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Titolo	Chronic Fatigue Syndrome : Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods
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Sommario/riassunto	<p>Strengthen Your Body to Combat Chronic Fatigue Syndrome! Chronic fatigue syndrome can lead to a continual cycle of symptoms including muscle and joint pain, headaches, low-grade fever, and lymph node swelling. If you or someone you love is struggling with chronic fatigue, turn the pages of this book to discover a thoughtful, complete approach that will help lead you to wellness. While traditional medicine treats each symptom separately, this book offers a "host-centered" approach that focuses on natural methods to effectively raise your energy level. Dr. Michael T. Murray, co-author of the bestseller Encyclopedia of Natural Medicine , clearly explains specific measures you can take to improve your stamina, mental energy, and physical abilities. He offers advice on topics such as: * The causes of chronic fatigue syndrome * Detoxification purifiers to enhance your immune system * Methods for stimulating lymphatic flow * Nutritional support for the immune system * Adrenal balance and stress management techniques Now you can take control of your healing process using this completely natural approach. Begin a new, healthful lifestyle today!</p>