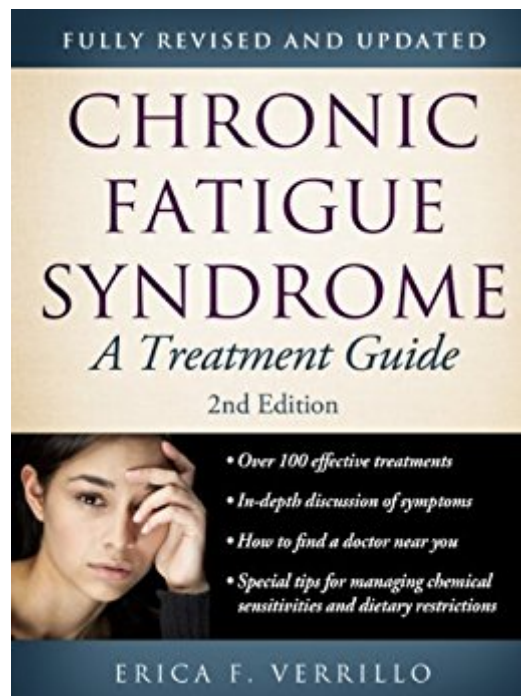




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# Chronic Fatigue Syndrome: A Treatment Guide, 2nd Edition



## Synopsis

This one-of-a-kind reference is now completely revised and updated and includes over 100 effective treatments, from antivirals to vitamins, as well as locations of specialists and clinics, Internet ordering information, and national, local, and international CFS/ME organizations. New and expanded sections include doctors' protocols and research on the causes and mechanisms of the illness, all written in concise, easy-to-understand language. Every aspect of the illness is thoroughly examined, from diagnosis to an in-depth discussion of symptoms, from traditional to alternative therapies to essential coping strategies. The new edition contains chapters for those coping with multiple chemical sensitivities and dietary restrictions, as well as an expanded section on children and adolescents with CFS/ME. *Chronic Fatigue Syndrome: A Treatment Guide, Second Edition*, remains the most comprehensive reference guide on this disease.

**Advance Praise for the Second Edition:**

"Verrillo's book is an encyclopedia of current information about Chronic Fatigue Syndrome. She not only covers history and theoretical etiologies of CFS, but provides the very best source for current therapies, which is what people with CFS really want to know! This is a reference book that every patient should have. I encourage all my patients to use this as the 'go-to-reference' about Chronic Fatigue Syndrome."

~Dr. Charles Lapp, M.D., Founder, Hunter-Hopkins Center, and medical advisor to the CFIDS Association of America and the National Fibromyalgia Association. "This book is extremely comprehensive and very well referenced, not only with regard to the full range of treatments that have been helpful, both alternative and pharmaceutical, but also including detailed descriptions of the history of this disorder, its definitions, diagnosis, symptoms, prognosis, mechanisms, and other aspects. All of this is done in a very readable style. I highly recommend this book."

~Richard Van Konynenburg, Ph.D., Independent CFS/ME researcher

"Books such as this empower patients to take control of their own health education and management... I admire Ms. Verrillo's comprehensive and cross-disciplinary research and feel her new work will continue to provide important and useful information to everyone interested in the field."

~Lucinda Bateman MD, Director, Fatigue Consultation Clinic, and co-founder of OFFER (The Organization for Fatigue and Fibromyalgia Education and Research)

**Author Bio:** Erica F. Verrillo was completing her doctorate in Speech Communication before falling ill with CFS in 1992. She is the co-author, with Lauren Gellman, of *Chronic Fatigue Syndrome: A Treatment Guide*, 1st Edition (St. Martin's). She is also the author of three middle reader fantasies, *Elissa's Quest*, *Elissa's Odyssey*, and *World's End* (Random House). Ms. Verrillo currently resides in Western Massachusetts.

## Book Information

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## Customer Reviews

I'm wiped out. That's how I feel right now. And pretty much most of the time . . . for the past 26 years. I had toyed with the notion that my malady might be Chronic Fatigue Syndrome, but I already had so many weird, random, all-in-my-head symptoms, that I hated to bring it up and sound like even more of a hypochondriac to my doctor. Admittedly, I used to be more assertive and push for doctors to hear me: there was more wrong with me than a constant string of random, unprovable, seemingly-unrelated symptoms. But, I always came away with a psych referral--not a diagnosis. So, I grew leery of bringing up more than the manifesting symptoms. But, I've been with my doctor for ten years; if I was really sick with CFS, wouldn't she have realized it? She already diagnosed me with fibromyalgia years ago (often a dual diagnosis). Wouldn't she have caught on? After all, I constantly complain of fatigue and malaise, as well as all the other hallmarks. Well, the answer is a resounding NO. The medical community cannot be counted on to recognize or even believe CFS exists. So, I struggled with the brain fog and read this book to try to help myself. All of my "imaginary" symptoms? Every one of them is described in this book. Here were my decades of misery and

depression laid bare. I was now able to put together a clear picture of my illness and present it to my doctor. She heard me out and actually agreed with my diagnosis. And, although there's nothing more we can do than treat the symptoms as we have been, I feel better. No, wait, I don't feel better. But, I do feel free. I no longer doubt myself. I don't question if my symptoms are real. I don't blame myself or fitness level when I'm out of breath and can't do things. I'm not constantly pushing myself, trying to do everything like "normal" people can (and like I thought I should). I no longer work myself to the point that it takes 4 days to recover from 1 afternoon. I've accepted my limits and am making sure that those closest to me accept them, too. For decades, I was ruthlessly mean to myself for being lazy or overweight or out of shape. Everything was a failure on my part. I've been miserable; I was beyond depressed. This book literally--and I do mean literally--saved my life. I couldn't have forced myself to go on much longer. Yes, I am saying that I would definitely have been a suicide statistic. But, I gained power from reading: power to name my tormentor, power to stop blaming myself and power to find some inner peace. Now, I follow the stellar advice, found here, of planning what I intend to accomplish each day and then do 75% of it. This remarkably simple tip has helped me reshape my life. I make it through my day unfrazzled, and still have something left for tomorrow. My experience with this book has been wonderful. I wholeheartedly recommend this work to anyone wondering if they might have CFS or to those just wanting to gain a better understanding of the syndrome. It's an extremely thorough and well-written treatment of the subject. Now, I thank you for reading my story, but I really am worn out and my shoulders are killing, but my attitude is soaring like it hasn't in . . . forever. Time for a rest, friends.

People with Chronic Fatigue and Fibromyalgia have a tough time processing information. This book is extremely well written and easy to read. It contains valuable information and links for further research but it doesn't overwhelm you; that's not an easy balance to achieve. I highly recommend this book for anyone who has these two elusive illnesses or to anyone who wants to know more about them. Thanks to Ms. Verrillo for your research and insight! Well done!! Rosemary Lee Seeking Equilibrium

This book is essential because it is: A) Comprehensive: It covers the history, and all the different ideas on causes and different treatment protocols B) Objective: The author has done an excellent job of staying on the sideline and giving a balanced view of the complete landscape - this makes it an excellent place to start your journey to recovery (without bias). Unfortunately CFS/ME is still a highly controversial area with a lot of misinformation, bad information, unqualified information and

very limited research. Nonetheless the author has done a great job of structuring this book to make it relatively easy to get through and read. It is unavoidably a bit overwhelming with the many ideas and thought streams that are presented. However, for me personally it has given me an excellent start in structuring my approach to treatment and recovery and seeking out the support I need with the available specialists. Final reason this is invaluable: I had so many AHA moments, that's what happened, that's why I had that symptom. This is invaluable because most people with CFS/ ME are given vague diagnoses if any at all with little Validation through specific tests. This can lead you to doubt what you may have/ and what is wrong. As an example, I was personally diagnosed with possible brain cancer, and had symptoms that could lead one to think you are developing MS or Parkinsons. If I had had this book from the start I would've known with much higher certainty that I very probably had CFS/ME and this would have allowed me to make quicker progress and avoid all the concern and wasted time researching MS/Parkinsons. If you or someone close to you has CFS/ME - or has been given a probable diagnosis - get this book. It will set you up in the best place to start the journey to recovery.

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