

1. Record Nr.	UNINA9910794266203321
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Titolo	Understanding and treating chronic fatigue : a practical guide for patients, families, and practitioners // Joel L. Young
Pubbl/distr/stampa	Praeger, , 2020 New York : , : Bloomsbury Publishing (US), , 2023
ISBN	979-82-16-02928-1 979-82-16-15911-7 1-4408-7193-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xii, 231 pages)
Collana	Gale eBooks
Disciplina	616.0478
Soggetti	Health & personal development Chronic fatigue syndrome - Treatment Chronic fatigue syndrome
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Acknowledgments Introduction: Overcoming Chronic Fatigue Is Important-and Doable Part 1: Understanding the Key Basic Issues 1 Key Issues You Need to Know about Chronic Fatigue Syndrome 2 Medically Diagnosing Chronic Fatigue Syndrome 3 Theories about the Causes of Chronic Fatigue Syndrome 4 Chronic Psychological and Medical Conditions That Often Coexist with Chronic Fatigue Syndrome Part 2: Learning How Medications May Help 5 The Rochester Center Study on Stimulants and Chronic Fatigue 6 Understanding Stimulants and Their Role in Chronic Fatigue Syndrome Part 3: Treating Chronic Fatigue Syndrome and Resolving Key Symptoms 7 Chronic Fatigue and Coping with Its Impact on Life 8 Managing Chronic Pain 9 Brain Fog: What It Is and How You Can Gain Relief 10 Sleep: Why It's Important and How to Get Enough Conclusion Appendixes Appendix A: Ten Frequently Asked Questions and Answers about Chronic Fatigue Syndrome Appendix B: Glossary Appendix C: Screening Measures Bibliography Index
Sommario/riassunto	<b>Some doctors still think Chronic Fatigue Syndrome is a "fake" diagnosis. In this book, Joel Young, MD, presents the research, experience, and treatments that prove otherwise.</b> Millions of

Americans experience chronic fatigue syndrome (CFS), a continuous exhaustion and a feeling comparable to that of having just run a marathon when all they have done is a daily living task, such as taking a shower or getting dressed. Doctors don't have tests for CFS, and some think it's a faux or psychological disorder. Joel Young, MD, in this heavily researched book, explains why it is a true physical illness and how it may be treated. He details how he successfully treats the symptoms, which can include severe fatigue, "brain fog," chronic pain, and sleep problems. Unlike doctors who recommend exercise, supplements, or opioid medications, Young integrates such options as long-acting stimulants, meditation, and dietary changes to reduce fatigue, as well as non-opioid drugs, medical marijuana, and self-help options including yoga for the associated chronic pain.

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