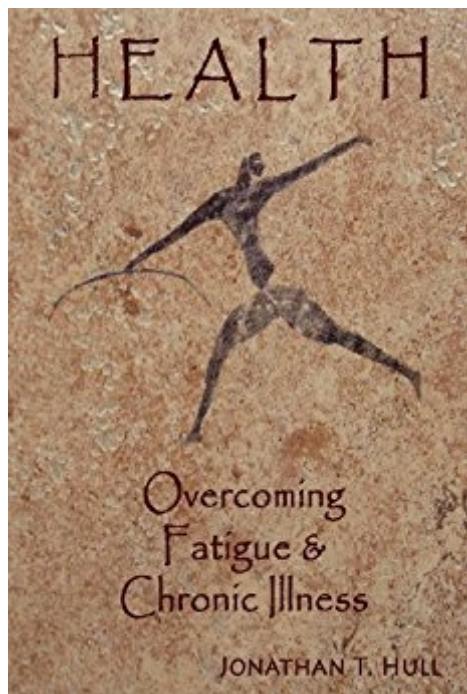


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# Health - Overcoming Fatigue & Chronic Illness



## **Synopsis**

In this book I tell the story of my own battle with illness, from the day I contracted a stomach virus that left me with inexplicable fatigue through the years of dealing with deferring my dreams while searching for answers to my condition. Over time, I began to gain the upper hand and reclaim my life, but the years of struggle opened my eyes to the intense struggle of chronic illness, and the vast numbers who suffer from it in some shape or form. In these pages I explain in detail the theories I came up with for the cause and answer to Chronic Fatigue Syndrome (CFS) as well as chronic illness in general. The book is the product of years of research and listening to my own body when doctors, naturopaths, medicines and supplements fell short. I hope it helps those who are going through what I went through, or dealing with even more challenging health issues. Also if you have read the book, I would love to hear your feedback, so please feel free to leave a short review here on . Thanks!

## **Book Information**

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## **Customer Reviews**

I was diagnosed with Lupus, fibromyalgia & chronic fatigue so this book came in handy, a somewhat different read that I found so refreshing and I've had my share of reading books

concerning these evil diseases I live with. I will take advice on the nutrition and I must admit although I'm sick I consider nutrition maybe 45% of the time and I'm ashamed of it which is why I'll be trying out Mr.Hull 's nutrition plan, it's very to the point. This was a great healthy educational read, very well written and is now one of my favorite health books and though I've read my share I can honestly say I do not have many favorites at all, well done and Thank you Mr.Hull, I do look forward to your next book :) God Bless

As a person with years of experience in the field of nutrition and physiology, I found this incredibly well-researched book to be so all encompassing and well written that I had to re-read it just to be sure it was as thorough as I initially believed! (Not to mention that its readability meant I was able to devour it in its entirety in a few hours, not wanting to set it aside for even a minute!) This book is so carefully and tastefully worded, well illustrated, and logically clear that a layperson will have no trouble understanding it, and health professionals will find themselves looking at the topic of issues of Chronic Fatigue Syndrome in an entirely new and refreshing light. For a person such as myself that is passionate about this field, many different pieces of the puzzle that is Chronic Fatigue Syndrome were seamlessly put into place and the picture that emerged is one of hope through a simple and very do-able plan of action. Thank you Mr. Hull, for this well researched publication. Mission accomplished, and kudos to you!

This book claims to have new ideas and answers about chronic fatigue. If you manage to wade your way through this muddled mess of anecdotes, pseudoscience and new age nutrition you'll find there's nothing here that hasn't been said better by other writers. Don't waste your time or money on this.

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Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Health - Overcoming Fatigue & Chronic Illness The Fatigue and Fibromyalgia Solution: The Essential Guide to

Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Coping with Chronic Illness: \*Neck and Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic Fatigue \*And Other Invisible Illnesses Lubkin's Chronic Illness: Impact and Intervention (Lubkin, Chronic Illness) Chronic Illness: Impact And Intervention (Lubkin, Chronic Illness) Fix Your Fatigue: The four step process to resolving chronic fatigue, achieving abundant energy and reclaiming your life! Adrenal Fatigue Cure Guide (Beat Chronic fatigue): Restoring your Hormones and Controlling Thyroidism Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Chronic Fatigue Syndrome and the Yeast Connection: A Get-Well Guide for People With This Often Misunderstood Illness--And Those Who Care for Them The Night-Side: Chronic Fatigue Syndrome & The Illness Experience Cultural Diversity in Health and Illness/Culture Care: Guide to Heritage Assessment Health (Cultural Diversity in Health & Illness (Spector)) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) The New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress

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