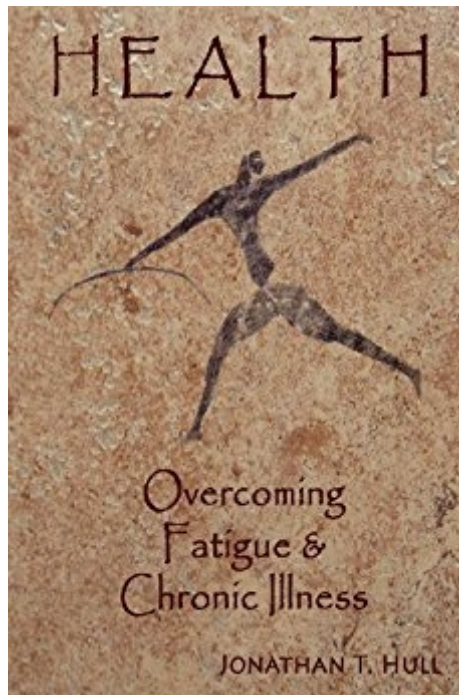




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Health - Overcoming Fatigue & Chronic Illness



Synopsis

In this book I tell the story of my own battle with illness, from the day I contracted a stomach virus that left me with inexplicable fatigue through the years of dealing with deferring my dreams while searching for answers to my condition. Over time, I began to gain the upper hand and reclaim my life, but the years of struggle opened my eyes to the intense struggle of chronic illness, and the vast numbers who suffer from it in some shape or form. In these pages I explain in detail the theories I came up with for the cause and answer to Chronic Fatigue Syndrome (CFS) as well as chronic illness in general. The book is the product of years of research and listening to my own body when doctors, naturopaths, medicines and supplements fell short. I hope it helps those who are going through what I went through, or dealing with even more challenging health issues. Also if you have read the book, I would love to hear your feedback, so please feel free to leave a short review here on . Thanks!

Book Information

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Customer Reviews

I was diagnosed with Lupus, fibromyalgia & chronic fatigue so this book came in handy, a somewhat different read that I found so refreshing and I've had my share of reading books

concerning these evil diseases I live with. I will take advice on the nutrition and I must admit although I'm sick I consider nutrition maybe 45% of the time and I'm ashamed of it which is why I'll be trying out Mr.Hull 's nutrition plan, it's very to the point. This was a great healthy educational read, very well written and is now one of my favorite health books and though I've read my share I can honestly say I do not have many favorites at all, well done and Thank you Mr.Hull, I do look forward to your next book :) God Bless

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As a person with years of experience in the field of nutrition and physiology, I found this incredibly well-researched book to be so all encompassing and well written that I had to re-read it just to be sure it was as thorough as I initially believed! (Not to mention that its readability meant I was able to devour it in its entirety in a few hours, not wanting to set it aside for even a minute!) This book is so carefully and tastefully worded, well illustrated, and logically clear that a layperson will have no trouble understanding it, and health professionals will find themselves looking at the topic of issues of Chronic Fatigue Syndrome in an entirely new and refreshing light. For a person such as myself that is passionate about this field, many different pieces of the puzzle that is Chronic Fatigue Syndrome were seamlessly put into place and the picture that emerged is one of hope through a simple and very do-able plan of action. Thank you Mr. Hull, for this well researched publication. Mission accomplished, and kudos to you!

This book claims to have new ideas and answers about chronic fatigue. If you manage to wade your way through this muddled mess of anecdotes, pseudoscience and new age nutrition you'll find there's nothing here that hasn't been said better by other writers. Don't waste your time or money on this.

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