



# Living Well with Chronic Fatigue Syndrome and Fibromyalgia What Your Doctor Doesn't Tell You. That You Need to Know

By Mary J. Shomon

William Morrow Paperbacks. Paperback. Book Condition: New. Paperback. 416 pages. Dimensions: 7.9in. x 5.3in. x 1.0in. From the author of Living Well With Hypothyroidism, a comprehensive guide to the diagnosis and treatment of chronic fatigue syndrome and fibromyalgia--vital help for the millions of people suffering from pain, fatigue, and sleep problems. Recent studies indicate that 3 to 6 million Americans suffer from fibromyalgia--a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. This terrible condition is often accompanied by chronic fatigue syndrome, a persistent and debilitating sense of exhaustion that is estimated to affect 800,000 Americans--twice the number of people with multiple sclerosis. Yet there are no official blood tests of diagnostic procedures that can confirm that yes, you definitely have these conditions, and in fact, a whole segment of the medical world doesn't even believe these two diseases actually exist. In addition, the few books that are on the market tend to focus on single solutions or eschew conventional and pharmaceutical approaches, which could alienate readers who use conventional medicine in whole or part. In her trademark accessible, easy-to-follow style, patient advocate Mary J. Shomon integrates the latest findings regarding these misunderstood conditions. Highlighting the pros...



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