

1. Record Nr.	UNINA9910154828303321
Autore	Murray Michael T
Titolo	Chronic Fatigue Syndrome : Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods
Pubbl/distr/stampa	, : Potter/Ten Speed/Harmony/Rodale, , 2016 ©2016
ISBN	1-5247-6051-X
Descrizione fisica	1 online resource (135 pages)
Collana	Getting Well Naturally
Disciplina	616/.047
Soggetti	Naturopathy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	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!