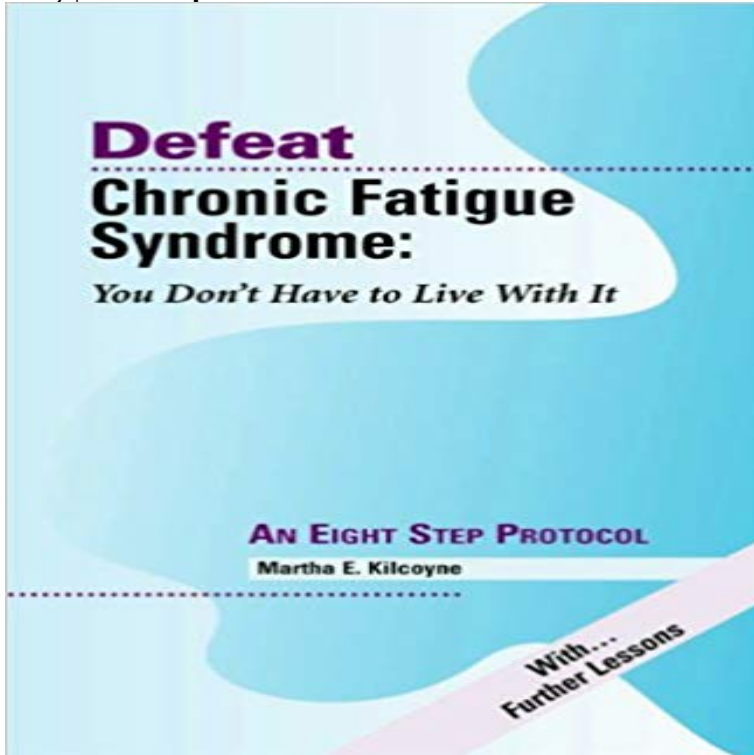


# Defeat Chronic Fatigue Syndrome: You Dont Have to Live with It -- An Eight Step Protocol



An Eight Step Protocol - Developed by the author which enabled her to fully recover from CFS - When I was three months pregnant with my second child, I caught a flu virus that changed my life. For the next four years I lived in the clutches of Chronic Fatigue Syndrome. When I realized that most of the medical profession considered my illness to be in my head, I felt so isolated, struggling to understand what was wrong with me knowing that it was a real physical illness. CFS shut down my life as I knew it and forced me to become a recluse spending most of my time in bed between short lived efforts to have a normal life. But slowly, through much trial and error, I began to understand the patterns and the cruelty of CFS. In the end, I defeated Chronic Fatigue Syndrome and now live a full and healthy life - totally free of CFS. This book shares in detail the eight step protocol that I developed and followed as I slowly and steadily regained my health. It s written in a clear, concise format, understanding the struggle that CFS sufferers have with memory and concentration. By consistently following these steps, I hope that you too can defeat Chronic Fatigue Syndrome. You don t have to live with it! My motivation for writing this book is to bring a new voice to the Chronic Fatigue dialogue - contrary to the message of a permanently compromised lifestyle which is prevalent in the medical and patient communities, there are many former CFS patients who are fully recovered. Im one of them! My message to patients, medical practitioners and care givers is that despite the unknowns of CFS, you CAN manage those aspects of CFS that you ARE in control of. My protocol is a proactive, self-management approach implemented 24-7. Decide to defeat Chronic Fatigue Syndrome!

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